



COLLEGE OF ENGINEERING AND MANAGEMENT, JALGAON
Affiliated to Dr. Babasaheb Ambedkar Technological University, Maharashtra;
Approved by AICTE, New Delhi & Govt. of Maharashtra; NAAC Accredited

Computer Science and Engineering (DATA SCIENCE)

Name of Activity: Guest Lecture On Topic "Brain Gym"			
Name of Guest: Prof. Sunil C. Vispute. (MBA Faculty)			
Category of Activity	Curricular	Co-curricular	Extra-curricular
Date	Knowledge enrichment through lecture session	Interactive demonstrations and exercises related to brain gym techniques	<ul style="list-style-type: none">Motivational activities and engagement for stress management and overall well-being
Name of Co-ordinators		Mis. Vinita H. Patil	
Objectives for conducting activity		<ul style="list-style-type: none">To introduce students to the concept of Brain Gym and its relevance in academic and personal life.To enhance focus, concentration, and memory retention skills among learners.To promote mental well-being and reduce stress through simple brain exercises.To encourage holistic development by integrating mind-body learning strategies.	
Methodology		<ul style="list-style-type: none">A formal welcome and introduction of the guest speaker.Lecture presentation covering the principles and benefits of Brain Gym.Live demonstrations of brain gym exercises and student participation.Interactive session/Q&A to clarify doubts and encourage student	



	<p>engagement.</p> <ul style="list-style-type: none">• Feedback collection from students for effectiveness measurement.
Out Come	<ul style="list-style-type: none">• Students gained awareness about brain gym techniques and their practical applications.• Improved understanding of how physical movement enhances learning and concentration.• Active student participation fostered enthusiasm and motivation towards holistic growth.• Encouraged adoption of brain gym exercises as a daily practice for stress management.





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Vijayendra and Sign
Vice-Chairman



[Signature]
Principal


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Name and Sign
IQAC Co-Ordinator




Principal



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