



XAVIER INSTITUTE OF ENGINEERING

Mahim, Mumbai 400016

Department of Information Technology

(NBA Accredited)

(Approved by AICTE, Govt. of Maharashtra and Affiliated to University of Mumbai)

Title of the event: "A Healthy Mind"

Event Date / Time: 7/02/2023 11.00 AM

Event Coordinators: Jaychand Upadhyay

Details of Resource Person: Ms Divya Thakur

No. of Participants: 56

Class/Semester: SEIT /IV

Objectives: To disseminate the knowledge about the steps that a person takes to keep his mind healthy against negative thinking, over thinking, and stress situations.

Description: The topic of workshop was chosen after the consideration of the problems the student most frequently came up with. The Speaker Ms Divya Thakur started her presentation with an ice breaking activity which was a video of "The Monkey Business Illusion" by Danial J Simpson. The video in itself is very interesting and if one focuses on one instruction the viewers seem to miss out on other details of the action taking place in the video which in itself is pretty amazing. So, once speaker had the interest of all the student, she related the video with over thinking and negative thinking and how it affects body. She discussed about how thoughts are different form us and we keep doing things mindlessly and get effected by them which in turn have the capacity to affect our emotions.

The presentation was divided into 8 parts.

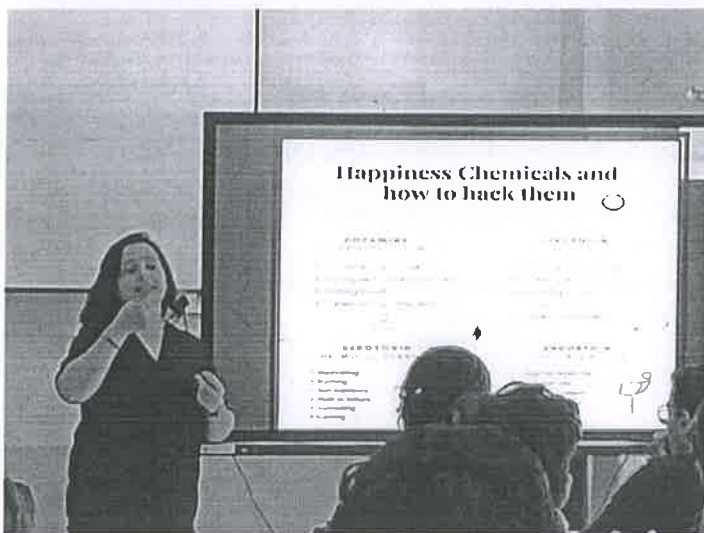
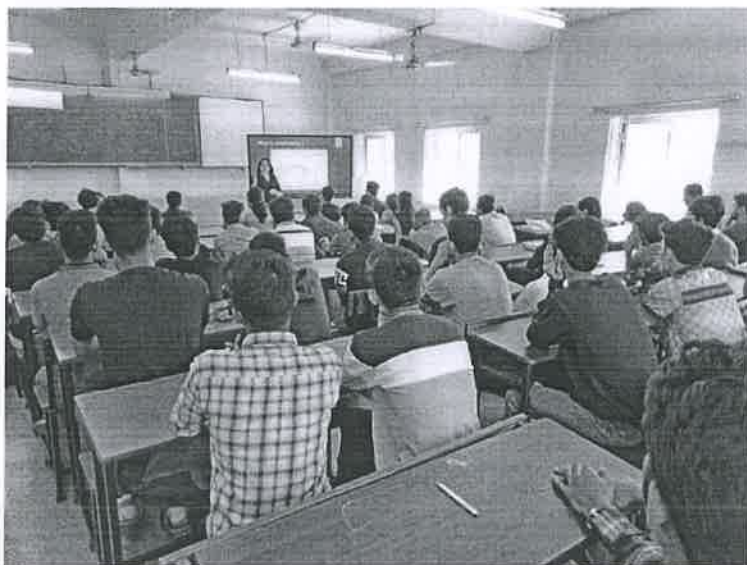
- 1) What is over thinking and negative thinking
- 2) How thoughts effect our emotions.
- 3) How can we control our thoughts
- 4) What should be our daily self- care routine
- 5) How can we stimulate our happy hormones
- 6) What should we do when we have negative thinking
- 7) A video about how powerful our brain is with experiment

Finally, the speaker ended the presentation with a mindfulness exercise to show how we can change the direction of our thoughts. All in all, I felt that the workshop was a success as even after the presentation was over the students wanted to know more about the topic.

