



LIBRARY BULLETIN

Volume 5, Issue 2, December 2024



Librarian's Message

Greetings to All!

Welcome to the even semester of the academic year 2024-25! We trust that the previous semester was both fulfilling and enjoyable. As we step into a new semester, we extend our heartfelt best wishes for a productive and successful term ahead.

In this edition of the Library Bulletin, we've curated a range of resources to support your academic journey. Inside, you'll find tips on managing stress effectively, a preview of exciting upcoming library events, and highlights from our latest acquisitions. We've also included important information about our library services and facilities to ensure that you can fully benefit from all the resources available to you.

We hope you enjoy this edition and look forward to a fantastic semester of learning and discovery!

Ligimol Benny
Librarian

“Reading Should not be presented to children as a chore, a duty. It should be offered as a gift.”
-Kate DiCamillo

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Coping with Stress: Insights and Strategies

In *The Stress Prescription*, Elissa Epel, PhD, illustrates how we can transform our relationship with stress by shifting from a "threat mindset" to a "challenge mindset." She uses the analogy of a lion and a gazelle during a hunt: both animals experience stress, but in very different ways. The gazelle perceives a threat and reacts with fear, while the lion perceives a challenge, responding with focus and energy. This teaches us that we can either let stress drain us or empower us by reframing stressful situations as challenges rather than threats.

Epel emphasizes that our acute stress response is a natural strength, designed to help us perform better under pressure. However, it's crucial to allow our bodies to "shut off" this response quickly, as chronic stress can lead to health problems such as poor sleep, weight gain, and premature aging. When we adopt a challenge mindset, we not only enhance our emotional resilience but also improve physiological responses, helping us recover more swiftly and stay healthier.

Practical Stress-Relief Strategies for Students

Students can cope with stress effectively by incorporating the following strategies into their daily lives:

1. Time Management

- **Prioritize tasks:** Break assignments into smaller, manageable parts, focusing on the most urgent and important tasks first.
- **Use planners:** Organizing study schedules through calendars or apps can help prevent last-minute cramming and reduce pressure.

2. Healthy Lifestyle

- **Exercise regularly:** Physical activity, such as walking or yoga, releases endorphins that improve mood and reduce stress.
- **Maintain a balanced diet:** Proper nutrition boosts mental clarity and energy levels, helping manage stress better.
- **Sleep well:** A consistent sleep routine ensures the mind and body are rested and ready to handle challenges.

3. Mindfulness and Relaxation Techniques

- **Practice mindfulness or meditation:** These practices help calm the mind, focus thoughts, and stay present during stressful situations.
- **Try breathing exercises:** Simple deep-breathing techniques reduce anxiety and calm the nervous system.
- **Use progressive muscle relaxation:** This helps release unnoticed tension, improving overall relaxation.

4. Take Breaks and Engage in Hobbies

- **Take regular breaks:** Stepping away from studies helps prevent burnout and refreshes focus.
- **Pursue hobbies:** Engaging in creative activities outside of academics rejuvenates the mind and provides a mental break.

5. Build Positive Social Support

- **Talk to friends or family:** Sharing worries with trusted individuals offers new perspectives and emotional relief.
- **Join study groups:** Collaborating with peers not only lightens the academic load but also provides mutual support.

6. Seek Professional Help

- **Counseling services:** Many institutions provide mental health support, offering effective ways to manage stress.
- **Attend workshops:** Stress management workshops can teach new coping techniques that promote mental well-being.

7. Limit Perfectionism

- **Set realistic goals:** Focus on progress over perfection to avoid self-criticism and reduce stress.
- **Celebrate achievements:** Acknowledge small victories to stay motivated and maintain perspective.

8. Minimize Technology Overload

- **Limit social media:** Reducing screen time helps alleviate unnecessary stress and improves focus.
- **Try a digital detox:** Taking short breaks from devices, especially before bed, improves sleep and reduces mental fatigue.

