



## **Activity Summary Report**

**Title of Activity:** Life Management Skills: Psychological State of Mind in Academics

**Date of Activity:** 21/09/2024

**Type of Activity:** Expert Lecture

**Activity for Class:** FYIF-Cray & FYME-Prithvi

**Total Students Attended:** IF(61)+ME(55)

<b>Recourse Person(s) Name and Designation:</b> Dr.Pratibha Chandak,Counselor.	<b>Organization:</b> K.K. Wagh Polytechnic,Nashik
<b>This Session have covered the following topics :</b> <ul style="list-style-type: none"><li>● Mental balance for academic progress</li><li>● Live Life for Living and Love</li><li>● Priorities in Life</li><li>● Mathematics of Life.</li><li>● Balance between Academic, Physical health and Mental Health</li><li>● Mental Health- Time for Hobby/ Passions</li><li>● 5 Factors of Life to maintain good Academics</li></ul>	<b>Photos of Session:</b>  
<ul style="list-style-type: none"><li>● <b>Outcomes/Conclusion:</b> From counseling session, students learnt how to maintain Balance between Academics, Physical health and Mental health to get success in Life.</li></ul>	

**Report By: Mrs. P.P.Wani**  
(Lect-SHD)

**Prof. A.D.Watpade**  
HOD (SHD)



## K. K. Wagh Polytechnic, Nashik.

HirabaiHaridasVidyanagari, Amrutdham, Panchavati, Nashik-422003

DEPARTMENT OF SCIENCE & HUMANITIES

Academic Year: 2024-25(ODD)

Date of Report: 21/09/2024

### Activity Summary Report



**Title of Activity:** Life Management Skills: Psychological State of Mind in Academics

**Date of Activity:** 21/09/2024

**Type of Activity:** Expert Lecture

**Activity for Class:** FYIF-Param & FYEE-Tesla

**Total Students Attended:** IF(52)+EE(56)

<b>Recourse Person(s) Name and Designation:</b> Dr.Pratibha Chandak,Counselor.	<b>Organization:</b> K.K. Wagh Polytechnic,Nashik
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HirabaiHaridasVidyanagari, Amrutdham, Panchavati, Nashik-422003

DEPARTMENT OF SCIENCE & HUMANITIES

Academic Year: 2024-25(ODD)

Date of Report: 01/10/2024

### Activity Summary Report



**Title of Activity:** Life Management Skills: Psychological State of Mind in Academics

**Date of Activity:** 01/10/2024

**Type of Activity:** Expert Lecture

**Activity for Class:** FYME-Agni & FYAN

**Total Students Attended:** ME(55)+AN(66 )

<b>Recourse Person(s) Name and Designation:</b> Dr.Pratibha Chandak,Counselor.	<b>Organization:</b> K.K. Wagh Polytechnic,Nashik
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DEPARTMENT OF SCIENCE & HUMANITIES

Academic Year: 2024-25(ODD)

Date of Report: 01/10/2024

### Activity Summary Report



**Title of Activity:** Life Management Skills: Psychological State of Mind in Academics

**Date of Activity:** 01/10/2024

**Type of Activity:** Expert Lecture

**Activity for Class:** FYCH & FYCE

**Total Students Attended:** CH(51)+CE(45)

<b>Recourse Person(s) Name and Designation:</b> Dr.Pratibha Chandak,Counselor.	<b>Organization:</b> K.K. Wagh Polytechnic,Nashik
<b>This Session have covered the following topics :</b> <ul style="list-style-type: none"><li>● Mental balance for academic progress</li><li>● Live Life for Living and Love</li><li>● Priorities in Life</li><li>● Mathematics of Life.</li><li>● Balance between Academic, Physical health and Mental Health</li><li>● Mental Health- Time for Hobby/ Passions</li><li>● 5 Factors of Life to maintain good Academics</li></ul>	<b>Photos of Session:</b>  
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HirabaiHaridasVidyanagari, Amrutdham, Panchavati, Nashik-422003

DEPARTMENT OF SCIENCE & HUMANITIES

Academic Year: 2024-25(ODD)

Date of Report: 11/10/2024

### Activity Summary Report



**Title of Activity:** Life Management Skills: Psychological State of Mind in Academics

**Date of Activity:** 08/10/2024

**Type of Activity:** Expert Lecture

**Activity for Class:** FYCM-Lin & Mac

**Total Students Attended:** Lin(62)+Mac(64)

<b>Recourse Person(s) Name and Designation:</b> Dr.Pratibha Chandak,Counselor.	<b>Organization:</b> K.K. Wagh Polytechnic,Nashik
<b>This Session have covered the following topics :</b> <ul style="list-style-type: none"><li>● Mental balance for academic progress</li><li>● Live Life for Living and Love</li><li>● Priorities in Life</li><li>● Mathematics of Life.</li><li>● Balance between Academic, Physical health and Mental Health</li><li>● Mental Health- Time for Hobby/ Passions</li><li>● 5 Factors of Life to maintain good Academics</li></ul>	<b>Photos of Session:</b>  
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DEPARTMENT OF SCIENCE & HUMANITIES

Academic Year: 2024-25(ODD)

Date of Report: 11/10/2024

### Activity Summary Report



**Title of Activity:** Life Management Skills: Psychological State of Mind in Academics

**Date of Activity:** 08/10/2024

**Type of Activity:** Expert Lecture

**Activity for Class:** FYCM-Win & FYEE-Oham

**Total Students Attended:** Win(64)+Oham(60)

<b>Recourse Person(s) Name and Designation:</b> Dr.Pratibha Chandak,Counselor.	<b>Organization:</b> K.K. Wagh Polytechnic,Nashik
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## Counseling to the Girls' Hostel Students

