## 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

## <u>Approval Form – GEN Z HEALTH CONCERN</u>

**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:** 14<sup>th</sup> December,2022

**NSS Programme Officer** 

**NSS Programme Officer** 

Criterion 3 - Research, Innovations and Extension

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

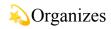
Email: college@smshettyinstitute.org

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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.



A Session on

"Gen Z Health Concern"

Resource person:

Dr. Sharayu Rajwade Kshirsagar

(Homeopathic Doctor)

E certificate will be provided to all the participants

Total Date: 17th December, 2022

🔔 Time:11.00am onwards.

Venue: Av room ,6th floor.

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## Minutes of the meeting - GenZ Health Concern

_	<del></del>		
	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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1st Meeting on

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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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## **Report: GEN Z HEALTH CONCERN**

**Event:** session on Gen Z health Concern

Date: 17<sup>th</sup> 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

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was interesting and helpful.

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## **Participants list:**

1. Sujal more
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- 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.Zoeb 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	56.Sahil kadam
28. Priti pramod Pandey	57.Chetan Metrela
29.Karthik Ganesh poojary	58.Manoj Poojary

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## **Photos:**









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## **Action Taken Report Of Session GenZ Health Concern:**

Date	Feedback Received	Suggestions Provided
17 <sup>th</sup> 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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