



ACTIVITY REPORT

Activity Report Year 2023-24	
Nature Of Activity:	Weekly Session
Program Name:	Emotional Well Being Session
Semester	Even Term (All Semester)
Date	14th February 2024
Venue	Room No 507, SOE
Coordinator	SAC Committee
No. of Students Participated	33

Objectives of the Activity

- The primary objectives of the emotional wellness session were to enhance student's understanding of emotional well-being.
- This session provides practical tools for emotional self-regulation, and promote a positive and supportive environment for discussing mental health concerns.
- The session aimed to empower individuals to cultivate time management skill.

Execution of Activity:

Week One:

- Student Councilor, Miss Deepti addressed the foundation year students on the first session.
- Students activity was conducted were students were asked to write the activity they perform during the complete day.
- Later on they were asked to segregate the activity on the basis of four category, "Urgent and important", "Urgent but not important", "Not urgent but important," and "Not Urgent Not important".
- This approach helped the students to clearly focus on the tasks they this should come first.



Outcomes

- The emotional wellness session proved to be a valuable initiative in promoting emotional well-being among students
- The multifaceted aspects of emotional health through education, practical exercises, and time management, was addressed.
- The session contributed to empowering individuals to prioritize and enhance their time utilization skill.

Glimpses of the Activity



Miss Deepti addressing the students.



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**School of
Engineering**



Miss Deepti interacting with the students

Dr. Biswajeet Champaty

Dean

School of Engineering

Ajeenkya DY Patil University, Pune.