



Atul Vidya Mandir, Wardha's

Rajarshee Shahu Science College

Chandur Rly, Dist. Amravati

Department of Mathematics

Session 2020-21

Application

Date: 23 /05 /2021

To

The Principal,

Rajarshee Shahu Science College,

Chandur Railway, Dist :-Amravati

Subject :- Permission for conducting **"Online workshop for students on topic Brain Exercises to Boost Mental Health"**

Through :- IQAC Co- Ordinator, RSSC, Chandur Railway.

Respected Sir,

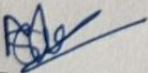
I am writing this letter on the behalf of **Department of Mathematics** to seek your permission for conducting **Online workshop for students on topic "Brain Exercises to Boost Mental Health"** on Dated : 25/ 05 /2021 at 12.00 pm to 1 pm.

I kindly request you to permit me for the same and grace your presence on this occasion.

Program Time : 12.00 pm to 1 pm.

Program Venue: Google Meet

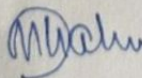
Thanking You.


Convener

Miss M.S. Palaspagar

Assistant Professor

Department of Maths



Principal

Rajarshee Shahu Science College
Chandur Rly. Distt. Amravati


IQAC Co-ordinator
Rajarshee Shahu Science College
Chandur Rly., Dist. Amravati



AtulVidyaMandir, Wardha's

RajarsheeShahu Science College

Chandur Rly, Dist. Amravati

Department of Mathematics

Session 2020-2021

Date: 24 /05 /2021

NOTICE

Department of Mathematics organized "**Online workshop for students on topic Brain Exercises to Boost Mental Health**" on Tuesday, 25th May 2021, at 12 PM. So all the understudies of B.Sc. I, II and III year of CMP and PCM stream are requested to attend the equivalent on Google Meet.

Thanking You

Activity Incharge

Miss M.S. Palaspagar

Department of Mathematics

Head of the Dept.

Dr. R.V. Kene

Department of Mathematics



Atul Vidya Mandir, Wardha's

Rajarshee Shahu Science College, Chandur Rly

Department of Mathematics

Organized

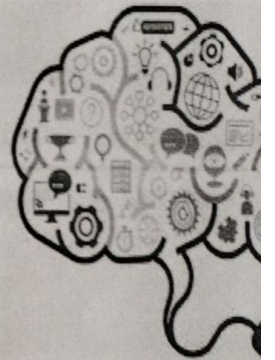
One Day Workshop

on

Brain Exercises to Boost Mental Health

On dated: 25/05/2021

M. Kulkarni



**Rajarshee Shahu Science College**

Chandur Rly, Dist. Amravati.

Department of Mathematics

Session 2020-21

Activity Report

IQAC Activity Number	
Name of Activity	Online workshop for students on topic " Brain Exercises to Boost Mental Health".
Duration	25 th May 2021.
Time and Venue	12 p.m. to 1 p.m., Google Meet
Targeted Participants	Students of B.Sc- I,II,IIIPCM, CMP.
Objective of the Activity	<ul style="list-style-type: none">• To stay brain healthy.• Mental Sharpness.• For reducing anxiety, depression, and negative mood and by improving self-esteem and cognitive function.• To create energy among the students.

Briefing of activity**" Brain Exercises to Boost Mental Health".**

Research has shown that there are many ways you can hone your mental sharpness and help your brain stay healthy, no matter what age you are. Doing certain brain exercises to help boost your memory, concentration, and focus can make daily tasks quicker and easier to do, and keep your brain sharp as you get older. *Exercise improves mental health* by reducing anxiety, depression, and negative mood and by improving self-esteem and *cognitive* function. We know that we all are in a stretched situation due to covid-19 and duration of these virus is don't know how much days it will be stayed with peoples and in society, so day by day this virus affects on human beings and its very dangerous. So taking all this point in mind our department of mathematics organized online workshop on topic "Brain exercises to boost the Mental Health" for B.Sc. I, II,III PCM, CMP groups. In this workshop we focused on health of physical ,spiritual, mental and social. In which we also done lots of activity and hands on activity. This workshop was really healthy, fruitful and beneficial to all the students. This workshop was totally interactive between students and resource person. This workshop is taken by Miss Mamta Palaspar, Assistant Professor Department of Mathematics, Rajarshee Shahu Science College, Chandur Rly.

