



**Academic Year: 2024-25(ODD)**

**Date of Report: 16/08/2024**

## **Activity Summary Report**


**Title of Activity:** Expert Talk on “Balance your Lifestyle Now And/ Or .....Life Then”

**Date of Activity:** 13/08/2024

**Type of Activity:** Counseling Session

**Activity for Class:** SYAN, TYAN

**Total Students Attended:** SYAN(53),TYAN(36)

<b>Recourse Person(s) Name and Designation:</b> Hon. Mrs. Pratibha Chandak Psychological Counselor	<b>Department/Section:</b> Psychological Counselor
<b>Organization</b> K. K. Wagh Education Society, Nashik	<b>Email-id:</b> pmchandak@kkwagh.edu.in <b>Mobile No:</b> 9422756611
<p>○ <b>This Expert Talk have covered the following topics -</b></p> <ul style="list-style-type: none"><li>● Importance of Academic performance.</li><li>● How to improve three types of health- Physical, Mental and Academic.</li><li>● Importance of expressing your knowledge.</li><li>● Building of confidence and overall academics performance.</li><li>● How to avoid excessive usage of Mobile. Mobile is O2 for Knowledge and CO2 for Entertainment.</li><li>● Give time for hobbies.</li><li>● Indulge in extracurricular activities.</li><li>● Mathematics of Life with life related equations, Importance of Self-Motivation.</li><li>● Discipline leads to success.</li><li>● Sacrificing now to enjoy your future.</li><li>● Importance of career guidance &amp; Time management.</li></ul>	 

**Outcomes/Conclusion:** From this Counseling session, students will able to learn how to improve Physical, Mental and Academics health. How to avoid excessive usage of mobiles. Discipline leads to success. Sacrificing to enjoy your hobbies, future. How to importance career strategy and the importance of time management in our life.



Mrs. J. S. Mahajan, Mr. S. V. Waghmare  
Coordinator

Prof. H. M. Gaikwad  
HOD- AN