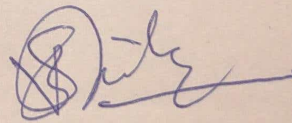


Anekant Education Society's  
**Tuljaram Chaturchand College of Arts, Science and Commerce, Baramati**  
**(Autonomous)**  
**Department of Psychology**

**A Report on Guest Lecture – Date 20<sup>th</sup> March 2023**

On the 20th of March 2023, Mrs. Smita Shah, an esteemed speaker from Spectrum Energizing Centre, conducted an online guest lecture for the Certificate Course on the "Growth & Development of Human Life Span" offered by the Department of Psychology. The focus of the lecture was on the critical aspects of mate selection and the necessity of pre-marital counseling in preparing for marriage.

Mrs. Shah addressed common challenges faced during the mate selection process, including societal pressures, familial expectations, and external influences. Practical strategies were shared to help individuals navigate these challenges effectively. The lecture highlighted the crucial role of pre-marital counseling in preparing couples for a successful marriage. Mrs. Smita Shah explained how such counseling can contribute to a better understanding between partners, managing expectations, and fostering effective communication skills. Mrs. Smita Shah's online guest lecture on mate selection and the need for pre-marital counseling was well-received by the participants of the Certificate Course. The knowledge shared during the session contributed significantly to the understanding of the psychological aspects associated with preparing for a lifelong commitment. The Department of Psychology expresses its appreciation to Mrs. Shah for her valuable contribution to the academic and personal development of our students.



Head

Dept. of Psychology & Yoga

## Google Meet Attendance .

Participants 20/03/2023 – Guest Lecture – Mrs. Smita Shah – Spectrum Energizing  
center

Ganesh Dhame (You)

Ganesh Dhame (Presentation)

Ghige Nikita Sanjay

Pol Tejashri Dasharath

Kamble Priyanka Sanjay

Hivarkar Aishwarya Dilip

Hivarkar Shrikant Pralhad

Hivarkar Sneha Shivaji

Lakhe Neha Vijay

Rangole Manjushri Tukaram

Kumbhar Ankita Sanjay

Kumbhar Kunal Chandrashekhar

Atole Dhanshri Balu

Nimbalkar Shital Rajendra

Londhe Tanuja Manohar

More Pratiksha Vilas

Bhise Mayur Mahendra

Karkar Ashwini Sunil

Kuchekar Dinesh Popat

Pawar Abhayraj Nivrutti

Kale Akshay Shivaji

Bodare Komal Dnyandeo

Gawade Pratiksha Bharat

Kamble Shruti Sanjay

Yadav Prashant Dattatray

Kuchekar Dinesh Popat

Pawar Abhayraj Nivrutti

Kale Akshay Shivaji

Jagtap Sonali Suresh

Bhand Rohit Mahendra

Pawar Abhishek Sanjay

Shaikh Aalam Sadik

Kate Omkar Dattatray

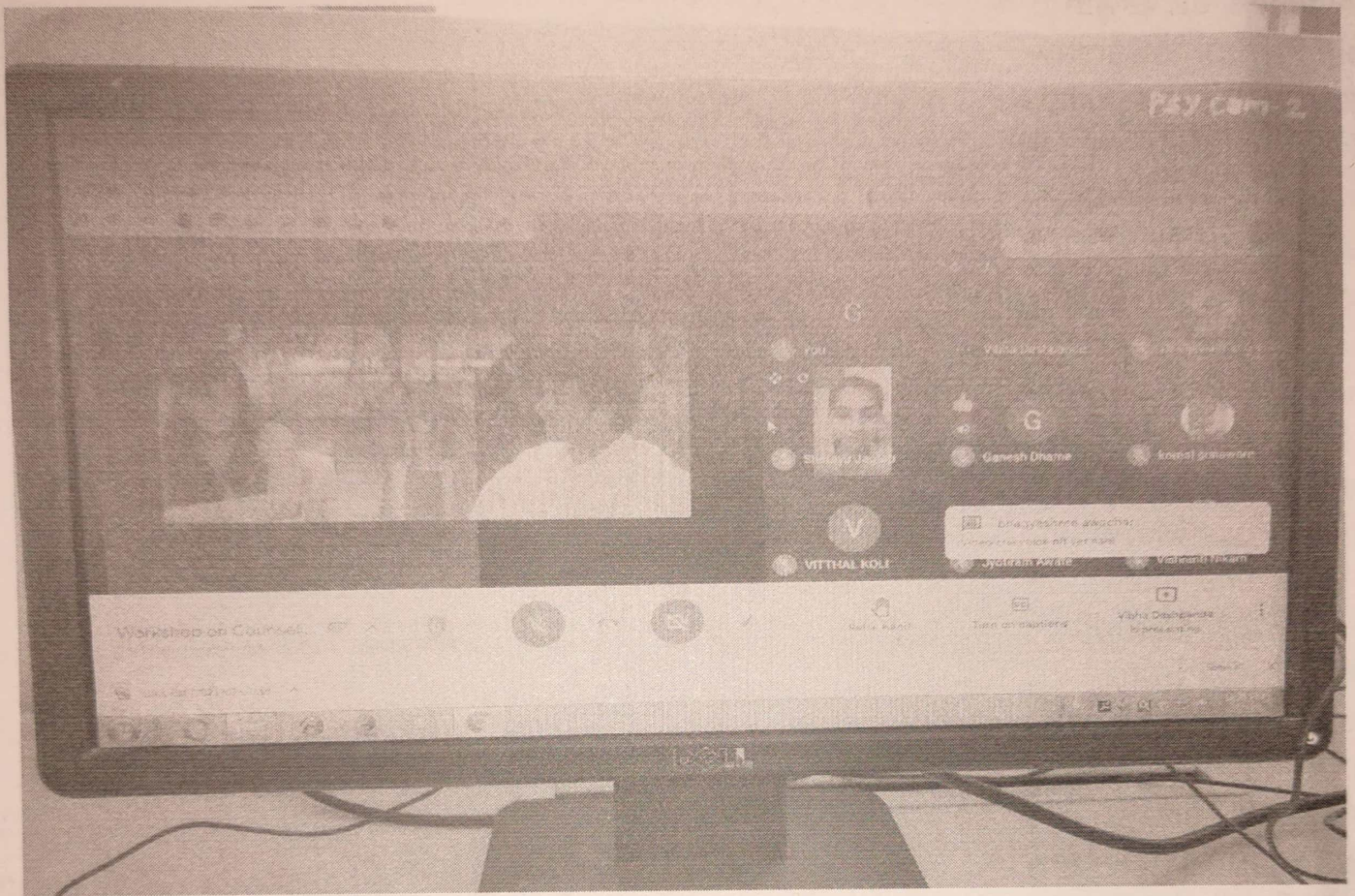
Shaikh Soyal Rahiman

Gadekar Amol Kashinath

Hivarkar Shrikant Pralhad

Hivarkar Sneha Shivaji

Lakhe Neha Vijay



Guest lecture- Mrs. Smita Shah, Spectrum Energizing Center.