

**JSPM's Jayawant Institute of Management Studies**

**MBA & MCA Department**

**Cultural Shock**

Academic Year 2015-16

Date: 25/01/2016

---

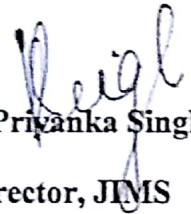
**Notice**

This is to inform to all the students of JIMS that institute is organizing a cultural event "Cultural Shock" on 30<sup>th</sup> Jan. 2016. The Marahi Actor Mr. Akshay Wagnare will be delivering his thoughts in the session. It is requested to all students to present for the same.



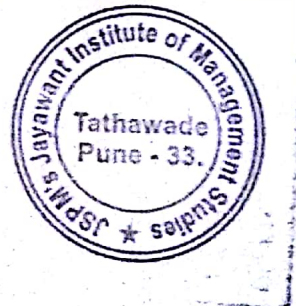
**Prof. Leena Deshmukh**

**Event Coordinator**



**Dr. Priyanka Singh**

**Director, JIMS**



# Workshop Report

On

## “Cultural Shock”

Organized by: - JSPM's Jayawant Institute of Management Studies

When students enter into an academic culture, they sometimes may experience a clash between the values of their academic and home environments. These students experience a culture shock. Transfer students also experience a form of culture shock when entering a new environment. In align with the same we at JSPM's Jayawant Institute of Management Studies had conducted a workshop.

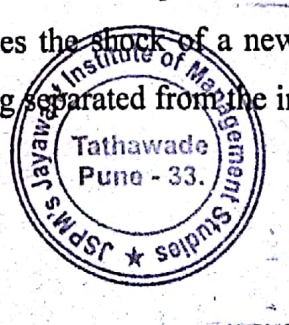
The main objective of conducting this workshop was to

- Develop an awareness of own culture identities and an appreciation for others.
- To make students more aware of culture shock and how they can become adaptable in intercultural interactions.

|   |   |  |
|---|---|--|
| 1 | Name of the Workshop  | “Cultural Shock”   |
| 2 | Type of Workshop ( College / State/ National / International) | College Level workshop   |
| 3 | Resource Person   | Mr. Akshay Waghmare(Marathi Actor)   |
| 4 | Date / Time Duration / Venue                                  | 30 <sup>th</sup> Jan. 2016   |
| 5 | Topics Covered in workshop.                                   | <ul style="list-style-type: none"><li>• Introduction to cultural shock.</li><li>• Factors that contribute to cultural shock.</li><li>• Effects of Cultural shock.</li><li>• Dealing with cultural shock.</li></ul> |
| 6 | No. of participants   | 73   |
| 7 | Workshop Coordinator  | Prof. Leena Deshmukh (MCA)   |

### About Workshop:-

Mr. Akshay Waghmare started his session with the introduction to the topic. He explained what is Culture shock in which he described that it is the impact of moving from a familiar culture to one that is unfamiliar. He said that it includes the shock of a new environment, meeting lots of new people. It also includes the shock of being separated from the important people in your life, such as

