

D.Y. Patil College Of Engineering,
National Service Scheme
Sector 29, Akurdi, Pune, MH, India-44.



Date: 06/10/2023

“Session on Art of Mind Management” – REPORT

A National Service Scheme (NSS) of D.Y. Patil College of Engineering Akurdi Pune (A-106) organized a thought-provoking and insightful session on Mind Management for NSS Volunteers, Faculty & other members. The event aimed to provide participants with practical tools and strategies to better manage their mental well-being and enhance their personal and professional lives.

Session Highlights:

Expert Speaker: The session featured a renowned Shriman Anant Vaknalli, widely known as Anantshesh Prabhu:

- A seasoned Senior General Manager at Cummins India Limited, with 27 years of experience in Mechanical and Industrial Engineering, Six Sigma, and ISO/IATF auditing.
- An ardent follower of the divine message of Bhagavad Gita since his engineering days, dedicating his free time to teaching and applying its teachings, engaging in community services and educational initiatives. Their expertise and experience added credibility and depth to the content.

Understanding Mental Health: The session began with an introduction to the concept of mental health, emphasizing its importance in overall well-being. The participants were encouraged to break the stigma surrounding mental health issues and seek help when needed.

Stress Management: The speaker delved into the various aspects of stress and its impact on mental health. Practical tips and techniques for managing stress were shared, including deep breathing exercises, mindfulness, and time management strategies.

Goal Setting and Mindfulness: The session also included a segment on goal setting and mindfulness. Volunteers were guided on setting SMART (Specific, Measurable, Achievable, Relevant, and Time-bound) goals and incorporating mindfulness practices into their daily routines.

Q&A Session: The event concluded with a lively question-and-answer session, allowing participants to seek clarification and share their thoughts and concerns with the speaker.

Impact:

The Mind Management session organized by NSS had a positive impact on the volunteers. Participants left the session with improved awareness of their mental health, practical tools to manage stress, and a deeper understanding of emotional intelligence. Many expressed their commitment to implementing the strategies learned in their daily lives.

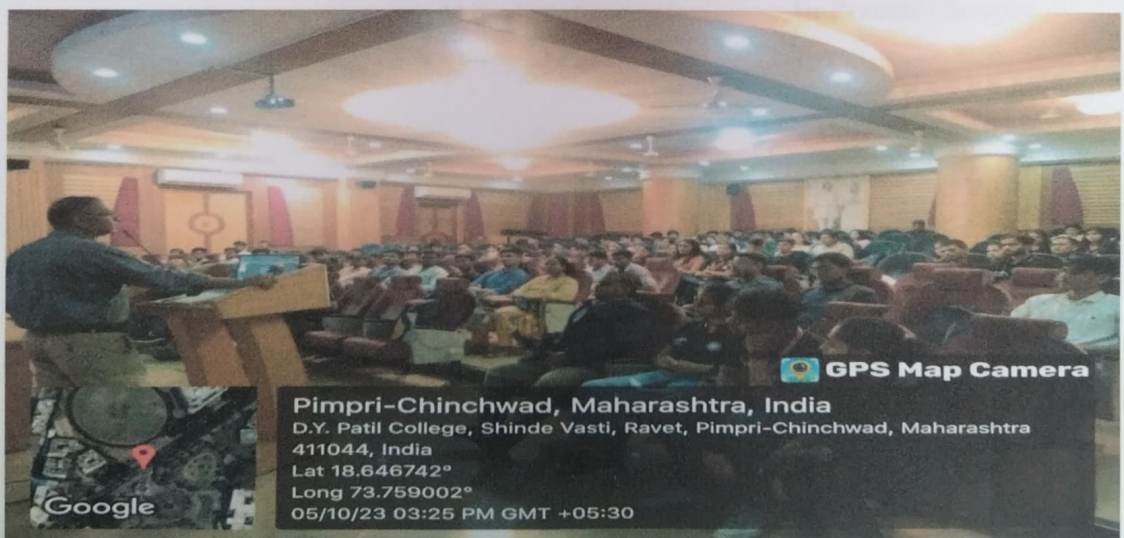
Conclusion:


The Mind Management session organized by NSS successfully addressed the important topic of mental health and equipped volunteers with valuable tools to enhance their well-being. It demonstrated the NSS's dedication to not only community service but also the overall development of its members. Such initiatives contribute to building a healthier and more resilient society, one volunteer at a time.

Photo Gallery



Picture 1: Vice-Principal Felicitating Mr. Anant Vaknalli



 GPS Map Camera

Pimpri-Chinchwad, Maharashtra, India
D.Y. Patil College, Shinde Vasti, Ravet, Pimpri-Chinchwad, Maharashtra
411044, India
Lat 18.646742°
Long 73.759002°
05/10/23 03:25 PM GMT +05:30

Google



Picture2&3: Participation of Volunteers & other members

Mrs. Utkrasha Kharade
NSS Co-program Officer

Mr. Mahesh V. Tatikonda
NSS Program Officer

Dr. Pramod Chougule
NSS Mentor & Institute
Students Dean Affair

Dr. S.S. Sarnobat
Vice Principal

Dr. Mrs. P. Malathi
Principal