



JAYAWANT SHIKSHAN PRASARAK MANDAL'S

**Bhivarabai Sawant Institute of Technology & Research**



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

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EN 6311 / CEGP-013100

**Prof. Dr. T. J. Sawant**  
B.E. (Elec.) PQDM, Ph.D  
Founder Secretary

**Dr. T.K. Nagara**  
ME. (Civil Engg), Ph.D (Civil Engg)  
LMISTE, LMIGS, LMIRC  
LMISMTT, LMIE  
Principal

Institute Accredited by National Assessment and Accreditation Council (NAAC), Bengaluru and  
National Board of Accreditation (NBA), New Delhi.

## EXTENSION AND OUTREACH ACTIVITIES FOR STUDENTS

### EVENT REPORT

Title of Activity	Seminar on "Mental Well Being"	Issue addressed	Personality Development
Date of conduction	9-1-2024	SEM and AY	II/2023-24
Department	Computer Engineering	Class and Div	FE (D)
Name of Resource Person & Designation	Prof. Sharayu Anap Assistant Professor	Organization	JSPM's BSIOTR

#### Objective of the event:

To create Awareness on mental wellbeing and its benefits for students.

#### Brief summary of the activity:

A seminar on "Mental Well Being" was conducted for FE(D) students in computer engineering department. The seminar was intended to make the students aware on mental wellbeing and its benefits for students. Following points were deliberated in this seminar which would help the students to maintain mental wellbeing which would help them to succeed as student and also in their professional life. Fifty students attended the seminar along with HOD of the department and the teacher of the class.

- List the characteristics of mentally healthy person
- List the warning signals of poor mental health
- Discuss the consequences of poor mental health
- Mental Health Services
- When is world mental health day
- Tips for Emotional wellness

**Expected outcome:** Students can practice to maintain "Mental Wellbeing" through the tips given during the seminar.



Signature of Resource person

S. M. Anap

Signature of HOD

[Signature]

Signature of Principal

[Signature] 9/2/24



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

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For all aspiring Students, which will prepare them to face global challenges maintaining high ethical and moral







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## EXTENSION AND OUTREACH ACTIVITIES FOR STUDENTS

### ATTENDANCE SHEET

Time of Activity	Mental Wellbeing	Issue addressed	Personality Development
Date of conduction	9/2/2024	SEM and AY	II / 2023-24
Department	Comp	Class and Div	FECD
Name of Resource Person	Prof. Sharayu Anap	Organization	JSPM's BSIOIR

Sr No	Roll No	Name of Student	Signature of student
1.	1431	Kahingagar Prasad phanaji	Prasade
2.	1406	Ingale Sudarshan Parmeshwar	S.P. Ingale
3.	1432	Aditya Rajendra kumbhar	A.R.K.
4.	1428	Koli Abhijeet Nitin	Abhijeet
5.	1417	Kalme Varad Shriram	Varad
6.	1463	Shinde Gagar Ram	Gagar
7.	1455	More Pruthviraj Budebhiraj	Pruthviraj
8.	1442	Mane Sujit Kisan	Sujit Mane
9.	1445	Mendke Sandip Balaji	S.Mendke
10.	1438	Kailas Lohar	Kailas
11.	1462	Yash Shevate	Yash
12.	1444	Suyog markad	Suyog
13.	1437	Abhijeet Lipne	Abhijeet
14.	1446	Kunal More	Kunal
15.	1447	Kunal More	Kunal
16.	1459	Pruthviraj Kakade	Pruthviraj
17.	1419	Balaji Kanase	Balaji
18.	1454	Santosh Pankar	Santosh
19.	1452	Omkar Kanade	Omkar
20.	1402	Abhishek Hosgude	A. Hosgude
21.	1458	Pratiksha Sawant	Pratiksha
22.	1407	Ishwari Deokar	Ishwari
23.	1434	Vaishnavi Kuthwal	Vaishnavi
24.	1436	Vishakha Shelle	Vishakha

Signature of Resource person : S.M. Anap



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Name of Resource Person	Prof. Sharayu Anap	Organization	JSPM's BSIOTR

Sr No	Roll No	Name of Student	Signature of student
25	1439	Madhu Kumari	Madhu
26	1409	Shravani Jitendra Jadhav	Shravani
27	1401	Vaishnavi Hajare	Vaishnavi
28	1454	Suhani Lamkhade	Suhani
29	1435	Sneha Lahurkar	Sneha
30	1453	Snehal Kharade	Snehal
31	1405	Rohini Ingale	Rohini
32	1448	Shweta Pansare	Shweta
34	1454	Rajnapdini Khade	Rajnapdini
35	1433	Rutuja Kusmude	Rutuja
36	1426	Khushi Kumar	Khushi
37	1410	Tejasvi Jadhav	Tejasvi
38	1415	Vikram Kerkar	Vikram
39	1451	Vinod Joshi	Vinod
40	1404	Hesamb Amal Handekari	Hesamb
41	1450	Kunal Ganesh Patil	Kunal
42	1445	Pranika Mane	Pranika
43	1440	Dasharath Patil Mandavde	Dasharath
44	1425	Harshvardhan Khande	Harshvardhan

Signature of Resource person : S. H. Anap



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