

Department of Sanskrit

Date-29/05/2022

To,
The Principal,
Tuljaram Chaturchand College, Baramati.

Subject: Permission for program "Mind Matters"

Respected Sir,

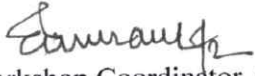
I hope this message finds you well. I am writing to formally request permission to conduct program titled "Mind Matters" on July 1, 2022 at the department of Sanskrit, Tuljaram Chaturchand College of Arts, Science, and Commerce, Baramati in collaboration with Dattakala group of institutions, Bhigwan.

The program is designed to address issues related to stress management, emotional intelligence, and mental health. We anticipate that this event will engage our students, faculty and contribute positively to our college community.

I would greatly appreciate your support and approval for this initiative.

Thank you for considering this request. I look forward to your positive response.

Yours Sincerely,


Workshop Coordinator, Head

Mr. Pranit Wabale



Report on "Mind Matters" Conducted at Dattakala group of institutions, Bhigwan.

On July 1, 2022, the Department of Sanskrit at Tuljaram Chaturchand College of Arts, Science, and Commerce, Baramati, organized a significant and impactful program titled "Mind Matters" in collaboration with Dattakala group of institutions, Bhigwan.

This event aimed to raise awareness about mental health and the importance of emotional well-being, particularly for students navigating the challenges of academic life. The program was designed to address issues related to stress management, emotional intelligence, and the development of coping mechanisms that can aid students in managing the pressures they face during their educational journey.

A total of 80 students from Dattakala group of institutions, Bhigwan participated in the program, benefiting from the insights and practical advice provided throughout the session. These students came from diverse academic backgrounds and were at various stages of their educational path, which added a dynamic element to the discussions. The participants were particularly receptive to the program's focus on mental health, as it directly addressed many of the concerns they experience on a daily basis, such as the pressure to perform academically, emotional stress, and the challenges of balancing schoolwork with personal life.

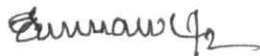
The program was led by a dedicated group of 10 volunteers from Tuljaram Chaturchand College, Baramati, who played a crucial role in the smooth conduct of the event.

The program was structured to include a variety of activities aimed at improving the students' understanding of mental health and offering practical tools for managing stress and anxiety. The session began with a brief introduction to the concept of mental health, followed by an exploration of its impact on overall well-being. The students were encouraged to reflect on their own emotional states and identify factors that contribute to their stress and anxiety.

One of the key components of the program was the practical session on stress management. The students were introduced to various techniques that could help them manage and reduce stress in their everyday lives. These included deep breathing exercises, mindfulness practices, and relaxation techniques that can be used during moments of high pressure. The volunteers guided the students through these exercises, ensuring that they understood the importance of regular practice and how it can lead to improved emotional regulation. In addition to the practical exercises, the program included motivational talks on maintaining a positive outlook, developing resilience, and setting realistic goals.

The feedback from the students was overwhelmingly positive. Many expressed that they felt more equipped to handle stress and anxiety after the program. They appreciated the practical tools they had learned, particularly the relaxation and mindfulness techniques. Several students mentioned that the program helped them realize the importance of taking care of their mental health and that it was okay to seek support when needed.

Overall, the "Mind Matters" program at Dattakala group of institutions, Bhigwan was a resounding success. It not only raised awareness about the critical issue of mental health but also provided students with valuable resources and coping strategies that they could apply in their daily lives.



Prof. Pranit Wabale

Head, Department of Sanskrit, T. C. College, Baramati



Mind Matters Workshop.

Date : 01/07/2022

ATTENDANCE

Sr.No.	Name of participants	Signature
1	Vinod Pandey	Pandey
2	Rambhushna Thandekar	Rambhushna
3	Sujata Dutta	Sujata
4	Sauvamt Asha .	Sauvamt
5	Lakman Shelokar	Lakman
6	Sadashiv Kolhe	Sadashiv
7	Rajkumar Shende	R. shende
8	Supriya Kabir	Supriya
9	Nitthal Atpadkar	Nitthal.
10	Aniruddha Mandake	Aniruddha





Prof. Dr. Avinash S. Jagtap
M.Sc. Ph.D.
PRINCIPAL

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Anekant Education Society's

TULJARAM CHATURCHAND COLLEGE

of Arts, Science and Commerce, Baramati - 413102.

Dist. Pune. Maharashtra, India.

Empowered Autonomous Status

E-mail : principal.tccollege@gmail.com

Religious Minority Institute

NAAC Reaccredited 'A+' Grade, CGPA 3.55

NAAC-SSR

Cycle IV

2019 - 2024

Mind Matters Program




Delivering lecture at dattkala group of institution on topic Mind Matters Date-01/07/22



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Principal
Tuljaram Chaturchand College
Baramati