By adopting these strategies, students can create a balanced lifestyle that helps manage stress, enhances emotional well-being, and promotes better mental health. Epel's approach reminds us that stress is not inherently harmful—it's how we perceive and manage it that makes all the difference.

Inauguration of Prof. M.U. Malkani Sindhi Library – 24 December 2024

On the momentous occasion of his 128th birth anniversary, the **Prof. M.U. Malkani Sindhi Library**, named after the renowned Sindhi writer and playwright **Mangharam Udharam Malkani**, was inaugurated on **24 December 2024** at 1:00 PM.

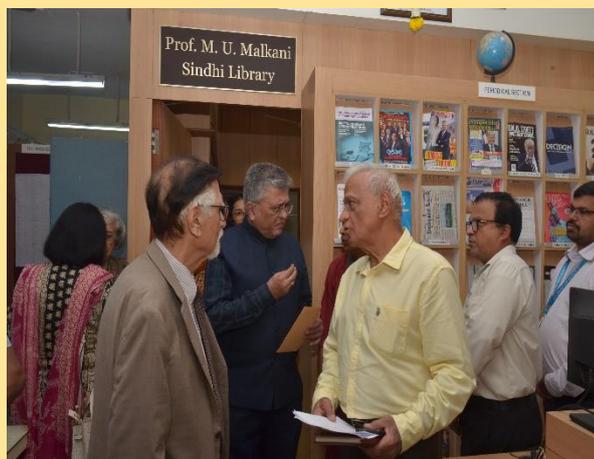
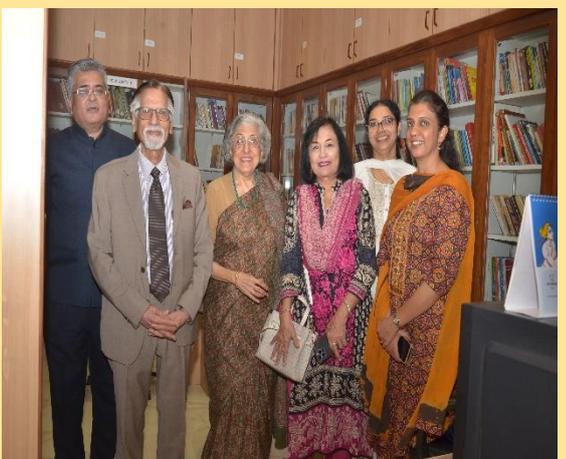
The event was graced by **Mr. Kishu Mansukhani**, Trustee of the Hyderabad Sindh National Collegiate Board, and **Mrs. Anjula Mansukhani**, alongside our Principal, **Prof. CA Kishore Peshori**. Their presence underscored the significance of the occasion.

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Prominent Sindhi scholars, including **Gayatri Lakhiani Chawla**, **Sushil Gajwani**, and **Barkha Khushalani**, also attended the inauguration, adding a touch of scholarly prestige to the event.

The inauguration of the Prof. M.U. Malkani Sindhi Library stands as a tribute to the rich literary heritage of the Sindhi community and reaffirms our commitment to preserving and promoting Sindhi literature and culture.

A Glimpse of the Inauguration



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Forthcoming Library Activities