COs / LOs achieved (if any):

POs achieved: PO6, PO8, PO9, PO10, PO12

Event Photo:



Ms. Divya Thakur explaining about happiness chemicals


7/10/23

Mr. Jaychand Upadhyay

Event Coordinator



Ms. Meena Ugale

HOD-IT



Dr. Y.D. Venkatesh

Principal



Xavier Institute of Engineering

Opposite S.L.Raheja Hospital, Mahim Causeway,

Attendance Sheet

| Sr. No. | Roll No. | GR No. | Student Name | 7/2/2023 |
|---------|----------|-----------|----------------------------|----------|
| 1. | 2 | 202103033 | NALAWADE ADITYA NITIN | P |
| 2. | 3 | 202103002 | AWLEGAONKAR SIDDHI | P |
| 3. | 4 | 202103003 | BADGUJAR ANIKET DINESH | A |
| 4. | 5 | 202103004 | BALSARAF MAYURESH | P |
| 5. | 6 | 202103005 | CHAUDHARI VEDANT VIJAY | P |
| 6. | 7 | 202103006 | CHAURASIA SAAHIL | P |
| 7. | 8 | 202103007 | CHOUDHARY PARTH | P |
| 8. | 9 | 202103008 | CREADO JOVAN MARLON | P |
| 9. | 10 | 202103009 | DARPE RUPESH SANJAY | P |
| 10. | 11 | 202103010 | DESAI RAJARAM DILIP DISHA | P |
| 11. | 12 | 202103011 | DIVYAJOTHI RAJA | P |
| 12. | 13 | 202103012 | GHADGE ADITYA RAJENDRA | P |
| 13. | 14 | 202103013 | GHARAT VEDANT | P |
| 14. | 15 | 202103014 | GUJAR SALIL SANJAY GUJAR | P |
| 15. | 16 | 202103015 | GUPTA HARSHVARDHAN | P |
| 16. | 17 | 202103016 | GUPTA PRATIK RAMKIRAT | P |
| 17. | 18 | 202103017 | GUPTA SAKSHAM ARUN GUPTA | P |
| 18. | 19 | 202103018 | GUPTA SEJAL GYANCHAND | P |
| 19. | 20 | 202103019 | HETYA STEVE SANJEEV HETYA | P |
| 20. | 21 | 202103020 | JADHAV SHREYA PRALHAD | P |
| 21. | 22 | 202103021 | JAIN HARSHIT OMPRAKASH | P |
| 22. | 23 | 202103022 | JAIWAL ROHAN FULCHAND | A |
| 23. | 24 | 202103023 | JAIWAR YASH DHARMENDRA | P |
| 24. | 25 | 202103024 | JHA SAKET SANJAY JHA | P |
| 25. | 26 | 202103025 | JOGI KHUSHAL YALLALINGA | P |
| 26. | 27 | 202103026 | JOSHI RONAK DEEPAK JOSHI | P |
| 27. | 28 | 202103027 | KAKADE JAYESH DILIP KAKADE | P |
| 28. | 29 | 202103028 | KAMBLE RIYA PANDURANG | P |
| 29. | 32 | 202103031 | KURIEN AJAY SHAJI KURIEN | P |
| 30. | 33 | 202103032 | MANE PIYUSH BHANUDAS | P |
| 31. | 34 | 202103034 | NIJAP VEDANG RUPESH NIJAP | P |
| 32. | 35 | 202103035 | PANDEY AJAY SURESH PANDEY | P |
| 33. | 36 | 202103036 | PANGAM MANGESH KRISHNA | P |
| 34. | 37 | 202103037 | PARADE SHRUTI MILIND | P |
| 35. | 38 | 202103054 | SINGH PIYUSH PRAVIN KUMAR | P |
| 36. | 39 | 202103038 | PULAVARTHY LEKHA | P |
| 37. | 40 | 202103039 | RANE SAISH KISHOR RANE | P |
| 38. | 41 | 202103040 | SAHU SHIVAM MOOLCHANDRA | P |
| 39. | 42 | 202103041 | SAKHARE ANSHU PRAKASH | P |
| 40. | 43 | 202103042 | SARAP RAKSHITA RAJENDRA | P |
| 41. | 44 | 202103043 | SATAM ADITI | P |
| 42. | 45 | 202103044 | SAYED AKIB ABDUL SAMAD | P |
| 43. | 46 | 202103045 | SHAIKH FARDEEN NASIR | P |
| 44. | 47 | 202103046 | SHAIKH MOHAMMAD ANAS | A |
| 45. | 48 | 202103047 | SHAIKH MOHTASHIM | A |
| 46. | 49 | 202103048 | SHARMA HARSH RAMUGRAH | P |
| 47. | 50 | 202103049 | SHARMA SHUBHAM RAVINDRA | P |

