

MIT | Arts, Commerce & Science College

Alandi (D), Pune – 412 105

Department of Computer Application

Academic Year 2023-24

Notice

14/09/2023

This is to inform all students that ,Department of Computer Application is organizing Guest Lecture on “**Mind Wellness**” on **18 September 2023** from 9.30 pm to 11.00 pm.

This lecture will be delivered by **Mrs.Vrinda Ambekar**


Students are instructed to attend the lecture.


Date : 18 September 2023

Timing : 09.30 am to 11.00 am

Venue :Seminar Hall


Ms. Nishigandha Bhalekar
Co-ordinator


Dr. Vikas Mahandule
HOD Computer Application


Dr. B. B. Waphare
Principal

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Department Of Computer Application

Workshop on Mind Wellness

- Following are the roles and responsibilities for the program on 18/09/2023

Anchoring	Harshada Khaparase Mohini Sete -Students from FY BBA CA A
Guest Introduction	Tani Nikalaje – FY BBA CA A
Stage Arrangement (Nameplate,bottle)	Prof.Priti Lokhande , Prof.Jyoti Bacchav
Technical arrangement(laptop arrangement,Prayer)	Prof.Shivaji Shinde
Vote of Thanks	Richa Khandekar – FY BBA CA A
Discipline	Prof.Nishigandha Bhalekar,Prof.Amit Tale Pro.Dipali Tawar
Feedback	Prof.Nishigandha Bhalekar
NDL club registration	Prof.Priti Lokhande



Prof.Nishigandha Bhalekar

Session Co- ordinatr



Dr.Vikas Mahandule

HOD Computer Application

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Department of Computer Application

Academic Year 2023-24

Organized Seminar on Mental Wellness

Date: 18/09/2023

AGENDA

- Welcome by Harshada Khaparase and Mohini Shet - Students from FY BBA CA -A
- Prayer
- Welcome Speech by Dr.Vikas Mahandule-HOD Computer Application
- Introduction by Tanvi Nikalaje - Students from FY BBA CA -A
- Felicitation of Guest by Principal Dr.B.B.Waphare
- Talk by guest Mrs.Vrinda Ambekar
- Question Answer Session
- Vote of thanks by Rich Khandekar - Students from FY BBA CA -A

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Department Of Computer Application

Academic Year: 2023-24

Date:22/09/2023

Title: Report on guest lecture - “Mind Wellness”

Objectives –

1. To improve mental health and quality of life.
2. To know importance of mental exercise on daily basic .

Description :

The Department of Computer Application, organized a Guest Lecture on “Mind Wellness” on 18th September 2023, in Seminar Hall .The purpose .of this Guest Lecture was to create awareness about Mental Health.

The Guest Speaker was Mrs. Vrinda Ambekar -Emotional Wellness Coach. She has more than 20 years of experience in the same field.

The students from FY BBA CA Div A and FY BBA CA Div B and faculty members attended guest lecture. There were about 110 students awaiting the guest lecture.

Mrs. Vrinda Ambekar started her session by giving an introduction about mental health.

Speaker spoke to the students about various issues like those of bullying, anger, stress, depression, etc. An extremely effective session was held, where the students had to write name of role model in their life on paper.

Speaker also suggested students to perform following activities to maintain mental health

- Spiritually being grateful for everyday and keeping ourself positive through prayer and high spiritual power is a much needed thing right now.
- Isolation is detrimental to our health so connecting with loved ones for emotional support is significant.
- After every one hour take good breath.
- Follow your daily routine by making checklist and working on those task throughout the day.

- Honour and distract yourself by finding a way to actively divert your attention and pamper yourself, do yoga and meditation.

Session was ended by meditation activity.

Outcomes –

1. The participants understood the importance of “Mental health”.
2. To know about Stress Management.

Total participants – 110 (69 Female + 41 Male)

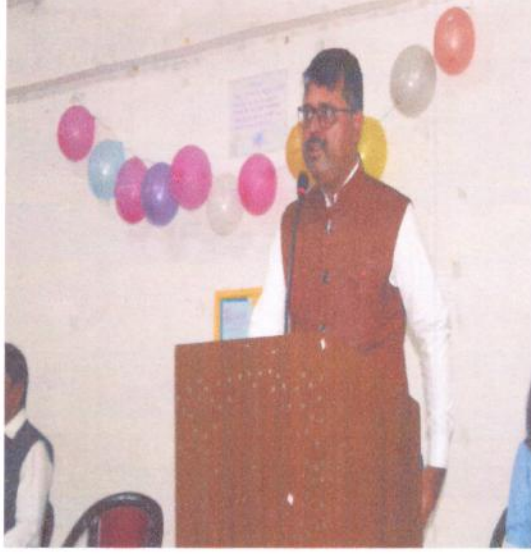
Photographs :



Felicitation of guest Mrs.Vrinda Ambekar



Mrs.Vrinda Ambekar addressing students



Address by Dr.Vikas Mahandule

Prof.Nishigandha Bhalekar
Session Co-ordinator

Dr.Vikas N. Mahandule
HOD Computer Application

Dr.B.B.Waphare
Principal



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Department of Computer Application