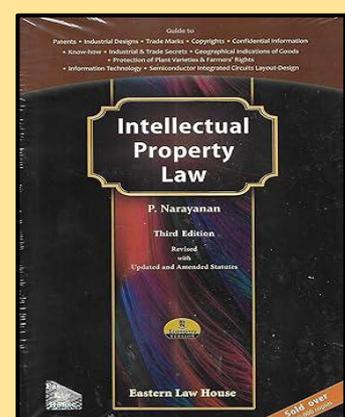
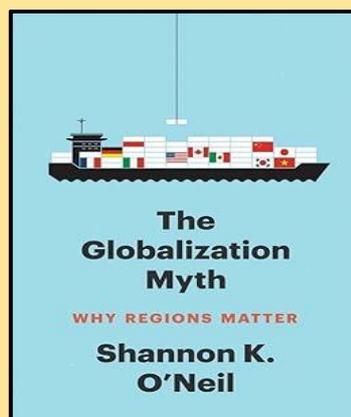
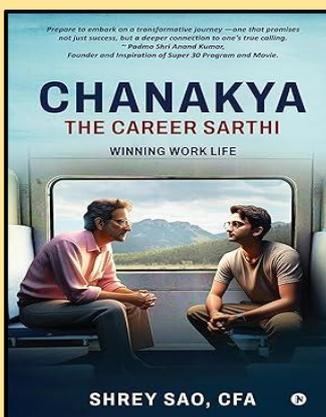
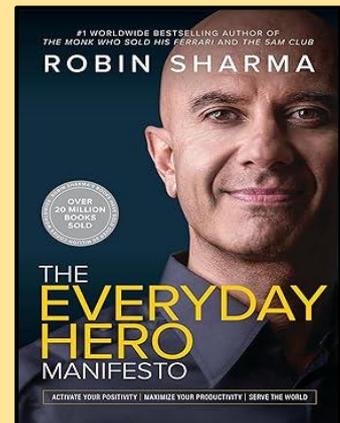
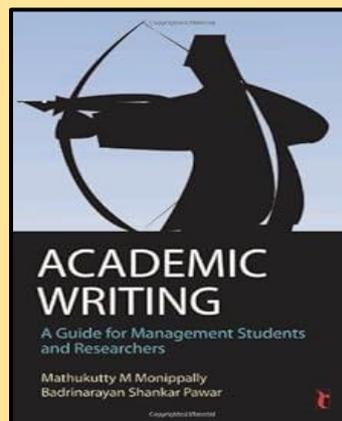
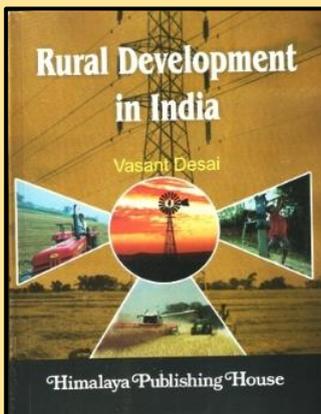
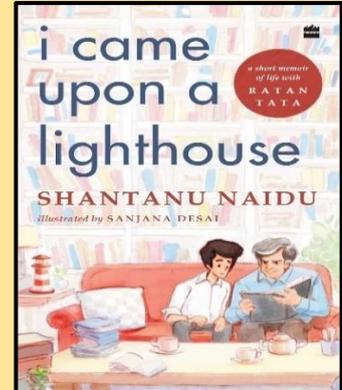
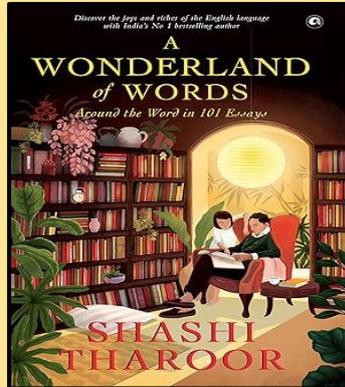
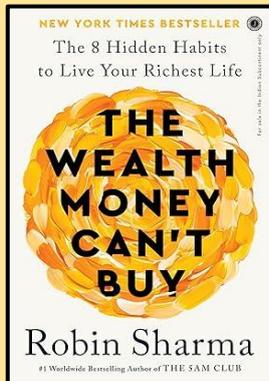
We are thrilled to announce an array of exciting events for this semester under the initiative "**Vachan Sankalp Maharashtra**", launched by the Department of Education, Government of Maharashtra. The college library, in collaboration with the Department of English, invites all students to participate actively in these enriching activities.

