



Pimpri Chinchwad Education Trust's  
Pimpri Chinchwad College of Engineering & Research  
Ravet, Pune IQAC PCCOER



Academic  
Year: 2025-26

**DEPARTMENT OF BCA**

**Record No.**  
ACAD/R/16

## REPORT ON VENOM STACK

**Participants/Audience:** BCA students and faculty members

**Venue:** PCCOE&R Auditorium 6<sup>th</sup> Floor,

**Date and time:** 07/05/2026 Thursday, 10:00AM to 04:00pm

**Organized by** BCA Department

**Purpose :** To promote digital wellness, stress management, concentration, and balanced use of technology among students.

### 1) Objective:

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.

### 2) Content and Schedule Details:

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.

### 3) Program Outcome:

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

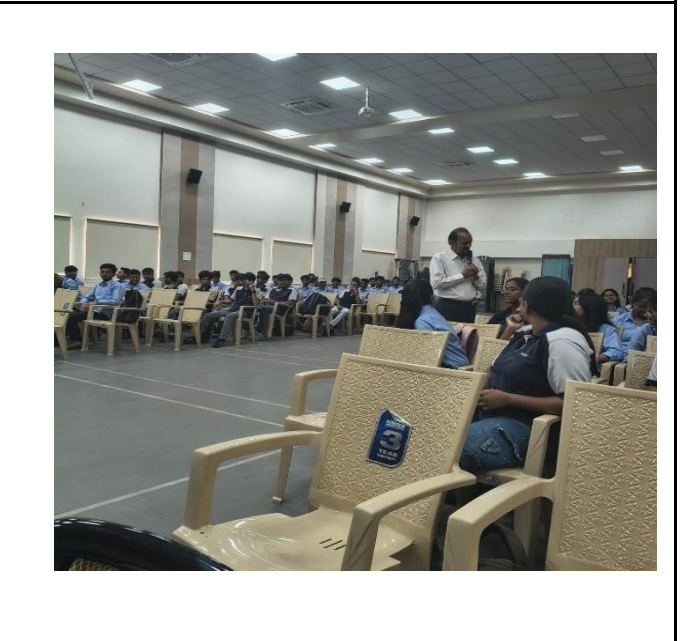
**Report prepared by –Piyush Khachane SYBCA (Activity Co-ordinator)**

# Attendance

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		
Academic Year: 2025-26	Workshop Attendance	Term: I
ROLL No	Division - B Name of Student	Date :07/07/2026 Sign
1	KUTE SHIVAM GOPINATH	
2	KUTE SRUSHTI BABANRAO	
3	LADGE SAKSHI GANESH	
4	LADGE YASH GAURMAN	
5	LOHAR GUNADNYA PRASHANT	
6	LOKHANDE VAISHNAVI MANIKRAO	
7	MAHADIK CHETAN MAVOJ	
8	MAHAJAN KRISHNA AMBADAS	
9	MANCHANDANI ROSHAN VINOD	
10	MHABARI GULFAM NURULLAH	
11	MORE KIRAN SANTOSH	
12	MORE SAYLI RAMESHWAR	
13	MULE PRASHANT HANUMAN	
14	NAMDE PRANALI SANTOSH	
15	NARUTE RHUGVED ANILKUMAR	
16	PARDESHI ARYAN RAJUSING	
17	PASALE SAHIL GANESH	
18	PATADE PRADNYA MAHENDRA	
19	PATHAK TANUSHREE MANOJ	
20	PATIL AKANKSHA BALBHIM	
21	PATIL RAGHUVIR PRAMOD	
22	PATIL SANSKRUTI KISHOR	
23	PAWAR LIKMIT SANDIP	
24	PAWAR SURAJ POPAT	
25	PAWASE ARPITA ASHOK	
26	PHALKE AKANKSHA KISHOR	
27	RAJMANE POORVA VINAYAK	
28	RANSHUR TANVI DNYANDEO	
29	RASKAR SUJAL RAHUL	
30	RATHOD KUSHAL DINESH	
31	SALUNKE MAYUR SAGAR	
32	SARAF TANMAY HEMANT	
33	SAVARKAR CHAITRALI YOGESH	
34	SAWANT PRANAV DILIP	
35	SHAH VIKRANT VIKRAM	
36	SHAHANE SAMRUDDHI SUDHIR	
37	SHAMAL SURYAKANT BHALERAO	
38	SHETE PRANAV DHARESHWAR	
39	SHETTE ADITYA ANIL	
40	SHINDE AVNISH UDAY	
41	SHINDE PURVAJA ANIL	
42	SHINDE SAI DAULAT	

NAAC A++ Accredited   ISO 21001:2018 Certified IQAC PCCOER		
Academic Year: 2025-26	Workshop Attendance	Term: I
ROLL No	Division - A Name of Student	Date :07/07/2026 Sign
1	AGALE SUMITKUMAR SUBHASH	
2	AGHAV RUSHIKESH BALASAHEB	
3	ARGADE PRASAD SANJEEVKUMAR	
4	BADNALE APARNA SANTOSH	
5	BAGNAR VEDANGI RAJU	
6	BAGUL TUSHAR SIDDHARTH	
7	BANNORE NIRZAR ABHIJIT	
8	BARAD TEJAL SANTOSH	
9	BARGE SHAUNAK VIKRAMSINH	
10	BHABAD SANSKRUTI KIRAN	
11	BHABRE ASHISH VISHAL	
12	BHAGAT PARTH AJAY	
13	BHANGALE OM PRAVIN	
14	BHATKAR ABHISHEK VIJAY	
15	BIDWAI SAI DHANANJAY	
16	BURANGE PRATIKSHA BALASAHEB	
17	BUSHRA NAIM SHAIKH	
18	CHAUDHARI ARYAN SANJAY	
19	CHAUDHARI BHAVESH PRABHAKAR	
20	CHAUDHARI MAYANK AJAY	
21	CHAUDHARI PAYAL PRAVIN	
22	CHAUDHARI YOGESH PRABHAKAR	
23	CHAUDHARY SANIKA MILIND	
24	CHAVAN ARYAN	
25	CHAVAN TRISHA DATTATRAY	
26	CHINCHOLIKAR DHANSHRI KAILASH	
27	CHOUDHARI SHWETA DASAMAYYA	
28	DAHAK NAYAN YOGESH	
29	DALAVE ANKITA DILIP	
30	DALVI VAISHNAVI KIRAN	
31	DESHPANDE ATHARVA ABHAY	
32	DEV ANIL KUMAR TIWARI	
33	DEVKATTE ASHWINI	
34	DHADE KAUSTUBH NIVRUTTI	
35	DHAKNE AJINKYA DIGAMBAR	
36	DIVEKAR SOHAM KANTILAL	
37	GAIKWAD SHUBHANGI SANJIV	
38	GHODEKAR PRANAV RAJENDRA	
39	GHORPADE VAISHNAVI ANANT	
40	GUDSOORKAR SIDDHARTH	
41	INGALE PRATIKSHA RAMESH	

Photos of event



*HSD*

Mrs. Harshada Deshpande  
Department Activity Coordinator

*Bharati Patange*

Ms. Bharati Patange  
IQAC Coordinator

*Pathak*

Dr. Smriti Pathak  
HOD