



MARATHWADA MITRA MANDAL'S
COLLEGE OF COMMERCE

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Date: 31/07/2026

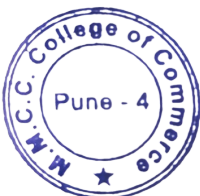
Department of Computer Application

Report on Guest Session on "Mental Wellbeing: The Happiness Advantage"

- 1. Nature of the Event:** Guest Session
- 2. Title of the Event:** Mental Wellbeing: The Happiness Advantage
- 3. Organized by:** Department of Computer Application
- 4. Date:** Thursday, 30th July 2026
- 5. Time:** 11:00 AM – 12:30 PM
- 6. Venue:** Hall No. 4
- 7. Resource Person:** Mrs. Dhanashree Ghare
- 8. Objectives of the Program:** The primary objectives of conducting this guest session were:
 1. To create awareness among students about the importance of mental wellbeing.
 2. To encourage positive thinking and emotional resilience in everyday life.
 3. To provide practical techniques for managing stress, anxiety, and academic pressure.
 4. To inspire students to cultivate healthy habits that promote happiness and personal growth.
 5. To motivate students to maintain a balanced lifestyle for improved academic performance and overall wellbeing.

9. Audience:

The guest session was organized for all Second Year (S.Y.) and Third Year (T.Y.) BBA (CA) students. The session aimed to help students understand the significance of mental health, emotional intelligence, and positive psychology while preparing them to effectively cope with academic and personal challenges.



10. Number of Participants:

A total of 98 students actively participated in the guest session.

11. Brief Description of the Event:

The Department of Computer Application organized an enlightening guest session on "Mental Wellbeing: The Happiness Advantage" on 30th July 2026 for all S.Y. and T.Y. BBA (CA) students. The session was conducted from 11:00 AM to 12:30 PM in Hall No. 4.

The session commenced with the welcome and introduction of the resource person, followed by an engaging discussion on the importance of mental wellbeing in today's fast-paced academic and professional environment. The speaker emphasized that happiness is not merely an outcome of success but a key factor that contributes to better performance, healthier relationships, and overall life satisfaction.

The resource person shared practical strategies for managing stress, developing emotional resilience, maintaining a positive attitude, practicing gratitude, and achieving a healthy work-life balance. Through interactive discussions, relatable examples, and motivational activities, students were encouraged to recognize the importance of self-care and emotional wellbeing.

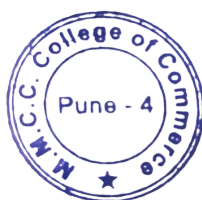
The session also highlighted how adopting positive habits and a growth mindset can improve confidence, productivity, and decision-making abilities. Students actively participated throughout the session by asking questions and sharing their experiences, making the program highly interactive and meaningful.

The session concluded with a vote of thanks, expressing sincere gratitude to the resource person for delivering an inspiring and informative session that encouraged students to prioritize their mental health and personal development.

The goal of the session was to improve this baseline level of well-being as seen in the Gilbert study. The five important factors that play an important role in our well-being levels were discussed with students. These factors have been identified in the research conducted by Dr. Shawn Achor at Harvard University. Following are the factors that help in building our well-being levels, and consequently our resilience –

1. Exercise – Physical exercise, specifically cardio-vascular activity is of immense importance in improving and maintaining good well-being levels not just at the physical level, but also at the emotional level. There are several studies throwing light on the correlation between exercise and mental health. We talked about the study by Dr. John Ratey, a psychiatrist, who has demonstrated the impact of exercise on well-being as well as the overall brain health.

2. Meditation – This is another important factor that improves our well-being levels. We had a 5- minute meditation session, partly body scan, breath meditation and gratitude meditation. We discussed the findings of research and also the case of Mathieu Ricard, a Buddhist monk, who is considered the happiest man alive, based on the activity in his prefrontal neocortex. He attributes this to his meditation practice. We talked about how and why meditation changes our



perspective, and how helpful it is to deal with sticky negative emotions like hatred, regret and jealousy.