The president for the workshop was college Res. Principal Dr. S. S. Thakare. The IQAC coordinator Dr. M. J. Keche and Head of the Department Dr. R. V. Kene were also present for this workshop. In this workshop students actively participated enthusiastically and joyfully.

Activity Outcome	<ul style="list-style-type: none">• Students understand the importance of health in this pandemic situation.• They also learned lots of activities to stay brain healthy.• They also learned inquiry based and questionnaires based activity.
Feedback Link	https://docs.google.com/forms/d/1ZNxpVuzniXhwDS1ck5LJoMsCi6_tZjXEpBkl

	tWk9 Kc/edit?usp=sharing
Recording Link	https://drive.google.com/file/d/1Vq8vq7zf0Xy42M4XMcw3eB3xbjlkuvyY/view?usp=sharing

Activity Photos



[Signature]

Miss. Mamta Suresh Palaspagar
Assi.Prof. Dept.of Maths
Convener

[Signature]

Dr.R.V.Kene
Head, Department of Mathematics

[Signature]
IQAC Co-ordinator
Rajarshee Shahu Science College
Chandur Riv., Dist. Amravati

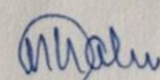
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Principal
Rajarshee Shahu Science College
Chandur Riv. Dist. Amravati

Feedback Responses

Timestamp	User Name of the students	Class with	Overall, Ho	How clear	How organ
1 2021/05/2	mamtar Msp	M	Excellent	very clear	very organi
2 2021/05/2	aachal.t Aachal Sanjaysingh Thakur	Bsc 3rd ye	Very good	very clear	very organi
3 2021/05/2	sneha.n Sneha Rajendra Mahule	B.sc. 2nd y	Excellent	very clear	Extremely
4 2021/05/2	vaishnv. Vaishnavi Anilrao Taywade	B.Sc. - 2 ye	Excellent	extremely	Extremely
5 2021/05/2	devend Devendra suresh laskhare	Bsc 3rd ye	Excellent	extremely	very organi
6 2021/05/2	ankita.c Ankita S. Chambatkar	B.Sc 2nd yr	Excellent	very clear	Extremely
7 2021/05/2	yash.ba Yash bajaj	CMP	Good	somewhat	somewhat
8 2021/05/2	darshan Darshana jadhav	Pcm	Very good	very clear	very organi
9 2021/05/2	bharti.je Bharti ganesh jagtap	Cmp bsc 2r	Excellent	very clear	Extremely
10 2021/05/2	avadhut Avadhut gajbiye	Bsc III year	Good	extremely	Extremely
11 2021/05/2	shivani. Shivani P. Tone	cmp	Very good	very clear	somewhat
12 2021/05/2	bhagya Ku Bhagyashri Gajananrao So	B Sc 2 nd y	Excellent	extremely	Extremely
13 2021/05/2	bhagata Anisha Bhagat	PCM	Excellent	very clear	Extremely
14 2021/05/2	dnyane Dnyaneshwari Ronghe	B.Sc 2year	Excellent	very clear	Extremely
15 2021/05/2	achal.ch Achal Chirade	BSc. II year	Very good	very clear	very organi
16 2021/05/2	rutuja.k Rutuja karale	B.sc. (CM	Very good	somewhat	very organi
17 2021/05/2	riya.shit Riya Sutaramji Shingade	B. Sc IIIrd(c	Very good	very clear	Extremely
18 2021/05/2	madhur Madhuri Rajendra Lade	Bsc2 year(F	Excellent	extremely	Extremely
19 2021/05/2	dipali.g Dipali Ravindra Garode	Bsc2nd yr (Excellent	extremely	Extremely
20 2021/05/2	nikita.a Nikita A Ambadkar	PCM	Excellent	very clear	Extremely
21 2021/05/2	dhanshi Ku. Dhanashri Raju Ujjainkar	CMP	Excellent	extremely	Extremely
22 2021/05/2	rutuja.r Ku. Rutuja A. Raut	B. Sc 2nd y	Good	very clear	Extremely
23 2021/05/2	rohit.ja Rohit gajanan jambhulkar	B.Sc-III(CM	Very good	very clear	very organi
24 2021/05/2	vasudha Vasudha raut	Cmp	Excellent	very clear	Extremely
25 2021/05/2	pratiksh		Excellent	extremely	Extremely
26 2021/05/2	prajakta Prajakta Vijay Nirale	B.sc 2nd ye	Good	very clear	very organi


