



Lt. AnaghaA.Padhye
NCC/09310016
Associate NCC Officer
S.D.College,Palghar

8 Maharashtra Girl Bn
NCC, TN Medical College
Hostel Building, Haji Ali
Mumbai 34

7/10/2022

Notice for Cadets

All NCC Cadets are hereby instructed that the meeting is arranged for the activity of Mental Health Awareness Day on 10/10/22& Mahaswachhata Abhiyan on 14/10/22. The meeting is scheduled on 8/10/22 at 12 noon. Your presence is required for the meeting.

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LIST OF CADETS' MENTAL HEALTH AWARENESS

SR NO	CADET NAME
1.	SUO Pallavi Singh
2.	JUO Yuga Churi
3.	JUO Tanuja Naik
4.	CDT Srushi raut
5.	Cdt Pragati Bhoir
6.	JUO sonali Parab
7.	CQSM kajal Singh
8.	CSM Siddhi Raut
9.	CDT Ahlaam Shaikh
10.	CDT Arati yadav
11.	CDT Bhargavi padhiyar
12.	CDT Poonam Baraskar
13.	CDT pooja Thakur
14.	CDT Janhavi Jaiswal
15.	CDT Priyanka Indar Maurya
16.	CDT Ashu kanojiya
17.	CDT Sejal Pal
18.	CDT Sudha Sharma
19.	CDT Ulka Chaudhary
20.	CDT Disha Patil
21.	CDT Siddhi parab
22.	CDT tejaswi bhurkud
23.	CDT Arnika yadav
24.	CDT Shivani Tripathi
25.	CDT Nitu yadav



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

ATTENDANCE RECORD

Name of the Event: Mental Health Awareness 2022-23

Department/Committee: _____

Date: _____ Time: _____ Venue: _____

Sr.No.	Name of the Student	Class	Roll No.	Mobile No.	Signature
1	SUB Pallavi singh				<u>Pallavi</u>
2	TUO Yuga churi				<u>Y.A. churi</u>
3	TUO Tanuja Naik				<u>Tanuja</u>
4	CDT Srushti raut				<u>Sraut</u>
5	CDT pragati Bhoir				<u>P.S. Bhoir</u>
6	TUO Sonali Patil				<u>Sonali</u>
7	COSM Kajal singh				<u>Kajal</u>
8	CSM Siddhi Raut				<u>Siddhi</u>
9	CDT Ahlam Sheikh				<u>Ahlam</u>
10	CDT Arati yadav				<u>Arati</u>
11	CDT Bhargavi padhiya				<u>Bhargavi</u>
12	CDT Poonam Banskar				<u>Poonam</u>
13	CDT Pooja Thakur				<u>Pooja</u>
14	CDT Janhavi Talsu				<u>Janhavi</u>
15	CDT Ashu Kanajiya				<u>Ashu</u>
16	CDT Ashu Kanajiya				<u>Ashu</u>
17	CDT Sejal Patil				<u>Sejal</u>
18	CDT Sudha Sharma				<u>Sudha</u>
19	CDT Ulka Chaudhari				<u>Ulka</u>
20	CDT Disha Patil				<u>Disha</u>
21	CDT Siddhi Parab				<u>Siddhi</u>
22	CDT Tejaswi Bhurkud				<u>Tejaswi</u>
23	CDT Arnika Yadav				<u>Arnika</u>
24	CDT Shivani Talpath				<u>Shivani</u>
25	CPT Nitya Yadav				<u>Nitya</u>

Title of the Activity/Event/Practice: Mental Health Awareness Rally

Objectives of the Practice:

- 1) To Reducing Stigma and discrimination around mental illness.
- 2) To make people aware of mental health.
- 3) To promote early intervention and treatment.
- 4) To encourage self-care and mental wellness.

Context:

M.L Dhawale charitable trust and Hospital work for marginalized people. It is a holistic community development for overall health. Mental health is one of the significant components of holistic health. Keeping this in mind ML Dhawale Trust organized an awareness program on mental health, especially for students.