Academic Year 2023-2024

Seminar on Mind Wellness

Attendance sheet

Date -18/09/2023

Sr.No	Student Name	Class	Sign
FA07	Mohini Singh	FY(BBA CA)	<u>Mohini Singh</u>
FA06	Harshada Kharfase	FY(BBA CA)	<u>Harshada Kharfase</u>
FA44	Tarvi Nikalje	FY(BBA CA)	<u>Tarvi</u>
FA48	Richa Khandekar	FY(BBACA)A	<u>Richa</u>
F88	Rohini Mortale	FY(BBA CA) B	<u>Rohini Mortale</u>
FB45	Devyani Mahajan	FY(BBA CA)	<u>Devyani</u>
FB46	Deepthi Wable	FY(BBA)(CA)	<u>Deepthi</u>
FB01	Hindavi Khasmale	FY(BBA)(CA) B	<u>Hindavi</u>
FB49	Aditi Dhanve	FY(BBA)(CA) B	<u>Aditi</u>
FB71	Vaishnavi Shinde	FY(BBA)(CA) B	<u>Vaishnavi Shinde</u>
FB27	Tarvi Khade	FY(BBA)(CA) B	<u>Tarvi Khade</u>
FA55	Ankita Bate	FY(BBA)(CA) A	<u>Ankita Bate</u>
FA39	Sanika Lokhande	FY(BBA)(CA) A	<u>Sanika</u>
FA37	Rajlaxmi Madke	FY(BBA)(CA) A	<u>Rajlaxmi Madke</u>
FB80	Ankita Shingade	FY(BBA)(CA) B	<u>Ankita Shingade</u>
FB81	Shivani Grawade	FY(BBA)(CA) B	<u>S.V. Grawade</u>
FA33	Aarti Birajdar	FY(BBA)(CA) A	<u>Aarti Birajdar</u>
FA01	Sneha Kale	FY(BBA)(CA) A	<u>Sneha Kale</u>
FA26	Aleena Biju	F.Y. BBA(CA) A	<u>Aleena Biju</u>
FA82	Shivani Jagde	FY(BBA)(CA) A	<u>Shivani Jagde</u>

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Date -18/09/2023

Sr.No	Student Name	Class	Sign
FA08	Priya Nimbhore	FY BBA (CA)	<i>Priya</i>
FB76	Namrata Tolshinge	FY BBA (CA) B	<i>Nalshinge..</i>
FB69	Aarti Malve	FY BBA - CA	<i>Aarti Malve</i>
FA49	Shravani Rode	FY BBA - CA	<i>Shravani Rode</i>
FA98	Sayali Gonor	FY BBA - CA	<i>Sayali Gonor</i>
FA29	Shubhti Shinde	FY BBA - CA	<i>Shubhti</i>
FA66	Divya Borhade	FY BBA - CA	<i>Divya Borhade</i>
FA73	Kajal Kathor	FY BBA - CA	<i>Kajal</i>
FA74	Ashwini Borkhede	FY BBA - CA	<i>Ashwini</i>
FA18	Diya	FY BBA - CA	<i>Diya</i>
FA45	Ayusha More	FY BBA - CA	<i>Ayusha More</i>
FB57	Nisha More	FY BBA - CA	<i>Nisha</i>
FB05	Gouri Kapse	FY BBA - CA	<i>Gouri</i>
FB04	Tejal Gorade	FY BBA - CA	<i>Tejal</i>
FA89	Khese Apeksha	FY BBA - CA	<i>Khese</i>
FA72	Rutuja Rutuja Gosde	FA BBA - CA	<i>Rutuja</i>
FAFA81	Mansi Katore	FY BBA - CA	<i>Mansi</i>
FA71	Rasika Narhe	FY BBA - CA	<i>Rasika</i>
FA52	Aarohi Padale	FY BBA - CA	<i>Aarohi</i>
FA35	Gayatri Jahau	FY BBA - CP	<i>Gayatri</i>

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Date -18/09/2023

Sr.No	Student Name	Class	Sign
FB40	Poochi Vikram Dhole	FY BBA-CA (B)	
FB02	vaishnavi Suresh Kamble	FY BBA-CA (B)	
FB63	Sayali Madane	FY BBA-CA (B)	
FB12	Payal Shelar	FY BBA-CA (B)	
FA50	Anjali Bansode	FY BBA-CA [A]	
FA85	Vaishnavi Naik	FY BBA-CA [A]	
FA24	Niha Indore	FY BBA-CA [A]	
FA43	Yukta Dewangan	F.Y BBA .CA [A]	
FA02	Mansya Shreyas S.	F.Y BBA (CA) [A]	
FB55	Shruti Bendre	FY BBA (CA) [B]	
FB21	Tina Mahajan	FY BBA (CA) [B]	
FB72	Srushti Thorave	FY BBA (CA) [B]	
FB50	Akanksha Sawant	FY BBA (CA) [B]	
FB23	Siddhi Tadhar	FY BBA (CA) [B]	
FB30	Nikita Ambure	FY BBA (CA) [B]	
FB85	Tejasvi S. Ghadge	FY BBA (CA) [B]	
FA88	Vipul M. Rajpurakhit	FY BBA (CA) [A]	
FA61	Sumit M. Marotkar	FY BBA (CA) [A]	
FA40	Jeevan Pawar	FY BBA (CA) [A]	
FA47	Shoaib Ahmed	FY BBA (CA) [A]	