| | | | | |
|-----|----|------------|----------------------------|---|
| 48. | 51 | 202103050 | SHINDE ADITYA RAJENDRA | P |
| 49. | 52 | 202103051 | SHINDE SIDDHARTH GANPATI | P |
| 50. | 53 | 202103052 | SHINDE SUMEDH VIJAY SHINDE | P |
| 51. | 54 | 202103053 | SINGH KUNAL LAL SINGH | P |
| 52. | 55 | 202103055 | SINGH PRATHAM RAJESH | P |
| 53. | 56 | 202103056 | SINGH SHREYA RAKESH SINGH | P |
| 54. | 57 | 202103057 | SINGH VIVEK | P |
| 55. | 58 | 202103058 | SOMWANSHI GAURESH | P |
| 56. | 59 | 202103059 | VAGHELA ISHAN BHADRESH | P |
| 57. | 60 | 202103060 | VAIDYA PRATHAMESH ASHOK | P |
| 58. | 61 | 202103061 | VISHWAKARMA SUMIT LALLAN | P |
| 59. | 62 | 202103062 | YADAV NEHA VINAYKUMAR | P |
| 60. | 63 | 202103063 | YADAV SACCHIDANAND | P |
| 61. | 64 | 2022032001 | CEREJO BELONA CEREJO | A |
| 62. | 65 | 2022032002 | KASHELKAR GAURAV | A |
| 63. | 66 | 2022032003 | OSWAL SIDDHI AMIT SAPNA | A |
| 64. | 67 | 2022032004 | PALLIKONDA SAMUEL RAMESH | A |
| 65. | 68 | 2022032005 | PIMENTA BRICE FREDY LAILA | A |
| 66. | 69 | 2022032006 | SHAIKH KHIZAR DR. | A |
| 67. | 70 | 2022032007 | NELSON KOLAS CELIN | A |

