

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

Anxiety & Depression for Parents

Anxiety and depression are mental health conditions that can affect how a person thinks, feels, and behaves. Anxiety involves excessive worry or fear that can be difficult to control. Depression is characterized by persistent feelings of sadness, hopelessness, and loss of interest in activities. Our seminar guest shared some tips to overcome anxiety and depression and some talk about some exercises to overcome stress and anxiety to our DLLE students.

Objectives: -

1. Increase parental awareness and understanding of anxiety and depression symptoms, risk factors, and available support resources to facilitate early intervention and treatment.
2. Equip parents with coping strategies, communication skills, and self-care techniques to effectively support their children or family members dealing with anxiety and depression, while also maintaining their mental well-being.

Outcomes: -

1. Parents will demonstrate improved knowledge and recognition of anxiety and depression symptoms in themselves and their children, leading to early intervention and support.
2. Parents will develop skills in effective communication, empathy, and self-care practices, enhancing their ability to provide emotional support and create a nurturing environment for their family members struggling with anxiety and depression.

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 & EXTENSION ORGANIZES**

"Anxiety and Depression"



- **DATE: 04/01/2022**
- **TIME: 1:30 PM**
- **PLATFORM: ZOOM APPLICATION**
- **RESOURCE
PERSON: PROF. BHUSHAN BHOIR**

Department of Lifelong Learning and Extension

ACTIVITY REPORT

Name of the Activity: - Anxiety & Depression

Date –4/1/2022

Time- 1:30 p.m.

No. of Students Participated – 40 (Boys: 15& Girls:25)

About the Activity –

S.M Priya Mhatre introduced the guest, Prof. Bhushan Bhoir, Zoology Department Sonopant Dandekar College, and a vote of thanks was expressed by Prof. Asmita Raut, Sir explained how the students are undergoing anxiety and depression due to the competitive world

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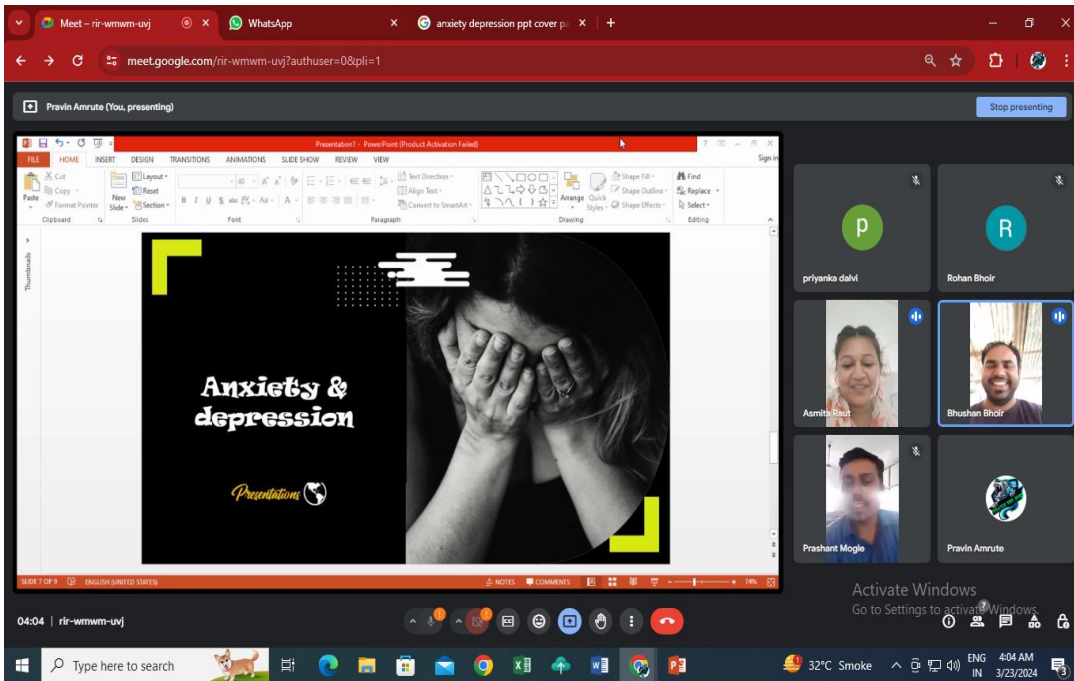
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Students Attendance



Prof. Bhushan Bhoir delivered an online lecture on
“Anxiety & Depression”