



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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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	5-1-2024	SEM and AY	II/2023-24
Department	Computer Engineering	Class and Div	SE(A)
Name of Resource Person & Designation	Dr.T.K.Nagaraj Principal	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 SE(A) 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.

- Social and Emotional Wellbeing
- Characteristics of Emotional Well being
- Inner Wellbeing and its impact
- Stop out sourcing happiness
- Tips for Emotional wellness

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



Signature of Resource person :

Signature of HOD :

Signature of Principal :



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"

