




SSM INSTITUTE OF ENGINEERING AND TECHNOLOGY

Dindigul – Palani Highway, Dindigul – 624 002

Programme Name : WEBINAR ON “How to upgrade our cognitive Skills”
Resource Person : DR.S.AASHA, PH.D.,
PSYCHOLOGIST AND THERAPIST,
ZEN COUNCELLING AND THERAPY CEBTER, MADURAI
Organized by : WOMEN EMPOWERMENT CELL
Convener : Mrs. S. Kavitha, AP/ Mathematics.
Date & Time : 12.10.2020, 11.00 a.m.

Invitation

SSM INSTITUTE OF ENGINEERING
AND TECHNOLOGY, DINDIGUL



How to upgrade our Cognitive Skills

October 12, 2020
11.00 AM to 12.00 PM
Google Meet
Resource Person
Dr.S.Aasha, Ph.D.,
Psychologist and Therapist,
ZEN counselling and Therapy Center,
Madurai
Convenors
Mrs.S.Kavitha, AP/Maths
Mrs.A.Geetha, AP/ECE


Principal

CIRCULAR



SSM INSTITUTE OF ENGINEERING AND TECHNOLOGY,
Palani Highway, Dindigul-624002.

10.10.2020

CIRCULAR

WOMEN EMPOWERMENT CELL

Women Empowerment Cell of SSMIET planned to conduct a webinar "How to upgrade our Cognitive Skills" on the benefit of girl students and female resources.

Date: 12/10/2020

Time: 11am to 12pm

Resource Person:

Dr. S.Aasha, Ph.D,
Psychologist and Therapist,
ZEN Counseling and Therapy Center,
Madurai.

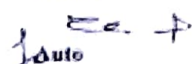

Conveners

Mrs. S.Kavitha, AP/Maths

Mrs. A.Geetha, AP/ECE


PRINCIPAL

Copy to:
Administrative officer
HoD'S


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CSE


ECE


Mech


S&H


EEE


Library

Faculty circulation through HoD's

FEEDBACK RESPONSES

Timestamp	Email Id	Full Name (In Capital)	How satisfied were you?	How relevant and helpful?	How satisfied were you?	Any additional comments	FEAR (For S DEPARTMENT)
10/10/2020 14:05:55	amrithakumari733@gmail.com	Loka S	4	5	4	It's very helpful	II ECE
10/10/2020 14:29:34	shifa.ks1403@gmail.com	SHIFA SULTANA M A	4	5	5	It is really good and I can easily connect the informations	I ECE
10/10/2020 15:54:01	madhubabu140814001@gmail.com	B Madhumitha	4	4	4	Useful	IV CDE
10/10/2020 14:14:54	shamin.s204@gmail.com	G SHAMINI	4	4	5	No	I CDE
10/10/2020 14:15:11	muhamed181414ece@gmail.com	MOHAMED AKIL J	5	5	5	Need more sessions of this kind in future	II CDE
10/10/2020 14:16:43	madhumitharengan.92@gmail.com	MADHUMITHA R	5	5	5		IV CDE
10/10/2020 14:17:04	nallishneha160@gmail.com	C. N. NALLI SNEHA	4	5	4	nothing	II CIVIL
10/10/2020 14:18:48	krishnaveni081101426@gmail.com	KRISHNAVENI P	5	4	4	Useful session	IV CIVIL
10/10/2020 16:21:37	samyuktha009@gmail.com	Samyuktha B	4	4	4	Nothing	II CIVIL
10/10/2020 16:25:28	dharsini.sabha@gmail.com	Ms. K. Laxtha dharsini	5	5	5	The session was very nice. We cleared all our doubts. The session was very helpful for us	II CIVIL
10/10/2020 15:24:39	sreethasutbu14000@gmail.com	S. SEETHAPRIYA	5	5	4	It is very useful and informative	IV CIVIL
10/10/2020 16:24:46	deepthirashika14@gmail.com	Deepthi Thirasy E	4	5	4	Well organised program. At first, the topic was moved to be somewhat threatening. But later, it is very useful to aware of teenage girls and women. Thanks to the organizing committee	II EEE
10/10/2020 16:25:09	gnanahelina21@gmail.com	Gnanahelina J	5	5	4	The session was really useful	IV CIVIL
10/10/2020 16:26:10	shivani040401@gmail.com	SHIVANI S A	5	5	5	Very good session	IV CIVIL
10/10/2020 16:27:01	sajitha.v114@gmail.com	Sajitha V	4	5	4	Nil	II ECE
10/10/2020 14:30:00	kavyasavani1143@gmail.com	KAVYAA S M	5	5	5	Nil	II CIVIL
10/10/2020 14:43:14	soundhvenkad00@gmail.com	V. SOUNDHARYA	5	5	5	Good session for our welfare	II CIVIL



Principal

PRESENTATION SLIDES

How to upgrade our cognitive skills

Dr S.Aasha phd
Zen counselling & Therapy centre

COGNITION

Some changes in the brain and nervous system occur normally with aging. Some diseases also affect the brain and can affect cognitive function.

