

Dt: 01/03/2019

**PROPOSAL**

Program Officer  
National Service Scheme Unit  
Sonopant Dandekar College

To  
The Principal,  
Sonopant Dandekar College,  
Palghar

Sub: Request to approve the proposal for conducting a Workshop on Mental Health during 05th March 2019 to 12th March 2019, Palghar.

Sir,

The NSS Unit of our college is proposing to send volunteers for conducting a Workshop on Mental Health during 05th March 2019 to 12th March 2019 jointly organized by NSS Unit and Dhawale Hospital, Palghar.

We request you to kindly allow us to assemble the volunteers for the workshop.

Thank you.

Yours Sincerely,



Program Officers

Date: 01/03/2019

# **NOTICE**

## **National Service Scheme (NSS)**

### **WORKSHOP ON MENTAL HEALTH**

All NSS Volunteers are hereby informed that there will be a Workshop on “MENTAL HEALTH” jointly organized by NSS Unit and Dhawale Hospital, Palghar during 05<sup>th</sup> March 2019 to 12<sup>th</sup> March 2019 in BMS Seminar Hall at 10.00 AM.

All the NSS volunteers are requested to remain present on time.

NOTE: Attendance is mandatory for all NSS volunteers.



**NSS Program Officers**  
**Save**



**Dr. Kiran J.**  
**Principal**

## **OBJECTIVES OF THE ACTIVITY**

1. One of the primary objectives of a mental health workshop is to raise awareness about mental health issues and reduce the stigma associated with them.
2. Workshops often aim to provide participants with knowledge, skills, and tools to enhance their mental well-being.
3. Another objective is to help participants recognize signs and symptoms of common mental health conditions such as anxiety, depression, and stress-related disorders.
4. Workshops often provide information about available mental health resources, such as helplines, support groups, and professional services.
5. Creating a safe and supportive environment where participants can openly discuss mental health is crucial.
6. Workshops may encourage dialogue, empathy-building exercises, and group activities to promote mutual support and understanding.

## **OUTCOMES**

1. NSS volunteers demonstrate improved awareness and understanding of mental health issues, including common mental illnesses, their causes, symptoms, and available support services.
2. The workshop helps reduce stigma surrounding mental health by providing volunteers with accurate information and dispelling misconceptions.
3. Volunteers develop a deeper sense of empathy and compassion towards individuals affected by mental health issues.
4. NSS volunteers learn about the importance of self-care and mental well-being. They acquire practical strategies for managing stress, building resilience, and maintaining positive mental health habits.
5. The workshop encourages volunteers to seek help when needed and to support others in accessing mental health resources.
6. The workshop encourages NSS volunteers to engage with their communities on mental health issues.



Sonopant Dandekar Shikshan Mandali's  
Sonopant Dandekar Arts, V.S. Apte Commerce &  
M.H. Mehta Science College, Palghar  
Palghar, Dist. palghar. pin-401404. Email Id : sdscollege@yahoo.com



### Attendance Record (2018-2019)

Name of The Event : ..... Mentor health workshop .....  
Organized By : ..... N.S.S. unit .....  
Date: 5/3/2019 Time: 1030 Venue : College Campus .....