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Sr.No	Student Name	Class	Sign
FA24	ARYAN PAWAR	FY BBA (CA)	
FA31	Waje Sagar Santosh	FY BBA (CA)	
FA04	shashank Gawali	FY BBA (CA)	
FA25	shinde shreyas	FY BBACA (A)	
FA64	Attarva Shinde	FY BBACA (A)	
FA36	Paras Valome	FY BBACA (A)	
FA90	Abhijeet. Nidvanche	FY BBACA (A)	
FA83	Nitin Munde	FY BBACA (A)	
FA69	Sumeet Jagad	FY BBACA (A)	
FA11	Om Pokale	FY BBACA (A)	
FA12	Vishaj Dopte	FY BBA CA (A)	
FA13	Tejan Inamdar	FY BBA CA (A)	
FA22	Aniket Kende	FY BBACA (A)	
FA32	Chetan Gupta	FY BBACA (A)	
FA68	Saurav Kumar	FY BBACA (A)	
FA54	Anisudh Sanjay Patil	FY BBACA (A)	
FA19	Swarnaj Patil	FY BBACA	
FA57	Mukteshwar Munde	FY BBACA	
FA27	Chaitanya Bhosale	FY BBA (CA)	
FA60	Tejas Wagh	FY BBA (CA)	

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Sr.No	Student Name	Class	Sign
FB 60	Samiksha Gaikwad	FY BBA (CA)	<i>Samiksha</i>
FB 53	Samrudhi Lonari	FY BBA (CA)	<i>Samrudhi</i>
FB 43	Aruja Towhare	FY BBA (CA)	<i>Aruja</i>
FB 61	Vaishnavi Bhimte	FY BBA (CA)	<i>Vaishnavi</i>
FB 78	Khushi Yadav	FY BBA (CA)	<i>Khushi</i>
FB 10	Vaishnavi Kumkele	FY BBA (CA)	<i>Vaishnavi</i>
FA 14	Vaishnavi Bhaiyyawar	FY BBA (CA)	<i>Vaishnavi</i>
FA 63	Suhani Gireppa	FY BBA (CA)	<i>Suhani</i>
FA 65	Peiyanko Wadje	FY BBA (CA)	<i>Peiyanko</i>
FB 17	Ganesh Gunthal	FY BBA (CA)	<i>Ganesh</i>
FA 38	Ketan Bhadale	FY BBA (CA)	<i>Ketan</i>
FA 78	Suraj Lokhande	FY BBA (CA)	<i>Suraj</i>
FA 42	Nakul Lokhande	FY BBA (CA) A	<i>Nakul</i>
FB 77	Omkar Jadhav	FY BBA (CA) B.	<i>Omkar</i>
FB 87	Mayur N. Kalojipati	FY BBA (CA) B	<i>Mayur</i>
FB 91	Rohit Munde	FY BBA - CA (B)	<i>Rohit</i>
FA 77	Sahny Sultre	FY BBA (CA) A	<i>Sahny</i>
FA 70	Pranav Gawade	FY BBA (CA) A	<i>Pranav</i>
FA 84	Sahil Wadekar	FY BBA (CA) A	<i>Sahil</i>
FB 014	Dnyaneshwar Amrale	FY BBA (CA) (B)	<i>Dnyaneshwar</i>
FB 036	Kunal Wagh	FY BBA (CA) (B)	<i>Kunal</i>

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(ID No. PU/PN/ASC/289/2007) (AISHE Code: C- 42151)
Accredited by NAAC with "A" Grade

MITACSC/BCA/2023-2022

Date: 16/09/2023

To,
Mrs.Vrinda Ambekar
Emotional Wellness Coach
Pune


Subject: Invitation as a Resource Person for delivering lecture on Mind Wellness.

Dear Madam,


It is our pleasure to invite you as a Resource Person for delivering lecture on "Mind Wellness" on 18th September 2023 at 09:30 am Organized by Computer Application Department, MAEER's MIT Arts, Commerce and Science College, Alandi (D), Pune.

So, please accept our invitation and grace the occasion.

Thank you,


Dr. Vikas Mahandule
HOD




Dr. B. B. Waphare
Principal

Recd.
VAND

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MITACSC/BCA/2023-21 | 23

Date: 18/09/2023

To,
Mrs.Vrinda Ambekar
Emotional Wellness Coach
Pune

Subject: Thanks Giving Letter.

Dear Madam,

We are grateful to you for accepting our invitation as a Resource Person for delivering lecture on "Mind Wellness" on 18th September 2023. Our students and participants are blessed with your valuable guidance.

We are thankful to you for gracing the occasion with your esteemed presence. We expect your cooperation in future also.

Thanking you.



Dr. Vikas Mahandule
HOD(Computer Application)



Dr. B. B. Waphare
Principal

Recd.
VMA