



# ATHARVA EDUCATIONAL TRUST'S ATHARVA COLLEGE OF ENGINEERING

(Approved by AICTE, Recognized by Government of Maharashtra  
& Affiliated to University of Mumbai - Estd. 1999 - 2000)

## DAY 7 - SESSION 13 : PHYSICAL ACTIVITY



**F.E Induction program**

**16<sup>th</sup> August 2019**

**BRANCH: EXTC-1, EXTC -2, ELEC, ETRX**

**FACULTY INVOLVE: DR.RITU SHARMA, PROF. MAYUR GOHIL, PROF. SAMEER KATAKDOUNDE, PROF. RAMKRUSHNA MORE**

**ACTIVITY: CONDUCTED PHYSICAL ACTIVITY SESSION FOR ALL F.E.STUDENTS ON COLLEGE GROUND.**

**PHYSICAL ACTIVITY INCLUDES PLAYING GAMES (SPORTS), TRANSPORTATION, CHORES, RECREATION, PHYSICAL EDUCATION, OR PLANNED EXERCISE, IN THE CONTEXT OF FAMILY, SCHOOL, AND COMMUNITY ACTIVITIES. APPROPRIATE PRACTICE OF PHYSICAL ACTIVITY ASSISTS YOUNG PEOPLE TO DEVELOP THE CARDIORESPIRATORY AND MUSCULAR FITNESS, BONE HEALTH, AND CARDIOVASCULAR AND METABOLIC HEALTH BIOMARKERS. PHYSICAL ACTIVITY HAS ALSO BEEN ASSOCIATED WITH PSYCHOLOGICAL BENEFITS IN YOUNG PEOPLE BY IMPROVING THEIR CONTROL OVER SYMPTOMS OF ANXIETY AND DEPRESSION.**



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**F.E Induction program**

**16<sup>th</sup> August 2019**

**BRANCH: INFT -1, INFT -2, CMPN -1 , CMPN -2**

**FACULTY INVOLVE: DR. BHUSHAN SONAWAN, PROF. DATTA GAME, PROF.ABHILASHA SAINI, PROF.RUCHI CHAUHAN,**

**ACTIVITY: CONDUCTED PHYSICAL ACTIVITY SESSION FOR ALL F.E.STUDENTS ON COLLEGE GROUND.**

**PHYSICAL ACTIVITY INCLUDES PLAYING GAMES (SPORTS), TRANSPORTATION, CHORES, RECREATION, PHYSICAL EDUCATION, OR PLANNED EXERCISE, IN THE CONTEXT OF FAMILY, SCHOOL, AND COMMUNITY ACTIVITIES. APPROPRIATE PRACTICE OF PHYSICAL ACTIVITY ASSISTS YOUNG PEOPLE TO DEVELOP THE CARDIORESPIRATORY AND MUSCULAR FITNESS, BONE HEALTH, AND CARDIOVASCULAR AND METABOLIC HEALTH BIOMARKERS. PHYSICAL ACTIVITY HAS ALSO BEEN ASSOCIATED WITH PSYCHOLOGICAL BENEFITS IN YOUNG PEOPLE BY IMPROVING THEIR CONTROL OVER SYMPTOMS OF ANXIETY AND DEPRESSION.**



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## DAY 7 - SESSION 14 : IUCEE



**F.E Induction program**

**16<sup>th</sup> August 2019**

**BRANCH: INFT -1, INFT -2, CMPN -1, CMPN -2**

**FACULTY INVOLVE: DR. RITU SHARMA, PROF. DEEPA PATEL, PROF. KISHORE BHOSLE**

**ACTIVITY: OBJECTIVE OF THIS WEBINAR WAS TO FAMILIARISE WITH GOVERNMENT POLICIES FOR ENGINEERING. WHAT ARE THE OPPORTUNITIES FOR EDUCATORS AND LEARNERS? TYPES OF RESEARCH AREA STUDENTS CAN WORK AND TO MANAGE OF FAILURE IN LIFE.**



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## DAY 7 - SESSION 14 : IUCEE



**F.E Induction program**  
**16' August 2019**

**BRANCH:** INFT -1, INFT -2, CMPN -1 , CMPN -2

**FACULTY INVOLVE:** PROF.DEEPALI MASTE, PROF. MONIKA SHAH, MR. RAMPRASAD M.

**ACTIVITY:** OBJECTIVE OF THIS WEBINAR WAS TO FAMILIARISE WITH GOVERNMENT POLICIES FOR ENGINEERING. WHAT ARE THE OPPORTUNITIES FOR EDUCATORS AND LEARNERS? TYPES OF RESEARCH AREA STUDENTS CAN WORK AND TO MANAGE OF FAILURE IN LIFE.

**INDUCTION HEAD**  
**PROF. SAMEER KATAKDOUNDE**  
**DR.JYOTI AMARE**

**HOD**  
**DR.RITU SHARMA**