Sr. No .	Date	Day	Time	Event Type	Title	Venue
1	01-Jan-25	Wednesday	--	Virtual Book Shelve	Marathi Virtual Book Shelve	On Social Media
2	02-Jan-25	Thursday	--	Virtual Book Shelve	Hindi Virtual Book Shelve	On Social Media
3	03-Jan-25	Friday	--	Virtual Book Shelve	English Virtual Book Shelve & Sindhi Virtual Book Shelve	On Social Media
4	04-Jan-25	Saturday	9.30 am	Procession	Granth Dindi	Library
5	04-Jan-25	Saturday	10:00 AM	Workshop	"Turning Pages :Engaging Minds "- Book Reading Workshop-Dr.Anjali Verma	Conference Hall
6	06-Jan-25	Monday	10 am to 12 noon	Activity	Mass Reading	Library
7	07-Jan-25	Tuesday	10:00 AM	Talk/Activity	Author Talk: Mr Sunil Gupta	Conference Hall
8	07-Jan-25	Tuesday	8 am to 4.30 pm	Exhibition	Academic Books & Reference Books	Library
9	08-Jan-25	Wednesday	8 am to 4.30 pm	Exhibition	Self Help Books & Biographies	Library
10	09-Jan-25	Thursday	8 am to 4.30 pm	Exhibition	Language and Literature in English, Hindi, Marathi and Sindhi	Library
11	10-Jan-25	Friday	9:00 AM	Competition	Book Review (Written)	Library
12	11-Jan-25	Saturday	9:00 AM	Competition	Essay Writing	Conference Hall
13	13-Jan-25	Monday	9.30 am	Competition	Poetry Recitation	Conference Hall
14	14-Jan-25	Tuesday	9.30 am	Competition	Scrabble Quest	Library
15	15-Jan-25	Wednesday	9.30 am	Activity	Book Review (Oral Presentation)	Conference Hall

