



Academic Year: 2022-23 (Odd)

Activity Summary Report

Title of Activity: Counseling Session on "Role of Counselor in Academics" in association with ISTE chapter K. K. Wagh Polytechnic, Nashik

Relevant Area: Counseling and Guidance on Life Management Skills

Date & Time of Activity: 22/09/2022 ,13/12/2022,

Activity for Class: TYCM-I, II, III SYCM-I, II, III & FYCM-I, II, III

Type of Activity: Counseling Session

<p>Recourse Person(s) Name and Designation: Dr. Pratibha Chandak Consulting Psychologist</p>	<p>Department/Section: Consulting Psychologist K. K. Wagh Education Society, Nashik</p>
<p>Organization: K. K. Wagh Education Society</p>	<p>Email-id: pratibhachandak@yahoo.co.in Mobile No: 9422756611</p>
<p>This Counseling session have covered the following topics –</p> <ul style="list-style-type: none"> • Journey to be Engineer- Enter as student, exit as professional • Live life for living & loving- Academic, mental health, physical health and its balancing beneficial for academics • Knowledge & success oriented life • Positive & balance state of life • Importance of physical & mental fitness • Mathematics if life-add quality & challenges in life, multiply skills & capacity, subtract ego & weakness and divide priorities & planning. • Five important elements of life- sound sleep, balanced diet, physical fitness, academic schedule & mental stress • Use mobile- Oxygen for knowledge & carbon dioxide for entertainment 	<p>Mapped POs:- PO7, PO9 Mapped PSOs :-PSO2 Mapped PEOs:- PEO1, PEO2</p>  
<p>Outcomes/Conclusion: Students will be able to set their goal to be professional engineers during their journey of diploma. They will able to maintain balanced physical & mental fitness to get success in academics. Students also able to follow the five important elements of life and mathematics of life to live healthy, stress free & successful life.</p>	