Cognitive relates to knowledge and involves:

- Memory
- Thinking
- Reasoning
- Understanding
- Judgment
- Behaviour



Thinking: cognitive skills

- Paying attention
- Remembering
- Processing
- Analysing
- Judging and evaluating
- Reasoning
- Problem-solving
- Decision-making



9

10

11

12

Slide 9 of 12 English (India)

Piaget's Stages of Cognitive Development

Stage	Approximate Age Range
Sensorimotor Stage	Birth to 2 yrs
Preconcrete Stage	2 to 7 yrs
Concrete Stage	7 to 11 yrs
Formal Stage	12 and up

verywell

9

10

11

12

Slide 11 of 12 English (India)

How to improve ??

- Physical Activity
- Openness to Experience
- Curiosity and creativity
- Social connection
- Mindfulness meditation
- Brain training games
- Get enough sleep
- Reduce chronic stress

Principal

SSM Institute of Engineering and Technology, Dindigul. WEC-Webinar on "How to upgrade our Cognitive Skills" on 12.10.2020.Time:11am to 12pm Feedback Form

* Required

1. Email Id

2. Salutation

Mark only one oval.

☐ Ms

☐ Mrs

3. Full Name(In Capital) Kindly enter your Full Name exactly as you would like it to appear on your certificate *

4. Class *

5. How satisfied were you with the Webinar? *

Mark only one oval.

	1	2	3	4	5	
Not very	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very much

6. How relevant and helpful do you think it was for your health? *

Mark only one oval.

	1	2	3	4	5	
Not very	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very much

7. How satisfied were you with the session content? *

Mark only one oval.

	1	2	3	4	5	
Poor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Excellent

8. Any additional comments regarding the session *

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Google Forms

Daily Attendance Report for Class List: 2020-10-12

[Show Attendance Summary](#)


Class: **Class List** Meet ID: **wwc-tbhu-vcf** Date: **2020-10-12** ▼ Earliest Arrival(s): **10:40** Start Time: **10:40** End Time: **12:05** Length of Meet: **85 min**

105 Names (0 Absent) ☆	10:35	10:40	10:45	10:50	10:55	11:00	11:05	11:10	11:15	11:20	11:25	11:30
✓ Nivetha .M												
✓ Priyadharshini .S												
✓ Shifa M A												
✓ Jeyanthi Anandan												
✓ Aniesh Angel												
✓ Aasha Ansraj												
✓ Shivani Aravarasan												
✓ Koshikha B												
✓ Madhumitha B												
✓ Sabitha D												
✓ Jeya Devi												
✓ Pandi Devi												
✓ Divya Dharshini												
✓ Priya Dharshini												
✓ Kowshika Dhayalan												
✓ Thara Dinesh												
✓ Ayesha Doll												
✓ Deepika Er												
✓ Fahima Fahima												
✓ Safreen Fathima.												
✓ Renuga G												
✓ Sreemathy G												
✓ Sridevi G												
✓ Nandhini Ganesan												
✓ Suvedha Ganesan												
✓ M Gowri												
✓ Sangeetha Gowtham												
✓ Saakshi Gulati												
✓ G Gunasri												
✓ Paraloga Selvi I												
✓ Sandhiya J												
✓ Vasuki Jaganath												
✓ Jovitta Jo												
✓ Kaviya K												
✓ Sruthi K												
✓ Santhosini Kannan												
✓ Brundha Kavi												
✓ Tharani Kumar												
✓ Jeya Lakshmi												
✓ Soundara Lakshmi												
✓ Jothika M												
✓ Kowsalya M												
✓ Mahalakshmi R M												
✓ Moniga M												
✓ Mounika M												
✓ Pavithra M												
✓ M.Divyadharshini												
✓ Keerthana. M.N												
✓ Hinduja Marimuthu												
✓ Indhu Mathi												
✓ Dhanalakshmi Mp												
✓ Saranya Muthukrishnan												
✓ Janani Muthukumar												
✓ Anuradha N												
✓ Punitha Nagarajan												
✓ Oviya												
✓ Saathanna G. P												
✓ Soundra Pandiammal												
✓ Priyadharshini Prakash												
✓ Hema Priya												
✓ Jaya Priya												
✓ Nivetha Divya Dharshini R												
✓ Janani Radhakrishnan												
✓ Rajalakshmi												
✓ Deivanai Ramasamy												
✓ Mano Ranjitham												

Daily Attendance Legend:

The student was present then exited rejoined and rejoined again etc. etc. (the alternating background patterns indicate that the student may have left and rejoined the Meet)

The student missed the entire class

To help your eye follow across the page, the table rows alternate between white and grey backgrounds which leads to two subtly different shades of green for the times when the student was present

NB - If you want a printed copy of this report, make sure that the 'More settings' → 'Background graphics' checkbox is checked in the Print dialog.

le:///C:/Users/Nagaraj/Downloads/Class List (2020-10-12).html