

Bunts Sangha's
S. M. Shetty College of Science, Commerce & Management Studies, Powai
NAAC Accredited 'A' Grade
IMC RBNQ Certificate of Merit 2019
ISO 21001:2018 Certified

D/11/0146/22-23

Approval Form – GEN Z HEALTH CONCERN

Department: NSS UNIT

Program: Gen z health concern

Objectives : Gen Z is the least likely to self-rate their mental health as being “very good” or “excellent.”

Need: to give information about GEN Z and how to tackle the issues when we face issues in GENZ

Content: volunteers are participating in the sports day.

Judge: NA

Date: 17th December, 2022

Cost/Budget: NA.

Proposed by: Mr. Abhijeet Patil

Verified by: Dr. Vijay Vishwakarma & Prof. John Menezes.

Approval Date: 14th December, 2022



NSS Programme Officer



NSS Programme Officer

Criterion 3 - Research, Innovations and Extension




PRINCIPAL


Bunts Sangha's S.M. Shetty College
of Science, Commerce & Management Studies
Powai, Mumbai-400 076.
Tel. 022-6132 7352
Email: college@smshettyinstitute.org

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Notice(WhatsApp):

Jai Hind 

The NSS UNIT of Bunts Sangha's S.M.Shetty College of Science, Commerce and Management Studies, Powai.

 Organizes

A Session on

"Gen Z Health Concern"


Resource person:

Dr.Sharayu Rajwade Kshirsagar

(Homeopathic Doctor)

E certificate will be provided to all the participants

 Date: 17th December, 2022

 Time: 11.00am onwards.

Venue: Av room ,6th floor.



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Minutes of the meeting – GenZ Health Concern

1st Meeting on

- Informed all volunteers about the session
- Some volunteers were given photos of their work during the session .
- All volunteers were told to maintain discipline during the whole session
- Timings were informed of the event



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Report: GEN Z HEALTH CONCERN

Event: session on Gen Z health Concern

Date: 17th December, 2022

Objectives: Gen Z is the least likely to self-rate their mental health as being “very good” or “excellent.”

Highlight: The NSS unit of Bunt's Sangha's S.M.Shetty college of Science, Commerce and Management Studies, Powai organized a session on Gen Z health concern on 17 December. The resource person of our session was Dr Sharayu Rajwade Kshirsagar . The session was for our volunteers , as it was on mental health which plays a very important role in today's life especially for teenagers. The session explained that the living generation is Fully dependent on mobile phones , which may cause a change in their life, personality, and it will increase their stress. Session also explained how to decrease the use of mobile phones as they are always busy on phones everywhere and how to be mentally active and stress free. The session nearly included 70 volunteers, it was interesting and helpful.



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Participants list:

1. Sujal more 2. Mahesh kunwar 3. Abhijeet Sangade 4. Sanjana Yadav 5. rohan ravindra gutam 6. Chetan valmiki 7. Prashant dubey 8. Rohan shah 9. Guddu yadav 10. Jainam jain 11. Shubham yadav 12. Shaun shaji 13. Sarvesh Shetty 14. Jaya yadav 15. Kushal Shetty 16. Muskan gupta 17. Shruti Dubey 18. Prerna gir 19. Vaibhavi rathod 20. Sohail Shaikh 21. Tushar Premshankar Chaurasiya 22. Piyush Taith 23. Appu ambali 24. Rajyeshree Jaiswal 25. Debasish behera 26. Sonal Sanjay Jadhav	30. Singh Amankumar Manojkumar 31. Jaineey viresh chhadwa 32. Sneha mandal 33. Prajesh Prabhakar Gurav 34. Roshni anchan 35. Sanjiv bhappa 36. Astha tiwari 37. Madur Karkera 38. Amisha shetty 39. Sneha Nishad 40. Sujal more 41. Kanchan lalbahadur Gupta 42. Komal Thakulla 43. Zueb khan 44. Sejal 45. Ritu Prajapati 46. Akhilesh Pappu Nishad 47. Sheetal Bhatane 48. Yuvraj jaiswar 49. Ratnavali Surendra Chaurasia 50. Sakshi Suresh Rai 51. Tanisha vijay upale 52. Disha boricha 53. Pinky Sahani 54. Rohan singh 55. Sakshi Poojary
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27.Zahara shaikh 28.Priti pramod Pandey 29.Karthik Ganesh poojary	56.Sahil kadam 57.Chetan Metrela 58.Manoj Poojary
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Photos:



Dijay. Krishnaswama

NSS Programme Officer

John Peres

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Prashant
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Action Taken Report Of Session GenZ Health Concern :

Date	Feedback Received	Suggestions Provided
17 th December, 2022	Feedback received on all the volunteers and audience was highly positive and encouraging. Suggestions were received regarding conducting more such events in the future. Please add some more events.	please conduct such more events to increase the knowledge about this generation



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