

**“A KEY TO MENTAL HEALTH”
WORKSHOP (HOSTED BY WOMEN
DEVELOPMENT CELL OF XIE)**

Event Coordinator(s)

1. PROF. Prajakta Subhedar

Student Coordinator(s)

1. Prarthana Gupta(TE IT)

2. Anisha Prabhu(SE IT)

Time& Place:

5:00 pm – 6:00 pm

Google Meet

No of participant:

40

WORKSHOP on: “A KEY TO MENTAL HEALTH”

(An event hosted by Women Development Cell by Xavier Institute of Engineering.)

In recent times we've come to realize the importance of a healthy mind. Thus XIE WDC organized a workshop named “A Key To Mental Health”. The workshop was conducted by Mr. Vinayak Shete, who is a counselor for career & personal growth. The target audience for the event was staff and students.

The event was hosted by PROF. Prajakta Subhedar ma'am and started with a mesmerizing prayer followed by wise words of Dr. YD Venkatesh sir.

The event was followed by a discussion of how having a healthy mind is important. Mr Vinayak also gave benefits of vajrasana. Before ending the session everybody performed three rounds of bhastrika pranayama followed by a five minute meditation. The event not only helped us to get an insight about how important it is to take care of your mental health. Since more than 75% of our toxins are removed from the body by breathing it is also important to have a proper breathing method which was also mentioned by Mr. Vinayak.



FR. (DR.) JOHN ROSE S.J.
DIRECTOR



DR. Y.D. VENKATESH
PRINCIPAL

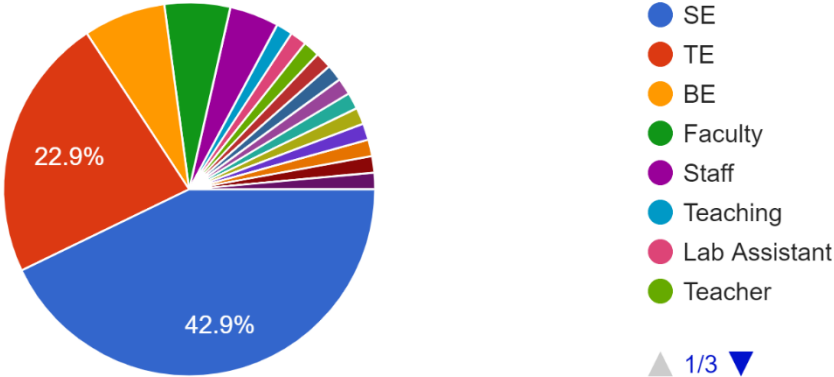


PROF. SMITA PAWAR
WDC CONVENER

Overall, we received a positive response from our audience and they are looking forward to more event conducted by WDC. The staff and students got to learn about healthy mind.

Class

70 responses



Learning new things
The whole event!
The way Vinayak Sir Presented things
Meditation techniques told, Interaction, Knowledge shared
Bhstrika Meditation
It was very informative
Interactive session
enthusiasm, interaction and mindfulness
Breathing correctly can help to improve our health
Pranayam.
Meditation and activity (game)
Topic
Breathe In, Breathe out, Breath in and again breathe out
KBKL
happy breathe enjoy
the pranayam, knowledge aur how much impurities we losse from breathing, the ingredients to success
The whole event!
mental health awareness, importance of meditation and learning about a simple solution to tackle everyday challenges
1 Activety 2 yoga 3 information
The game which we play .
The exercise done by the guest ,the pranayam and positive thinking and approach towards life
1.) Interaction with the audience, 2.) Got to know various breathing exercises, 3.) Some important facts about our body.
The exercise done by the guest ,the pranayam and positive thinking and approach towards life
Interactive session, Knowledge about breathing
Interactive, insightful and applicable to real life
Loved the breathing exercises and the meditation
Nice Event
Good knowledge,interaction
interactive session, great content and practical breathing exercises
Content, presentation

GLIMPSE OF THE EVENT



XAVIER INSTITUTE OF ENGINEERING

A SISTER INSTITUTE OF ST. XAVIER'S COLLEGE, MUMBAI.