IQAC Co-ordinator
 Rajarshee Shahu Science College
 Chandur Rly., Dist. Amravati


Principal
 Rajarshee Shahu Science College
 Chandur Rly., Distt. Amravati

Students online Attendance

00:06:14.443,00:06:17.443

Vaishnavi Ingole: sharayu ksirsagar(PCM)

00:06:26.130,00:06:29.130

Vaishnavi Ingole: chaitali darokar(PCM)

00:06:35.445,00:06:38.445

Vaishnavi Ingole: gayatri sambhe(PCM)

00:06:39.169,00:06:42.169

Mayur Thakare: Mayur Thakare pcm

00:06:51.458,00:06:54.458

Vaishnavi Ingole: vaishnavi ingole(PCM)

00:06:55.738,00:06:58.738

Anisha Bhagat: Anisha Bhagat (PCM)

00:06:57.124,00:07:00.124

Dhanshri Ujjainkar: Dhanashri Ujjainkar (CMP)

00:07:05.059,00:07:08.059

Shweta Gade: Shweta gade (pcm)

00:07:10.047,00:07:13.047

Sneha Mahule: Sneha Mahule (pcm)

00:07:25.713,00:07:28.713

Ankita Chambatkar: NAME : Ankita S. Chambatkar

CLASS : B.Sc 2nd yr { CMP}

00:07:26.003,00:07:29.003

Pallavi Dhenge: Pallavi G Dhenge (CMP)

00:07:28.373,00:07:31.373

Vivek Gajbhiye: Vivek Gajbhiye

BSC111 PCM group

00:07:30.423,00:07:33.423

Sheetal Sahare: Sheetal sahare (Pcm)

00:07:48.193,00:07:51.193

Pranali Dhole: Pranaali Dhole(cmp)

00:07:58.207,00:08:01.207

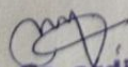
Bhagyashri Solanke: Bhagyashri Gajananrao Solanke

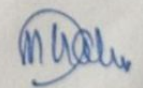
B.Sc 2 nd year PCM

00:08:00.095,00:08:03.095

Manjeri Chnwtkar: manjeri chanwtkar (cmp)

00:08:19.721,00:08:22.721


IQAC Co-ordinator
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Gaurav Meshram: Gaurav Meshram PCM

00:08:27.037,00:08:30.037

Madhuri Lade: Madhuri Lade

Bsc 2nd year (PCM)

00:08:27.762,00:08:30.762

Prachi Nagpure: Prachi Sunil Nagpure (CMP)

00:09:12.772,00:09:15.772

Arpita Thawkar: Arpita premdas thawkar (cmp)

00:10:25.123,00:10:28.123

Lajari Pakade: Lajari D. Pakade (PCM)

Pallavi P. Darokar (PCM)

00:11:05.578,00:11:08.578

Aakansha Jadhav: Aakansha Jadhav bsc1 year. Pcm

00:11:36.492,00:11:39.492

Avadhut Gajbhiye: Avadhut Gajbhiye

Bsc 111 PCM group

00:12:25.665,00:12:28.665

Shreya Gawande: Shreya gawande Bsc 1year pcm group

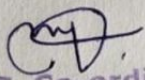
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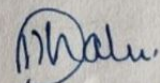
Kunal Meshram: Kunal Meshram PCM

Swapnil Meshram CMP

00:20:23.022,00:20:26.022

Shweta Gade: Voice not clear mam


IQAC Co-ordinator
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