



Sonopant Dandekar Shikshan Mandali's

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

Palghar, Dist – Palghar, Pin – 401 404, E – Mail: sdsmcollege@yahoo.com

Date: 20/12/2018

To,
Dr. Sunita Nikumbh,
Mental health professionals from Dhawale Hospital,
Palghar

Sub.: Invitation as a Guest Speaker for Workshop on Mental Health of Youth.

Respected Sir,

We are extremely happy to invite you as a **Guest Speaker for a Workshop on Mental Health of Youth** for our teachers on 2nd January 2019 at 10.00 am.

Your session will inspire and motivate students by sharing real-world experiences and insights from your journey. Through your stories of triumphs and obstacles, attendees will gain valuable lessons, resilience, and strategies to overcome challenges on their own paths to success.

Prof. Mahesh Deshmukh, IQAC Convener will coordinate with you regarding the guest lecture.

Thank you very much in anticipation.

Yours Faithfully,

(Dr. Kiran J. Save)

Principal

PRINCIPAL
Sonopant Dandekar Arts College,
V.S. Apte Commerce College &
M.H. Mehta Science College
PALGHAR (W.R.)
Dist. Palghar, Pin-401404

22/12/2018

Notice

Workshop on Mental Health of Youth

All the teachers are hereby informed that there will be a Workshop on “Mental Health of Youth” jointly organized by Sonopant Dandekar College, Palghar and Dhawale Hospital, Palghar on 2nd January 2019 in BMS seminar Hall at 10.00 am.

All the teachers are requested to remain present on time.


(**Dr. Kiran J. Save**)

Principal

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Palghar, Dist – Palghar, Pin – 401 404, E – Mail: sdsmcollege@yahoo.com

Date: 02/01/2019

To,
Dr. Sunita Nikumbh,
Mental health professionals from Dhawale Hospital,
Palghar

Subject : Letter of Appreciation

Respected Sir,

Thank you very much for your kind support and guidance as an expert speaker for a **Workshop on Mental Health of Youth** for our teachers on 2nd January 2019 at 10.00 am.

The session offered students and teachers valuable guidance and inspiration as they navigate their own paths towards the successful journey.

I'm excited about the prospect of elevating our collaboration to remarkable heights.

Your expertise and willingness to share knowledge are truly appreciated.

Yours faithfully,

MDeshmukh

(Prof. Mahesh Deshmukh)
IQAC Convener

Kirane

(Dr. Kiran J. Save)
Principal

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Report of the Event:

Name of the Event: Guest Lecture on “Mental Health of Youth”

Date: 02/01/2019

Time: 10:00am

No. of Participants: 150

On 02th January 2019 the Sonopant Dandekar College and Dhawale Hospital jointly organized a one day workshop on Mental Health of Youth. On the occasion Professor and consultant, Psychology Department of Dhawale Hospital, Dr. Sunita Nikubh asserted that taking care of the mental health of people around us is a kind of social service and a responsibility of each one of us. 150 teachers from senior and junior college actively participated in the workshop.

Decreasing standard of students, increasing suicidal nature amongst them, their psychological temperament, depression, criminal tendency were some of the significant points discussed with reference to case study.

Administrative supervisor Asst. Prof. Mahesh Deshmukh, in introductory speech, expressed that the workshop was organized for the value addition of our teachers. Principal Dr. Kiran J. Save guided the workshop.



Attendance