Total Present = 56

Faculty Signature  7/2/23

| Timestamp | Name of the Student | Roll Number (Two Digit) | 1. Did the workshop content meet your expectations? | 2. How would you rate the quality of the workshop? | 3. How would you rate the quality of the instructor? | 4. Did you learn anything new? | 5. Was the training relevant to your needs? | 6. Do you have any suggestions. |
|---------------------------------|----------------------|----------------------------|---|--|---|---|---|--|
| 2023/02/07 12:00:33 PM GMT+5:30 | Aditya Ghadge | 13 | Yes | 3.Good | 3.Good | Yes | Yes | |
| 2023/02/07 12:00:54 PM GMT+5:30 | Shubham sharma | 50 | Yes | 3.Good | 3.Good | No | Maybe | |
| 2023/02/07 12:01:31 PM GMT+5:30 | Salil Gujar | 15 | No | 2.Acceptable | 3.Good | No | No | |
| 2023/02/07 12:01:33 PM GMT+5:30 | Akib Sayed | 45 | Yes | 4.Outstanding | 4.Outstanding | Yes | Yes | |
| 2023/02/07 12:05:39 PM GMT+5:30 | Vedang Nijap | 34 | Yes | 4.Outstanding | 4.Outstanding | Yes | Yes | |
| 2023/02/07 12:05:59 PM GMT+5:30 | Harshit Jain | 22 | Yes | 3.Good | 3.Good | Yes | Yes | No, it was good as it is, thanks for the session |
| 2023/02/07 12:08:09 PM GMT+5:30 | Rajaram Dilip Desai | 11 | Yes | 3.Good | 4.Outstanding | Yes | Yes | NA |
| 2023/02/07 12:10:40 PM GMT+5:30 | Sacchidanand Yadav | 63 | Yes | 3.Good | 3.Good | No | Maybe | |
| 2023/02/07 12:13:22 PM GMT+5:30 | Steve Sanjeev Hetya | 20 | Yes | 3.Good | 4.Outstanding | Yes | Yes | - |
| 2023/02/07 12:13:28 PM GMT+5:30 | Siddhi Awlegaonkar | 3 | Yes | 4.Outstanding | 4.Outstanding | Yes | Yes | |
| 2023/02/07 12:13:51 PM GMT+5:30 | Harsh Sharma | 49 | Yes | 3.Good | 3.Good | Yes | Maybe | Nope |
| 2023/02/07 12:13:54 PM GMT+5:30 | Sumit Vishwakarma | 61 | Yes | 4.Outstanding | 4.Outstanding | Yes | Yes | No |
| 2023/02/07 12:19:02 PM GMT+5:30 | Rupesh Darpe | 10 | Yes | 3.Good | 3.Good | Yes | Yes | |
| 2023/02/07 12:19:07 PM GMT+5:30 | Shreya Singh | 56 | Yes | 2.Acceptable | 2.Acceptable | Yes | Yes | |
| 2023/02/07 12:20:20 PM GMT+5:30 | Divyajothi Raja | 12 | Yes | 4.Outstanding | 4.Outstanding | Yes | Yes | |
| 2023/02/07 12:25:07 PM GMT+5:30 | Shaikh Anas | 47 | Yes | 4.Outstanding | 4.Outstanding | Yes | Yes | No |
| 2023/02/07 1:11:34 PM GMT+5:30 | Siddharth Shinde | 52 | Yes | 3.Good | 4.Outstanding | Yes | Yes | No |
| 2023/02/07 1:16:22 PM GMT+5:30 | Khushal Jogi | 26 | Yes | 3.Good | 3.Good | No | Yes | Make it more practical |
| 2023/02/07 1:23:08 PM GMT+5:30 | Lekha Pulavarthi | 39 | Yes | 3.Good | 3.Good | Yes | Yes | |
| 2023/02/07 1:36:41 PM GMT+5:30 | Kunal Lal Singh | 54 | Yes | 3.Good | 3.Good | Yes | Yes | |
| 2023/02/07 3:18:14 PM GMT+5:30 | Jovan Creado | 9 | Yes | 3.Good | 4.Outstanding | Yes | Yes | |
| 2023/02/07 3:18:41 PM GMT+5:30 | Vedant Sagar Gharat | 14 | Yes | 3.Good | 3.Good | Yes | Maybe | |
| 2023/02/07 3:21:52 PM GMT+5:30 | Aniket Badgujar | 4 | Yes | 4.Outstanding | 4.Outstanding | Yes | Yes | |
| 2023/02/07 3:49:16 PM GMT+5:30 | fardeen Nasir shaikh | 46 | Yes | 3.Good | 3.Good | Yes | Yes | |
| 2023/02/07 4:08:09 PM GMT+5:30 | Neha yadav | 62 | Yes | 4.Outstanding | 4.Outstanding | Yes | Yes | |
| 2023/02/07 4:38:13 PM GMT+5:30 | Mangesh Pangam | 36 | Yes | 4.Outstanding | 4.Outstanding | Yes | Yes | No |
| 2023/02/07 4:43:47 PM GMT+5:30 | Pratik Gupta | 17 | Yes | 3.Good | 3.Good | Yes | Yes | |
| 2023/02/07 4:50:51 PM GMT+5:30 | Prathamesh Vaidya | 60 | Yes | 3.Good | 4.Outstanding | Yes | Yes | |
| 2023/02/07 5:03:22 PM GMT+5:30 | Riya Kamble | 29 | Yes | 3.Good | 3.Good | Yes | Yes | |
| 2023/02/07 5:10:18 PM GMT+5:30 | Harshvardhan Gupta | 16 | Yes | 4.Outstanding | 4.Outstanding | Yes | Yes | |
| 2023/02/07 11:41:43 PM GMT+5:30 | Shivam Sahu | 41 | Yes | 3.Good | 3.Good | Yes | Yes | |
| 2023/02/08 7:14:27 AM GMT+5:30 | Saahil Chaurasia | 7 | Yes | 2.Acceptable | 2.Acceptable | Yes | Maybe | |
| 2023/02/08 10:50:21 AM GMT+5:30 | Saish Rane | 40 | Yes | 3.Good | 4.Outstanding | Yes | Yes | |
| 2023/02/08 4:07:48 PM GMT+5:30 | Saksham Gupta | 18 | Yes | 3.Good | 3.Good | Yes | Maybe | |