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Anekant Education Society's
Tuljaram Chaturchand College of Arts, Science and Commerce, Baramati

Autonomous

Department of Psychology

A Report on "World Mental Health Day 2022"

Date: 10th October 2022

World Mental Health Day (10 October) is an international day for global mental health education, awareness and advocacy against social stigma. It was first celebrated in 1992 at the initiative of the World Federation for Mental Health, a global mental health organization with members and contacts in more than 150 countries. This day, each October, thousands of supporters come to celebrate this annual awareness program to bring attention to mental illness and its major effects on peoples' lives worldwide. On this occasion Department of Psychology organized guest lecture on "Mansik Arogyayachi Gurukilli" at 10th October 2022. The resource person for the program was Mr. Sandip Prabhakar Shinde, Psychologist/ Counselor Balkalyan Kendra, Kasba, Baramati. The guest lecture was attended by 51 students (Females 35, Males 16) from SY, TYBA and MA. The lecture started with the inaugural address of Dr. V.B. Shinde (Head Dept. of Psychology) he welcomed the distinguished guests, faculty members and the participants. He explains the objectives and gave the overview of the program. Miss Sonali Khade from MA first year was hosted the program.

Mr. Sandip Shinde explains the mental health and its factors. He enlightened the students on managing emotions, stress and finding the ways to develop coping strategies to reduce the emotions and stress. He finally concluded the lecture with motto mental health for all and left the stage open for questions from students. The resource person for lecture was immensely experienced and professional. The lecture was enjoyed thoroughly by the participants and they posted lot of questions as a result of that the lecture had witnessed a lot of interaction. Prof. D.V. Londhe offered vote of thanks.


Head

Department of Psychology

Noted
WBT IQAC

22/10/22

26	Mayuri Hanumanth Khurat	15096	M.A. II	Cherret
27	Divya Sunil Garde	14466	M.A. II	Gade
28	Pooja Dhanashri Dilip	14469	M.A. II	Shetty
29	Jadhav Rohini Shyam	14464	M.A. II	R.S. Jadhav
30	Dongare Snehal chintam	14468	M.A. II	Songare
31	Deshmukh Prayata Kiran	14467	M.A. II	Deshmukh.P.K.
32	Kamble Diksha Sanjay	14466	M.A. II	Kamble
33	Ambure Bandali Sambh	10839	S.Y. BA	Ambure
34	Bhoir Jayshri Subhash	11135	S.Y. BA	Jayshri
35	Phalke Vishakha	10846	S.Y. BA	Vishakha
36	Adesh Sambh	9946	FT. BA	Adesh
37	Mayuri Kokare	8685	B.Y.B. com	Kokare
38	Saxali Taware	10386	S.Y.B. com	Staware
39	Sanket Janjire	10426	S.Y.B. com	Sanket
40	Pallavi Bhosale	10439	S.Y.B. com	Pallavi
41	Akanksha Deshmane	10406	S.Y.B. com	Deshmane
42	Mahite Arya	10440	S.Y.B. com	Mahite
43	Bandol Siddhali	10441	S.Y. B.com	Bandol
44	Chavan Gayatri	10003	S.Y. B.com	Chavan
45	Sayyed Nihal	10399	S.Y. B.com	Sayyed
46	Mongal Muskan	8385	S.Y. B.com	M.M. Mongal
47	Khem Dhaniga	8404	S.Y. B.com	Khem
48	Tomboli Tanveer	10388	S.Y. B.com	Tomboli
49	Londhe Tanuja	10683	S.Y. BA	Londhe
50	Gawale Shruti	10630	S.Y. BA	S.N. Gawale
51	Kumbhar Karal	11180	S.Y. BA	Kumbhar
52				
53				
54				
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Anekant Education Society's
Tuljaram Chaturchand College of Arts, Science and Commerce Baramati
Department of Psychology
Guest Lecture

Speaker Mr. Sandip Shinde (Counselor Balkalyan Kendra, Baramati)

Date: - 10/10/2022

Sr. no	Name Of the Students	Roll no.	Class	Signature
1	Gaikwad Sujata	15099	MA I	<i>[Signature]</i>
2	Bankar Ashwini	11261	TYBA	A. A. Bankar
3	Arjun Bhagyashree D.	18314	Msc II	<i>[Signature]</i>
4	Hivarkar Purnima Almar	15128	M.A. II	<i>[Signature]</i>
5	Kare Swapnischhade	15133	M.A. II	<i>[Signature]</i>
6	Pandhare Abhishek Ramesh	11577	TYBA	<i>[Signature]</i>
7	Karkar Ashwini Sunil	11582	TYBA	Bashwini
8	Waghmare Pratiksha Sadan	11428	T.Y.B.A.	<i>[Signature]</i>
9	Kadam Nitin D.	11268	TYBA	<i>[Signature]</i>
10	Pandlik Sakshi Mahesh	11329	TYBA	<i>[Signature]</i>
11	Gaikwad Pradnya	10885	SYBA	<i>[Signature]</i>
12	Chapkar Shanshi	10687	S.Y.B.A	<i>[Signature]</i>
13	Taware Rutuja	10691	S.Y.B.A	<i>[Signature]</i>
14	More Pratiksha	10692	S.Y.B.A	<i>[Signature]</i>
15	Shinde Snehal Balu	15125	M.A. II	<i>[Signature]</i>
16	Salunkhe Vishakha	15129	M.A. II	<i>[Signature]</i>
17	Suryawanshi Sayali	15123	M.A. II	<i>[Signature]</i>
18	Vaishali R. More	15132	M.A. II	<i>[Signature]</i>
19	Durge Kirti Vishwas	15122	M.A. II	<i>[Signature]</i>
20	Ashwini B. Sawane	15099	M.A. I	<i>[Signature]</i>
21	WASARIN Bhagwanee	15100	M.A. I	N. J. Bhagwanee
22	Londhe Uttanasha B.	15121	M.A. II	<i>[Signature]</i>
23	Dambe parvati pradeep	15097	M.A. I	<i>[Signature]</i>
24	Sonali Pandharinath Khale	15095	M.A. I	<i>[Signature]</i>
25	Jyoti Dhananjay Lawand	15102	M.A. I	<i>[Signature]</i>