Sr.No	Student Name			Class	Signature
	SURNAME	NAME	FATHER'S NAME		
1	YADAV	ANOJKUMAR	SANTILAL	SYBIOTECH	<u>Santilal</u>
2	/VANJARA	NIKITA	JAYPRAKASH	SYBCOM	<u>Nikita</u>
3	PAGDHARE	KAUSTUBH	HARESH	SYBCOM	<u>Kaustubh</u>
4	/MALI	SUNITA	RAMESH	TYBA	<u>AB</u>
5	/BHURBUDE	MANGAL	SHIVRAM	SYBA	<u>AB</u>
6	/MORE	ARPITA	AVINASH	MA-I	<u>Arpita</u>
7	/BHOIR	ASHWINI	RAJENDRA	SYBA	
8	/JAGZAP	DIVYA	VINOD	SYBA	<u>VINOD</u>
9	/MHATRE	SHARADDHA	DEVDRAM	FYBCOM	<u>Sharaddha</u>
10	/KINI	KOMAL	PRAKASH	SYBA	<u>Komal</u>
11	/SINGH	KAJAL	ARVIND	FYBA	<u>Kajal</u>
12	/VANGA	SUNITA	SHANTARAM	TYBA	<u>AB</u>
13	PATIL	TANMAY	DNYANESHWAR	SYBA	<u>Tanmay</u>
14	LADVI	DIPAK	MADHAV	SYBA	<u>Dipak</u>
15	/MEDHA	BABITA	PRAKASH	TYBA	<u>Babita</u>
16	SURVE	UMESH	SHINVAR	SYBA	<u>AB</u>
17	BHAGAT	RAMESH	LADKYA	TYBCOM	<u>AB</u>
18	NADAGE	PANKAJ	NAVASU	SYBA	<u>Pankaj</u>
19	/TATTU	PUJA	DHARMA	SYBIOTECH	<u>Puja</u>
20	/GOLIM	SUMITRA	PANDU	TYBA	<u>Sumitra</u>
21	/GUPTA	RUBY	RAMASHISH	TYBCOM	<u>Ruby</u>
22	/CHAURE	NITA	VASANT	TYBA	<u>Nita</u>
23	JAGTAP	UDAY	PRAKASH	SYBIOTECH	<u>Uday</u>
24	/PATIL	AMRUTA	PRAKASH	TYBSC	<u>Amruta</u>
25	/SHARMA	MEENAKSHI	PAWAN	SYBMS	<u>AB</u>

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**Sonopant Dandekar Arts, V.S. Apte Commerce &  
 M.H. Mehta Science College, Palghar**  
 Palghar, Dist. palghar. pin-401404. Email Id : sdscollege@yahoo.com



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### Attendance Record (2018-2019)

Name of The Event : Mental Health Workshop  
 Organized By : N.S.S. Unit  
 Date: 5/03/2019 Time: 10:30 Venue : College Campus

Sr.No	Student Name			Class	Signature
	SURNAME	NAME	FATHER'S NAME		
1	BORSE	SUMIT ✓	RAMCHANDRA	SYBA	AB
2	/KORDA	MEGHAWATI ✓	SURESH	SYBA	AB
3	/MORE	JIDNYA *	DASHARATH	TYBSC	Jidnya
4	/SHINGADA	NIKITA *	VILAS	SYBA	Nikita
5	/JADHAV	DISHA *	SANJAY	SYBIOTECH	Disha
6	JHA	RAJAN	RAKESH	SYBSCIT	Rajan
7	/PAWADE	POOJA *	SADANAND	TYBSC	Pooja
8	/JHA	POOJA *	MANOJ	TYBSC	Poojisha
9	/AREKAR	BHAKTI *	PRAMOD	SYBA	Bhakti
10	/MIRKA	VIPRALI *	GANESH	FYBA	Viprali
11	/PAWADE	TEJSWINI *	SANTOSH	TYBSC	Tejaswini
12	SHAIKH	AMEER ✓	SALIM	SYBSC	AB
13	/BONGE	NITIJA *	VINOD	SYBA	Nitija
14	/HADAL	JYOTSNA *	GOPAL	SYBA	Jyotsna
15	/YADAV	POOJA *	CHHBILAL	FYBA	Pooja
16	WAGH	VIKKY ✓	TUKARAM	TYBCOM	AB
17	/SHARMA	RAGINI ✓	DHIREDRA	SYBA	AB
18	VARTHA	SAGAR	SHIVRAM	SYBA	SAGAR
19	/JAGTAP	AARTI ✓	SHIVAJI	SYBA	AB
20	/WANGA	TEJASWI *	GANESH	FYBSC	Tejaswi
21	PATIL	UGAM	DAYANAND	SYBSC	Ugam
22	BARAD	SANJAY	MAHADU	FYBSC	SANJAY
23	GIVARGEES	SOBY *	BEBY	TYBSC	Soby
24	/DAVARE	PUNAM ✓	BABURAV	FYBA	AB
25	/HADAL	PUNAM ✓	SUKUR	TYBA	AB
26	Kini	ARPITA	ATMARAM	FYBSC	AB

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Sonopant Dandekar Arts, V.S. Apte Commerce &  
**M.H. Mehta Science College, Palghar**  
 Palghar, Dist. palghar. pin-401404. Email id : sdsmcollege@yahoo.com



### Attendance Record (2018-2019)

Name of The Event : ..... Mental health workshop .....  
 Organized By : ..... N.S.S. Unit .....  
 Date: 5/3/19 Time: 10:30 Venue: College Campus .....

