



JAYAWANT SHIKSHAN PRASARAK MANDAL'S

Bhivarabai Sawant Institute of Technology & Research

(Approved by AICTE New Delhi, DTE Mumbai & Affiliated to Savitribai Phule Pune University)

Accredited with B++ Grade by NAAC

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Dr. T.K. Nagaraj

ME. (Civil Engg), Ph.D (Civil Engg)

LMISTE, LMIGS, LMIRC

LMISRTT, LMIE

Principal

Prof. Dr. T. J. Sawant

B.E. (Elec.) PGDM, Ph.D

Founder Secretary

DEPARTMENT OF COMPUTER ENGINEERING	ACTIVITY REPORT	Academic Year: - 2023-24
		Semester :- II
PARTICIPANTS: SE Computer -Div- A		Date :- 5/2/2024
		Time : 9.30 am to 10.30 am

Activity Report

Objectives of the Program:

1. To understand importance of mental well being
2. Tips for Emotional Wellness

Brief Summary of the activity

Social and Emotional well being is very important for overall development. If mental well being is not there, it can cause anxiety, depression, disappointment. Thinking positive, accepting the situations resilience and mindfulness can help achieve mental well being. Meditation, yoga, sports and good habits can help in keeping good mental health. Sir also explained about the importance of keeping positive attitude and positive thinking amongst ourselves. Sir also shared some important tips for emotional and mental health which will help the students to succeed in their future.



Vision: - "To Satisfy the aspirations of youth force, who want to lead the nation towards prosperity through techno-economic development."

Mission:- "To provide, nurture and maintain an environment of high academic excellence, research and entrepreneurship for all aspiring Students which will prepare them to face global challenges maintaining high ethical and moral standards."

Geo Tagged Photographs of the Activity



Outcome of the Activity:

1. Students were able to understand importance of mental well being
2. Tips for Emotional Wellness helped students to achieve mental well being

As the coordinator of this event, we would like to thank our Principal Dr. T.K. Nagaraj sir for conducting above session. The session was very interactive.

This is for your information please.
Thanking you

Dr. Gayatri Bhandari
Head, Dept of Computer Engg

Dr. T.K.Nagraj
Principal



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