



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

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Department of Commerce

Report on Gen Z Wellbeing: Thriving in the Digital Age

1. Nature of the event: Guest Lecture

2. Title of the event: Gen Z Wellbeing: Thriving in the Digital Age

3. Organized by: Department of Commerce

4. Date: Wednesday, 22 July 2026

5. Time: 09:00 AM – 10:00 AM

6. Venue: Dnyaneshwar Hall

7. Objectives of the Program:

- To create awareness among students about the importance of mental, emotional, and social wellbeing.
- To help students understand the impact of excessive digital media and screen usage on their wellbeing.
- To promote healthy digital habits and responsible use of social media and technology.
- To equip students with practical strategies for managing stress, anxiety, academic pressure, and emotional challenges.
- To encourage students to develop self-awareness, resilience, and positive coping mechanisms.
- To emphasise the importance of work-life balance, healthy relationships, physical activity, and adequate sleep.
- To encourage students to seek timely support and professional help when facing mental health challenges.
- To empower Gen Z students to thrive in the digital age while maintaining a balanced and healthy lifestyle.

8. Audience:

The session was arranged for FY BCom students.



9. Number of Participants:

A total of 102 participants actively participated in the session, contributing to its overall success.

10. Brief description of the event:

The Department of Commerce organised a guest session on “**Gen Z Wellbeing: Thriving in the Digital Age**” to create awareness among students about the importance of mental, emotional, and social well-being in today’s technology-driven world. The session focused on the challenges faced by Generation Z due to excessive digital exposure, social media usage, academic pressure, and stress. The resource person, Mrs Dhanashree Ghare, shared practical insights and strategies for maintaining a healthy digital balance, managing stress, developing resilience, and adopting positive lifestyle habits. The session encouraged students to prioritise their well-being, practice mindful use of technology, and seek support whenever required.

11. Learning Outcome:

After attending the session, students were able to:

1. Understand the importance of mental, emotional, and social well-being in their personal and academic lives.
2. Recognise the impact of excessive screen time and social media on mental health and overall wellbeing.
3. Identify effective strategies for managing stress, anxiety, academic pressure, and emotional challenges.
4. Develop awareness about maintaining a healthy balance between digital engagement and real-life activities.
5. Learn the importance of self-care, mindfulness, healthy sleep, physical activity, and positive relationships.
6. Develop resilience and positive coping mechanisms to deal with challenges in everyday life.
7. Understand the importance of seeking appropriate support when experiencing emotional or mental health difficulties.



8. Adopt a more responsible, mindful, and balanced approach to technology use for a healthier and more fulfilling life.

12. Photographs:



Mrs. Dhanshree Ghare is conducting the career counselling session.

13. Feedback:

The session received **positive and encouraging feedback from the students**. Students appreciated the relevant and engaging discussion on mental wellbeing and the challenges faced by Gen Z in the digital age. The practical guidance on managing stress, maintaining a healthy digital balance, and developing positive lifestyle habits was found to be useful and insightful. The interactive nature of the session encouraged students to actively participate and reflect on their own digital habits and wellbeing. Overall, the session was considered **informative, meaningful, and beneficial** in promoting awareness about mental health and holistic wellbeing among students.

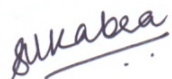


14. Acknowledgement:

The success of the session was made possible by the collective efforts of many individuals. The Department extends its deepest gratitude to:

- **Principal Dr. Kishor Nikam** for giving the opportunity to organize this session.
- **Head of Department, Dr. Ganesh Patare**, for his constant encouragement, support, and guidance in planning the session.
- **Resource Person Mrs.Dhanshree Ghare** for conducting the informative session
- **Dr. Shilpa Kabra , Dr. Sushil Gangane & Dr. Rajkumari Tamphasana** for their minute planning and tireless efforts.
- All the **faculty members** of the Department of Commerce for their presence and cooperation.

Prepared By:



Dr. Shilpa Kabra
PG Coordinator

Verified By:



Dr. Ganesh Patare
HOD

Authorized By:



Dr. Kishor Nikam
Principal