Sr.No	Student Name			Class	Signature
	SURNAME	NAME	FATHER'S NAME		
1	MEDHA	SURAJ	SHRIPAT	TYBCOM	<i>[Signature]</i>
2	/PAGDHARE	PRATIKSHA	GURUNATH	TYBA	<i>[Signature]</i>
3	/MORES	CAROL	DAREL	SYBIOTECH	<i>[Signature]</i>
4	YADAV	SANDEEP	RAMMURAT	FYBIOTECH	AB
5	/KUVARA	CHANDRA	VASANT	TYBA	<i>[Signature]</i>
6	/UDPURE	LAXMI	GANESH	SYBA	<i>[Signature]</i>
7	TAYADE	SHREYASH	AJAY	FYBA	<i>[Signature]</i>
8	VARTHA	SAINATH	CHANDU	SYBA	<i>[Signature]</i>
9	/MESTRI	TEJAL	SHANKAR	TYBCOM	AB
10	/YADAV	PRIYANKA	CHANDRABHAN	SYBA	AB
11	YADAV	VISHAL	RAMAVTAR	TYBIOTECH	AB
12	PAGI	MEHUL	JAYVANT	TYBSC	<i>[Signature]</i>
13	/GHARAT	MAYURI	SANTOSH	SYBA	<i>[Signature]</i>
14	/BHOYE	VANITA	KRUSHNA	TYBA	<i>[Signature]</i>
15	/DSOUZA	KENNIS	DIAGO	FYBCOM	<i>[Signature]</i>
16	BARADE	RAMA	SUBHASH	SYBA	<i>[Signature]</i>
17	RAO	YATIN	TULSHIRAM	SYBA	<i>[Signature]</i>
18	NAIK	KRUPESH	MARTAND	TYBSC	<i>[Signature]</i>
19	SHUKLA	KARAN	RAJESH	SYBSC	<i>[Signature]</i>
20	/LADE	ASMITA	LAHU	TYBA	<i>[Signature]</i>
21	JOSHI	PUSHKAR	LAXMILAL	TYBCOM	<i>[Signature]</i>
22	BASWAT	AJAY	VASANT	TYBA	AB
23	/TANDEL	SARIKA	DASHARATH	TYBCOM	AB
24	MALAVKAR	ATUL	PARSHURAM	SYBA	AB
25	/PRAJAPATI	KOMAL	SANTOSHKUMAR	FYBSC	<i>[Signature]</i>

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### Attendance Record (2018-2019)

Name of The Event : Mental Health Workshop  
Organized By : M.S.S. unit  
Date: 8/03/2019 Time: 10:30 Venue: College Campus

Sr.No	Student Name			Class	Signature
	SURNAME	NAME	FATHER'S NAME		
1	/HADAL	MAMATA ✓	RAGHUNATH	FYBA	AB
2	VADHAN	KUNAL ✓	SHARAD	TYBCOM	AB
3	SINGH	KRISHNA	SHRICHAND	SYBSC	Krishna
4	/DANDEKAR	HARSHALA	RAJU	SYBA	H.P.
5	/GHARAT	SNEHAL	CHANDRAKAN	SYBA	SNEHAL
6	/MORE	KAJAL	KIRAN	SYBA	Kajal
7	/GAWAD	SWARANGI	SHRIKANT	FYBA	Swarnad S.
8	/PILLAI	REVATI	MANOHAR	FYBA	Revati
9	/RAUT	TEJAL	SANTOSH	TYBSC	Tejal
10	/MARLE	JAYSHRI	SUDAM	FYBA	Jayashri
11	/SHAIKH	RESHMA ✓	AYYUB	SYBA	AB
12	/DALVI	ANKITA	ANANT	SYBCOM	Ankita
13	/SHIRSAT	RUPALI	NAVNATH	TYBSC	Rupali
14	BHESKAR	VIPUL	BABU	SYBA	Vipul
15	/YADAV	SIMRAN	VIJAY	SYBA	Simran
16	MANDAVE	VAIBHAV	JAYVANT	TYBSC	Vaibhav
17	VAVARE	NITIN ✓	SAKHARAM	SYBA	AB
18	/PATIL	VIDHI	VILAS	FYBSC	VIDHI
19	/BHOVARE	SONAM	PRAKASH	SYBA	Sonam
20	PANDEY	ALOK	SHILENDRA	TYBSC	Alok
21	LADE	JAI	VILAS	MSC-I	Jai
22	DATE	KETAN	SHARAD	SYBCOM	Ketan
23	/MANDAL	SOUMYARAJ ✓	AVINASH	TYBIOTECH	AB
24	/JAWALE	ANJALI	KUMAR	SYBA	Anjali
25	/YADAV	KANCHAN ✓	AVDHESH	FYBSC	AB