Practice:

M.L. Dhawale Charitable Trust organized a Mental Health Awareness Program with the Lions Club of Palghar. Teaching staff, and students attended this program. Dr. Kumar Dhawle, Dr. Sunita Nikumbh, Dr. Kapase from Dhawale Hospital guided on mental health. Treasurer of SDSM Mandali, Mr. Hitendra Shah, Principal Dr. Hemant Pednekar, and Prof Mahesh Deshmukh were present for this program.

Outcome: A mental health awareness day rally can have positive outcomes for raising awareness, promoting advocacy and policy change, and creating a sense of community and empowerment among individuals who are interested in promoting mental health and wellness.



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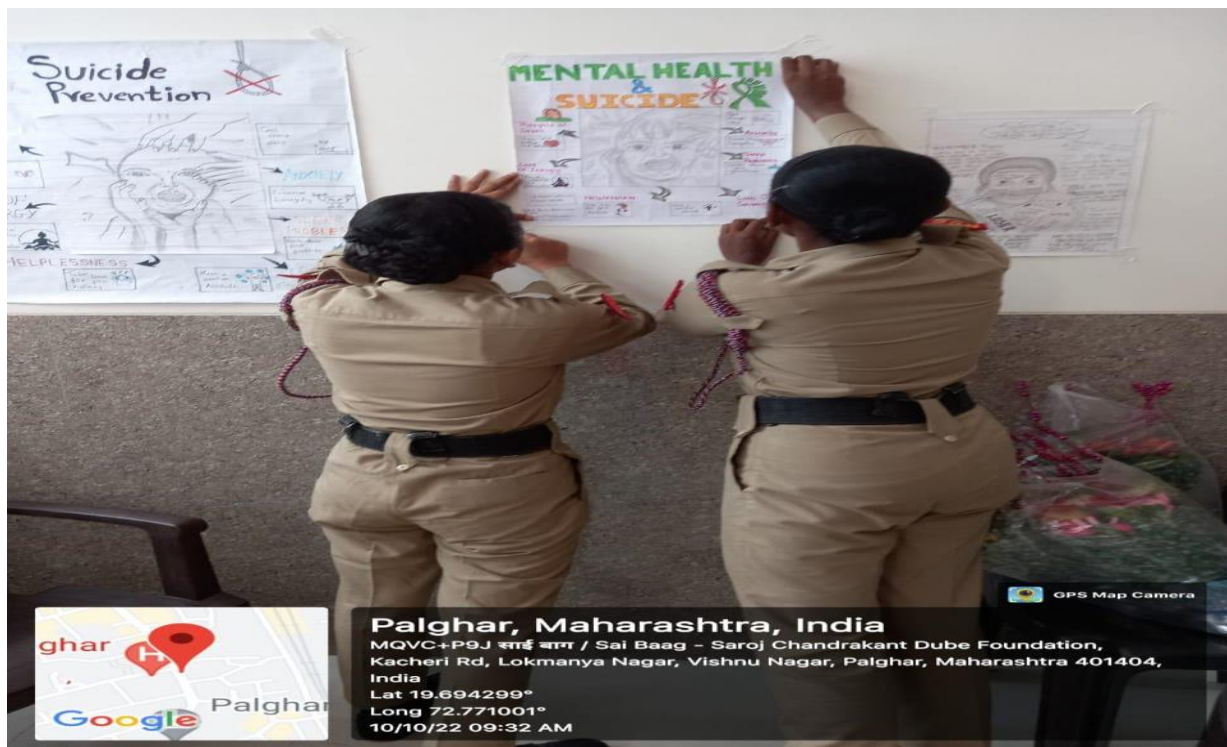
Associate NCC Officer

Glimpse of the event

1. Mental Health Awareness Rally



2. Students displaying posters on wall to create awareness



3. Mental Health Awareness Rally



4. Mental Health Awareness Rally



5. Mental Health Awareness Rally



Link of Video

https://drive.google.com/file/d/1JJcaM_YKCii_6K84x_C5mSxuO7GKHk67/view?usp=share_link