MARATHWADA MITRA MANDAL'S

COLLEGE OF COMMERCE

Affiliated to Savitribai Phule Pune University, Re-Accredited by NAAC
ISO 9001:2015 Certified, Awarded as Best College by Savitribai Phule Pune University
202/A, Deccan Gymkhana, Pune – 411004
principal@mmcc.edu.in, enquiry@mmcc.edu.in, www.mmcc.edu.in

Department of Computer Application

Report on "Guest Session on Mental Wellbeing & Emotional Stability"

Introduction

A guest session on the topic "Mental Wellbeing & Emotional Stability" was organized for all S.Y. & T.Y. BBA (CA) students on 21st July 2025. The primary objective of the session was to create awareness about the importance of maintaining good mental health and achieving emotional balance, especially among young adults facing academic, personal, and career-related pressures. The guest speaker, Mrs. Dhanashree Ghare, focused on coping strategies for stress, anxiety, and emotional fatigue, and highlighted the value of self-care and seeking support when needed.The session was attended by 183 students.

Highlights An experienced resource person guided students through practical techniques like mindfulness, breathing exercises, and positive thinking to manage emotions effectively. The session was interactive and insightful, allowing students to express their thoughts and concerns in a safe and supportive environment.The session inspired students to incorporate self-care practices and balanced routines into their daily lives.

Outcome

- The session encouraged students to reflect on their emotional triggers and develop healthier responses to challenging situations.
- Participants learned practical methods such as mindfulness, deep breathing, and journaling to cope with stress and anxiety.
- Students have shown willingness to discuss their issues with the Counsellor, Dhanashree Ghare.

M.M.C.C. College of Commerce Pune - 4

Conclusion

The session encouraged students to appreciate the blessings in their lives and the security of their environment.

	
Dhanashree mam briefing on how exercise is important for mental and physical health.	The interactive session to make healthy choices for mind and body

Dr. Pranita Raskar
Guest Session Coordinator

Prof. Nidhi Satavlekar
HOD, BBA(CA)

Dr. Ganesh Patare
Principal(I/C)

M.C.C. College of Commerce
Pune - 4