

**Department of Lifelong Learning and Extension
(DLLE)**

Mental Health and well-being

Mental health and well-being refer to a state of emotional, psychological, and social well-being in which individuals can cope with the normal stresses of life, work productively, and contribute to their community. We include how we manage our emotions, how we cope with stress, and how we relate to others. Our goal from this seminar is to maintain Good mental health for a healthy lifestyle.

Objectives

1. Promote awareness and understanding of mental health issues to reduce stigma and encourage help-seeking behavior.
2. Implement strategies and interventions to support psychological resilience and emotional well-being in individuals and communities.

Outcome:

1. Students will demonstrate an understanding of common mental health disorders, their causes, symptoms, and treatment options.
2. Students will develop skills in self-care practices and coping strategies to manage stress, anxiety, and other emotional challenges effectively.

Participants:

1. Chief Guest
2. Extension Teacher
3. DLLE students

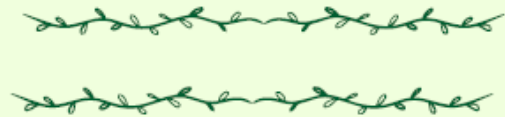


Extension Teacher,
DLLE, Palghar Unit



SONOPANT DANDEKAR SHIKSHAN MANDALI'S
SONOPANT DANDEKAR ARTS, V.S. APTE COMMERCE
AND M.H.MEHTA SCIENCE COLLEGE, PALGHAR

DEPARTMENT OF LIFE LONG
LEARNING AND EXTENSION
ORGANIZES



SESSION ON MENTAL
HEALTH AND WELL BEING

RESOURCE PERSON -
DR. MAHENDRA THAKUR

PLATFORM - ZOOM

DATE - 17/08/2021

TIME - 2.30 PM



Department of Lifelong Learning and Extension

ACTIVITY REPORT

Name of the Activity – Mental Health and well being

Date –17 /8/20 21

Time- 2:30 p.m.

No. of Students Participated – 30 (Boys: 15 & Girls: 15)

About the Activity –

Prof. Asmita Raut introduced to the guest, Dr. Mahendra Thakur Om clinic Palghar, sir explained the importance of mental health during the covid 19 period & how to overcome mental problems during this pandemic period. Prof. Prashant Mogle expressed a vote of thanks.

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Students Attendance