3. Random Acts of Kindness – We started with the question, that when we do something for someone else, without expecting anything in return, why do we feel good about ourselves instead of feeling bad since we are giving something, meaning we are losing something that belongs to us. Students were made to think and then we talked about how evolution has made this possible since we repeat something that makes us feel good, and if we want to survive as humans, we have to look out for each other.

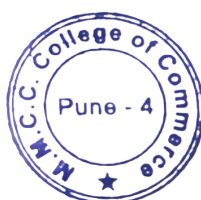
4. Gratitude – The power of gratitude, another very strong predictor of well-being levels and happiness, was discussed with students. We talked about the powerful story of Helen Keller and her essay – ‘three days to see’ which reflect a powerful lesson in gratitude. Just writing or acknowledging three things on a daily basis, for which we are grateful, can be very rewarding when it comes to improving our levels of happiness.

5. Meaningful Relationships – Having even one meaningful relationship in our lives can also help with our levels of well-being. We need not have a lot of friends, but having one meaningful relationship, helps. We also discussed other small things we can do to improve our well-being levels, including learning a skill, a hobby, volunteering, finding meaning and purpose in what we do in our lives, being mindful, etc. We also talked about how important it is to work on some or all of these factors consistently to reap the benefits of it.

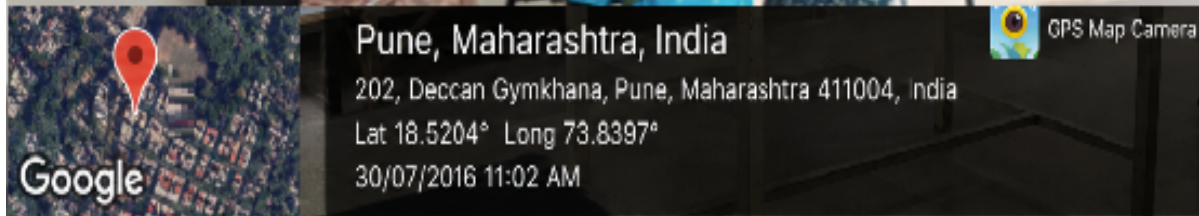
12. Learning Outcomes:

The guest session successfully achieved its intended objectives and resulted in the following outcomes:

- Students developed a better understanding of mental wellbeing and its importance in everyday life.
- Participants learned practical techniques to manage stress, anxiety, and emotional challenges.
- Students recognized the impact of positive thinking on academic performance and personal success.
- The session encouraged students to adopt healthy habits, mindfulness, and self-care practices.
- Students felt motivated to build emotional resilience and maintain a balanced lifestyle.



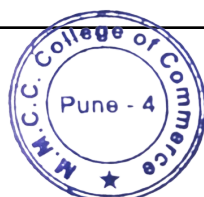
13. Photographs:



Resource Person Mrs. Dhanashree Ghare felicitation by Prof. Nidhi Satavlekar, HOD, BBA(CA)



Encourage positive thinking and emotional resilience in everyday life





Deliver importance of self-care and emotional wellbeing

14. Feedback:

The participants appreciated the session for its relevance, practical insights, and interactive approach. Students found the techniques shared by the resource person useful for managing academic stress and maintaining emotional wellbeing. Many students expressed that the session motivated them to cultivate a positive mindset and focus on personal growth.

15. Acknowledgement:

The Department of Computer Application extends its sincere gratitude to the resource person for sharing valuable knowledge and practical guidance on mental wellbeing. The department also expresses heartfelt thanks to the Principal Dr. Kishor Nikam, Head of the Department Prof. Nidhi Satavlekar, all faculty members, and student volunteers for their continuous support and cooperation in successfully organizing the guest session. Their collective efforts contributed significantly to the success of the program.

Prof. Nidhi Satavlekar
HOD, BBA(CA)

Dr. Pranita Raskar
BBA(CA) Guest Session Coordinator

Dr. Kishor Nikam
Principal