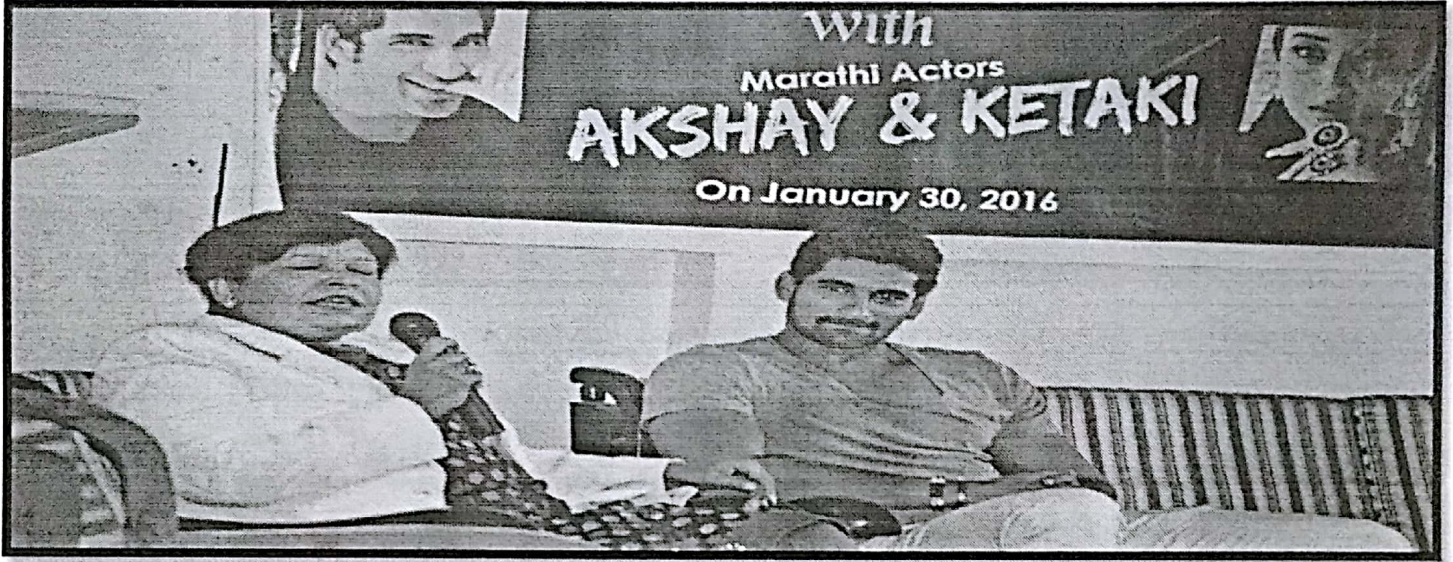


family, friends, colleagues, and teachers. He explained the various factors that contribute to the cultural shock these factors include climate, language, social roles and many more.

He also gave some examples regarding the effects of cultural shock and how to overcome from it.

The workshop was followed by a small activity which all the participants appreciated. The workshop concluded with vote of thanks by Prof. Shweta Padale HOD, MCA department she thanked Mr. Akshay for conducting workshop as these workshops are the need of the hour.


**Photos of Workshop:**




Cultural, Shock talk and tete-a tete with Akshay



Question answer round with Marathi actor Akshay

  
**Prof. Leena Dshmukh**  
Coordinator



  
**Dr. Priyanka Singh**  
Director



JSPM's  
**JAYAWANT INSTITUTE OF MANAGEMENT STUDIES**  
(Approved by AICTE, New Delhi, Recognised by Gov. of Maharashtra & Affiliated to Pune University)



S. No. 80/2, Pune-Mumbai Bypass Highway, Tathawade, Pune – 411033.  
Phone: +91-8237076937/38 Telefax: +91-20-22933424.  
E-mail: [jims1@vsnl.net](mailto:jims1@vsnl.net) Website: [www.jspm.edu.in](http://www.jspm.edu.in)

Prof. T. J. Sawant  
D.E.E., B.E. (Elec.) MISTE  
Founder- Secretary

Academic Year 2017-18

Dr. Priyanka A. Singh  
B.Sc. (Hons), MBA, Ph. D.  
Director

Date: 09/10/2017

## NOTICE

All the students of the institute are hereby informed that Institute is going to organize a guest session on "Depression Management" on 13/10/2017 at Kejudevi Boat Club, Thergaon, Pune. The eminent guest speaker Dr. George Judah (Ex-Army man) is delivering the thought on the session. Do not miss the opportunity.

Dr. Gorakh Wakhare  
Event Coordinator

Dr. Priyanka Singh  
Director, JIMS



A  
Report  
On  
**“Depression Management”**

Date:-13<sup>th</sup> October 2017. Time:-10:20 a.m to 12:20 p.m.

Venue: - Kejudevi Boat Club, Thergaon, Pune.

Resource Person: - Dr. George Judah (Ex-Army man)

Target Audience:-All students of the Institute.

**Objectives:-**

- To improve the knowledge of depression among the students and how to overcome from it.
- To make students aware about the stressful life that can lead to emotional disorders such as depression and anxiety.

**About Event:-**

Depression is a type of illness that affects people of all ages. The institutes are in a unique position to screen, refer, and motivate the students in the early stages of depression. They also can collaborate with healthcare teams to properly manage the depression.

In light of this experience, we at JSPM's Jayawant Institute of Management Studies had arranged a workshop for the students of MBA & MCA. For the smooth conduction of this workshop we invited Dr. George Judah who shared his experiences regarding the depression and how it can affect the people in his or her personal and professional life. He shared his views about the depression and how a person can overcome from it if he has the will inside to do so. At last he told all the students to have a goal in your life and try to overcome from the obstacles that may divert you from your goal.

