

SRI PADMAVATHI WOMEN'S DEGREE & P.G COLLEGE

DEPARTMENT OF MATHEMATICS

JANUARY 03

INTERNATIONAL  
**MIND-BODY**  
WELLNESS DAY

Self Care

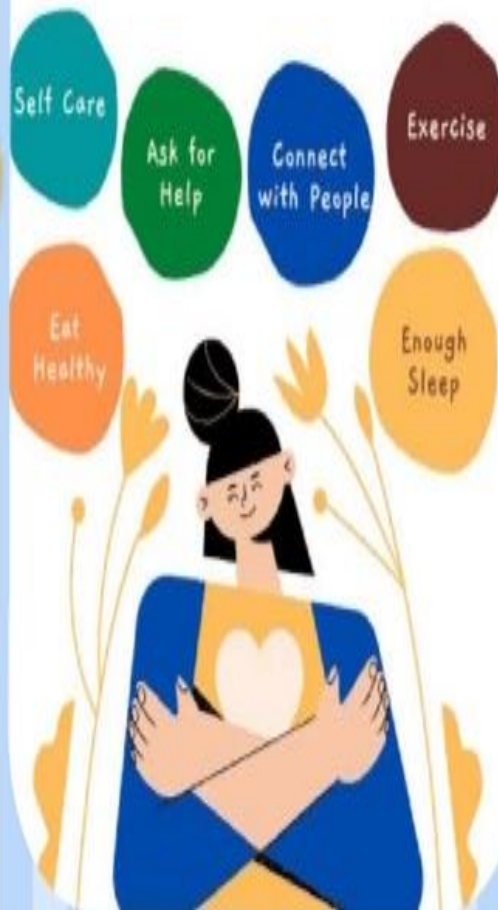
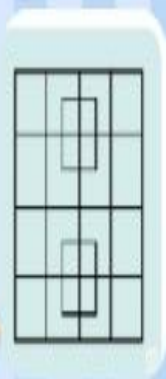
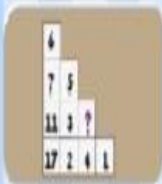
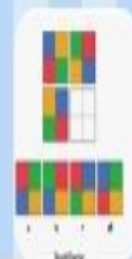
Ask for  
Help

Connect  
with People

Exercise

Eat  
Healthy

Enough  
Sleep



**Sri Padmavathi Women's Degree & PG College, TTD(A), Tirupati**

**(NAAC A+ Grade accredited)**

**Department of Mathematics**

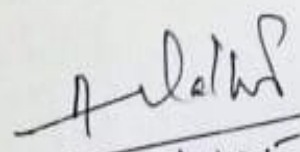
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### **Report on International Mind-Body Wellness Day**

The Department of Mathematics celebrated International Mind Body Wellness Day on 03-01-2025. On the occasion "Role of Puzzle Solving in Mind Body Wellness" was discussed. The HOD Dr. A. Vidhyullatha said that Puzzles reinforces connection between brain cells, improves mental speed and improves short-term memory. Solving puzzles increases the production of dopamine, a chemical that regulates mood, memory and concentration. Dopamine is released with every success as we solve the puzzle. While solving the puzzle, brain focuses on one task, which can lead to the brain into a meditative state. Jigsaw puzzle can create the same benefits to a person as during meditation. The mental exercise can enhance memory, attention span and overall cognitive functions which are essential for maintaining good mental health. She also asked to take resolution that every student will solve at least 3 to 5 puzzles every day to have sound mind.

The students P. Mahitha, G. Thanuja, S. Hymavathi and K. Indraja of II years B.Sc. Honours Mathematics and I year students participated enthusiastically by presenting charts, PPT's on puzzles and speeches.

The faculty of the department Dr. K. Dhanalakshmi, Dr. B. Mamatha, Dr. D. Praveena and students participated.

  
3/1/25  
Dept. of Mathematics  
S.P.W. D&P.G. College  
TIRUPATI





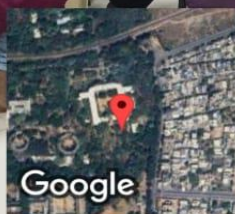
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Visvavidyalayam, Tirupati, Andhra Pradesh 517502, India  
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