WOMEN DEVELOPMENT CELL

Presents a Workshop on

A KEY TO MENTAL HEALTH

Mr. VINAYAK SHETE

**Counselor for Career & Personal
Growth**

**The Art Of Living facilitator
across India**

Youth Empowerment Coach

16TH OCTOBER, 2021

5:00 PM TO 6:00 PM

Coordinators:

Prof. Prajakta Subhedar (9819360154)

Ms. Prathana Gupta(7506558519)

Ms. Anisha Prabhu (9004002472)



A Healthy Mind Signifies A Healthy Body

REC

Participants in the grid (from top-left to bottom-right):

- Y D.Venkatesh
- XIE WDC
- Prajakta Subhe...
- XIE WDC
- Vidya Sarode
- Meena Ugale
- Vinayak Sir
- Aditya Bohade
- Teena Varma
- Madhura Shirodk...
- TANMAY Keny
- TANVI Bhabal
- Monalisha Khatu...
- MANAS Mishra
- SHARON Sebasti...
- ERIC SAJAN
- ISHIKA SHINDE
- Madhuri Jawale
- Sundar Kulkarni
- Smita Kalyankar
- Sushama Khanvil...
- Manish Jaiswar
- Jeevan Manjaly
- Onkar Kanse
- SWARASHREE Sa...
- Diogo Dcosta
- TRUPTI Pawar
- ARADHANA Singh
- Shailaja Udtewar
- Michelle Macwan
- Noopura Raut
- Mitali Sawant
- Zeba Ansari
- SUDEEP Poojary
- Prachee Bhowmi...
- Lalita Moharkar
- Nandesh Raturi
- Anne Christina
- MOHIT PATIL
- MAHENDRA CHAURASIYA
- Shilpa Dingankar
- You

5:22 PM | efs-fpvt-sfo

REC XIE WDC is presenting

Slide Title: **BHASTRIKA**

Participants in the grid (from top-left to bottom-right):

- Vinayak Sir
- Prajakta Subhedar
- XIE WDC
- XIE WDC
- Lalita Moharkar
- Madhura Shirodkar
- Monalisha Khatua 01
- Sundar Kulkarni
- 30 others
- You

5:46 PM | efs-fpvt-sfo

REC

XIE WDC

5:48 PM | efs-fpvt-sfo

Participants in grid:

- Vinayak Sir
- Prajakta Subhedar
- XIE WDC
- Lalita Moharkar
- Madhura Shirodkar
- Monalisha Khatua 01
- Sundar Kulkarni
- Smita Kalyankar
- 30 others
- You

REC

Participants in grid:

- Vinayak Sir
- XIE WDC
- Prajakta Subhedar
- XIE WDC
- Lalita Moharkar
- Madhura Shirodkar
- Sundar Kulkarni
- Smita Kalyankar
- Nandesh Raturi
- Madhuri Jawale
- Zeba Ansari
- Anne Christina
- Prachee Bhowmick
- Shilpa Dingankar
- AHSAAS SRIVASTAVA
- TANMAY Keny
- TANVI Bhabal
- Monalisha Khatua 01
- SHARON Sebastian
- ISHIKA SHINDE
- Aditya Bohade
- Manish Jaiswar
- Jeevan Manjaly
- TANMAY Gokarn
- Diogo Dcosta
- TRUPTI Pawar
- ARADHANA Singh
- MOHIT PATIL
- nilesh
- Michelle Macwan
- HAMZA SHAIKH
- Mitali Sawant
- Teena Varma
- SUDEEP Poojary
- Jeston Dsouza
- Yashonanda Maurya
- Noopura Raut
- Rajendra Bonde
- Shailaja Udtewar
- You

5:51 PM | efs-fpvt-sfo