



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 8 - SESSION 16 : LECTURE BY MRS.PRIYA SAWANT



F.E Induction program

19th August 2019

BRANCH: EXTC-1, EXTC -2, ELEC, ETRX, IT,CMPN

FACULTY INVOLVE: DR. RITU SHARMA and ALL HAS FAULTY MEMBERS

ACTIVITY: DEPARTMENT OF HUMANITIES AND APPLIED SCIENCES HAD ORGANIZED AN INTERACTIVE SEMINAR ON “ART OF LIVING”. THE INVITED SPEAKER FOR THE TOPIC WAS MS. PRIYA SAWANT, INTERNATIONAL TRANSFORMATIONAL SUCCESS COACH & BEHAVIOR TRAINING SPECIALIST, ON SEPT 18, 2019 FROM 2PM TO 5PM IN SEMINAR HALL, PHASE 3.

THE SESSION GAVE STUDENTS DEEP INSIGHT ABOUT THE PHILOSOPHICAL DIMENSION OF LIFE. THE DEMONSTRATIVE APPROACH OF SPEAKER WAS APPRECIATED BY THE STUDENTS WHICH MOTIVATED THEM TO UNDERSTAND THE VALUE SYSTEM AND LIVE LIFE IN HARMONY. THE SEMINAR INDEED SERVED THE PURPOSE OF UPLIFTING THE MINDSET OF STUDENTS TO DEEPER LEVEL THINKING.



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DAY 8 - SESSION 15 : PHYSICAL ACTIVITY



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

FACULTY INVOLVE: 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), PHYSICAL EDUCATION OR PLANNED EXERCISES. APPROPRIATE PRACTICE OF PHYSICAL ACTIVITY ASSISTS STUDENTS 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 8 - SESSION 15 : PHYSICAL ACTIVITY



F.E Induction program

19th August 2019

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

FACULTY INVOLVE: PROF.SAMEER KATAKDOUNDE, PROF.RUCHI CHAUHAN, DR.RITU SHARMA

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INDUCTION HEAD

PROF. SAMEER KATAKDOUNDE

DR.JYOTI AMARE

HOD

DR.RITU SHARMA