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# CERTIFICATES

**Dr. M. L. Dhawale Memorial Homoeopathic Institute (MLDMHI)**  
**Department of Psychiatry**  
**And**  
**Sonopant Dandekar Arts, V. S. Apte Comm. &**  
**M. H. Mehta Science, College, Palghar**



**Collaborative Workshop on**  
**'Training of Trainers in Mental Health Issues of Adolescents'**  
Certificate of Trainers Attendance

This is to certify that

Dr / Mr / Ms Arpita Anuram Kini

has contributed as participant / resource person in the workshop  
held at MLDMHI, Palghar & SDSM College, Palghar on 5<sup>th</sup>, 12<sup>th</sup> & 19<sup>th</sup> March 2019

  
Dr. Bipin Jain  
Principal, MLDMHI

  
Dr. Manoj Patel  
HOD, Psychiatry Dept. MLDMHI

  
Prof. Kiran Save  
Principal, SDSM College

**Dr. M. L. Dhawale Memorial Homoeopathic Institute (MLDMHI)**  
**Department of Psychiatry**  
**And**  
**Sonopant Dandekar Arts, V. S. Apte Comm. &**  
**M. H. Mehta Science, College, Palghar**



**Collaborative Workshop on**  
**'Training of Trainers in Mental Health Issues of Adolescents'**  
Certificate of Trainers Attendance

This is to certify that

Dr / Mr / Ms Arpita Avinash More

has contributed as participant / resource person in the workshop  
held at MLDMHI, Palghar & SDSM College, Palghar on 5<sup>th</sup>, 12<sup>th</sup> & 19<sup>th</sup> March 2019

  
Dr. Bipin Jain  
Principal, MLDMHI

  
Dr. Manoj Patel  
HOD, Psychiatry Dept. MLDMHI

  
Prof. Kiran Save  
Principal, SDSM College



## **REPORT**

From March 5th, 2019, to March 12th, 2019, the NSS Unit of Sonopant Dandekar College, Palghar in collaboration with Dhawale Hospital, Palghar, organized a workshop on mental health for NSS volunteers.

The workshop spanned eight days and consisted of interactive sessions, expert lectures, group discussions, and practical exercises. Topics covered included understanding mental health, recognizing signs and symptoms of common mental illnesses etc.

Mental health professionals from Dhawale Hospital delivered insightful presentations on various aspects of mental health, including depression, anxiety disorders, stress management, and suicide prevention. These sessions provided volunteers with valuable insights into the complexities of mental illness and the importance of early intervention.

The workshop included interactive sessions where volunteers engaged in discussions, role-plays, and case studies to deepen their understanding of mental health concepts. Volunteers had the opportunity to ask questions, share personal experiences, and learn from each other in a supportive environment.

Practical exercises and skill-building activities were incorporated into the workshop to enhance volunteers' ability to support individuals experiencing mental health challenges. Volunteers learned active listening skills, empathy-building techniques, and how to provide initial support and referral to professional services.

The workshop empowered volunteers to become advocates for mental health within their communities. Volunteers learned how to challenge stigma, promote positive mental health practices, and advocate for better access to mental health services and resources.

NSS volunteers demonstrated increased awareness and understanding of mental health issues, including common mental illnesses, their causes, and available support services.

Volunteers developed practical skills to support individuals experiencing mental health challenges, including active listening, empathy, and providing initial support and referral to professional services.

The workshop on mental health for NSS volunteers jointly organized by the NSS Unit and Dhawale Hospital, Palghar, was a resounding success. The workshop equipped volunteers with the knowledge, skills, and confidence to address mental health issues effectively within their communities, fostering a supportive and inclusive environment for mental well-being.