
	Pimpri Chinchwad Education Trust's Pimpri Chinchwad College of Engineering & Research Ravet, Pune An Autonomous Institute NBA Accredited (4 UG Programs) NAAC A++ Accredited ISO 21001:2018 Certified IQAC PCCOER	
AY: 2025–26 Term- I/II	Digital Wellness and Stress Management Workshop	ACAD/R/17

Department- BBA

Date- 25/04/2026

Class- First Year.

1. Program Type: One Day Session

2. Program Title: To promote digital wellness, stress management, concentration, and balanced use of technology among students.

3. Day & Date: Thursday, 07/05/2026.

4. Venue: PCCOE&R Auditorium.

5. Name of the Organizer / Department: BBA Department

6. Attendees (No. of students attended the program): 31

7. Objectives of the Event:

The objective of the **Digital Wellness and Stress Management Workshop** was to create awareness among students about maintaining a healthy balance between digital life and mental well-being. The workshop aimed to help students understand the effects of excessive digital usage, improve stress management skills, enhance concentration, and encourage goal-oriented thinking for personal and academic growth.

8. Content & Schedule (Summary):

The **Digital Wellness and Stress Management Workshop** was organized by **Pimpri Chinchwad College of Engineering and Research (PCCOER)** on **7th May**, from **10:00 AM to 4:00 PM**, at the **6th Floor Auditorium, PCCOER, Ravet**. The workshop was conducted by **Mr. Deepak Madhukar Bendre**, Founder of **Shilpkar Counseling Academy**, a highly experienced counselor, motivational speaker, and trainer with over 25 years of counseling experience.

A **concentration game** was conducted to help students improve focus, observation, and mental alertness. Mr. Bendre interacted with students regarding their **dreams, ambitions, and future goals**, emphasizing the importance of setting clear goals in life. The speaker also discussed the growing issue of **miscommunication caused by excessive phone usage and dependency on AI**, explaining how digital distractions affect relationships, communication skills, and productivity. An engaging **debate session** was conducted on the topic: **“Should Phones be**

Allowed in College?'. Students actively shared their opinions, arguments, and perspectives, making the session highly interactive and insightful.

9. Program Outcome Achieved:

- The workshop successfully achieved its objectives and resulted in the following outcomes:
- Increased awareness about digital wellness and mental health
- Improved understanding of stress management techniques
- Encouraged students to set clear personal and career goals
- Enhanced concentration, communication, and self-awareness
- Developed critical thinking through debates and interactive activities
- Motivated students to maintain balanced digital habits and reduce unnecessary phone dependency

10 Photos :





Maa Saraswati Vandana



Interaction with the students.

Dr. Rashmi Mishra
Department Activity Coordinator

Mrs. Amruta Dixit
IQAC Coordinator

Dr. Smriti Pathak
Head of Department