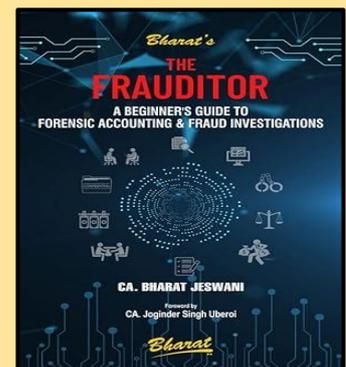
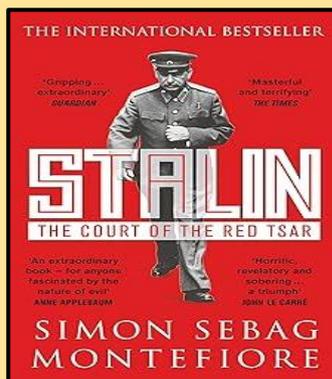
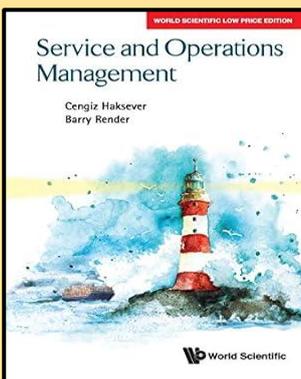
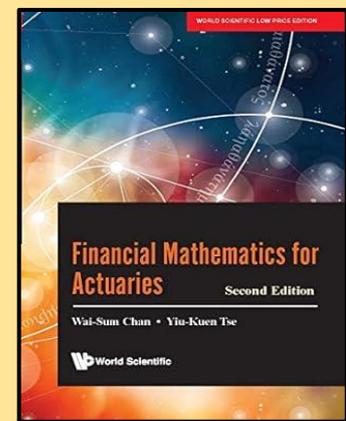
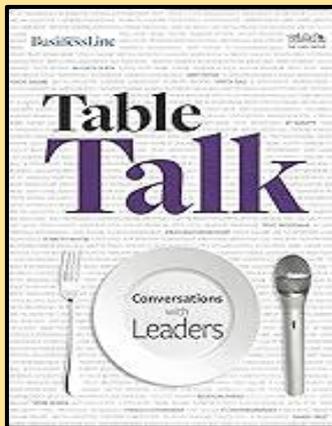
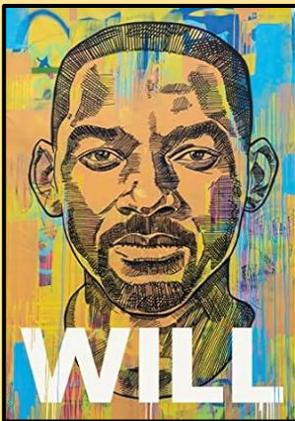
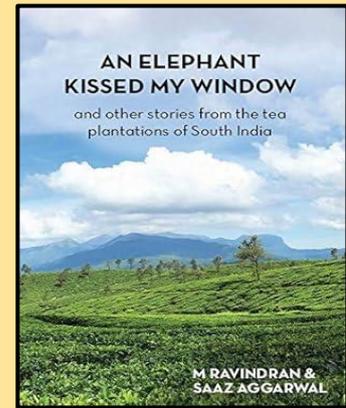
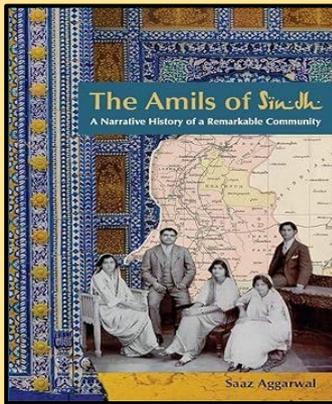
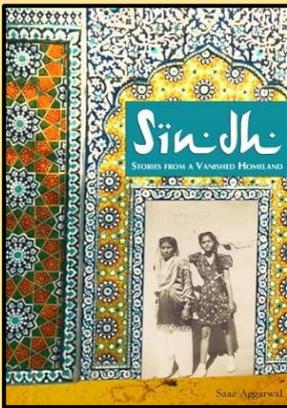
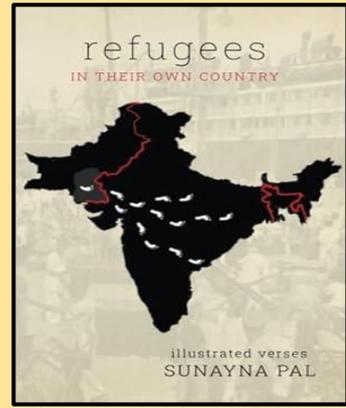
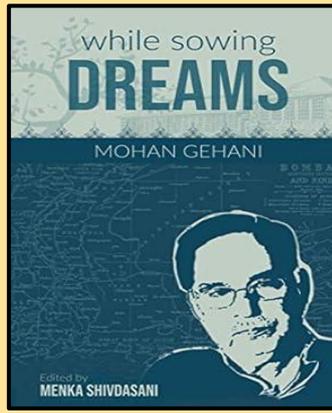
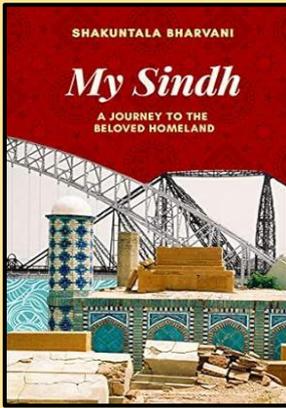
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New Arrivals in the Library

(Please click the image to read review)



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Library at a Glance

Library Hours

Working Days : All days except
Sundays and
Govt. Holidays

Study Rooms open till 11pm on request to
Principal

Timing : 7am to 4.40pm

Circulation Timings : 8am to 4.30pm
(Issue-return)

Library Collections

Print Books : 52000+
Print Journals : 50
Newspapers :17
Previous Question papers

Digital Resources

CDs
NLIST
E-journals
E-Books
E-learning Materials

Library Services

Web OPAC (Online Catalogue)
Reading Room
Borrowing Facility
Book Bank Facility
Dedicated Sindhi Library
Computers with Internet
Reprography/Printing
Kindle reader

Best Reader Award
Library E-bulletin
Books Exhibition
Bag Counter
Ramp for Physically Challenged
Library Membership for Alumni
Inter Library Loan
Solar Lights Facility



OPAC (Online Catalogue)



Contact Library