


Webinar


On


“Mental Health”

Index

Index	
1.	Brochure
2.	Report
3.	Photo Gallery


**Annasaheb Awate Arts, Commerce & Hutatma Babu Genu Science
College, Manchar**
(Reaccredited with 'A' Grade by NAAC)
Affiliated to Savitribai Phule Pune University, Pune
DEPARTMENT OF PSYCHOLOGY
Celebration of Mental Health Day 2021
Glimpse of the Event


रयत शिक्षण संस्थेचे,
अण्णासाहेब आवटे कॉलेज मंचर, पुणे
मानसशास्त्र विभाग व शारीरिक शिक्षण विभाग यांच्या
संयुक्त विद्यमाने आयोजित




**जागतिक मानसिक आरोग्य
दिनानिमित्त ऑनलाईन वेबिनार**

शुक्रवार दि. २९/१०/२०२१ रोजी दुपारी २ वा.

॥ प्रमुख वक्ते ॥
मा. डॉ. वागनराव घाडगे
(मानसोपचार तज्ज्ञ मनोज हॉस्पिटल नारायणगाव, पुणे)
॥ कार्यक्रमाचे अध्यक्ष ॥
मा. प्राचार्य डॉ. के. जी. कानडे
॥ कार्यक्रम संयोजक ॥

पा. व्दि. वी. भडसरे **प्रा. डॉ. एस. पी. पानसरे**
(प्रमुख, मानसशास्त्र विभाग) (प्रमुख, शारीरिक शिक्षण विभाग)

Zoom Meeting Link
<https://us02web.zoom.us/j/87915600110?pwd=VXhJSU4xMkxkTXJVRFlhZkd4VTNkZz09>
Meeting ID: 879 1560 0110 Passcode: 879265





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**DEPARTMENT OF PSYCHOLOGY
Academic Year 2021-22**

Celebration of Mental Health Day 2021

Nature of Activity: Webinar on Mental Health (Manache Aarogya)

Objectives:

- 1) To help the students understand the importance of mental health for academic performance
- 2) Help students and teacher identify the factors that increase the risk for mental health.
- 3) Help them identify the signs and symptoms of various mental illnesses
- 4) Discuss the techniques to prevent mental illnesses and promote mental health.

Date: 29/10/2021

Resource Person: Dr. Vamanrao Ghadage

No. of Beneficiaries: 69

Brief Report:

To meet the above set goals the department of psychology had invited the renowned psychiatrist Dr. Vamanrao Ghadage to interact with the students and teachers of the college. The webinar began with the welcome and introduction of the resource person.


Dr. Ghadage shared valuable information about various factors putting the mental health at risk, how the signs and symptoms of common mental illnesses like anxiety, depression, phobias, and addictions can be identified and how the proper treatment can be initiated under the guidance of mental health professionals.



He encouraged participants to identify their own risk factors, engage in healthy lifestyle and develop coping skills like re-appraisal and mindfulness meditation to prevent mental illnesses and promote mental health.

Mr. Adsare V.B.
Head
Department Of Psychology
A. A. College, Manchar



Principal
**Annasaheb Awate Art's, Commerce &
Hutatama Babu Genu Science College**
Manchar, Tal. Ambegaon, Dist. Pune.


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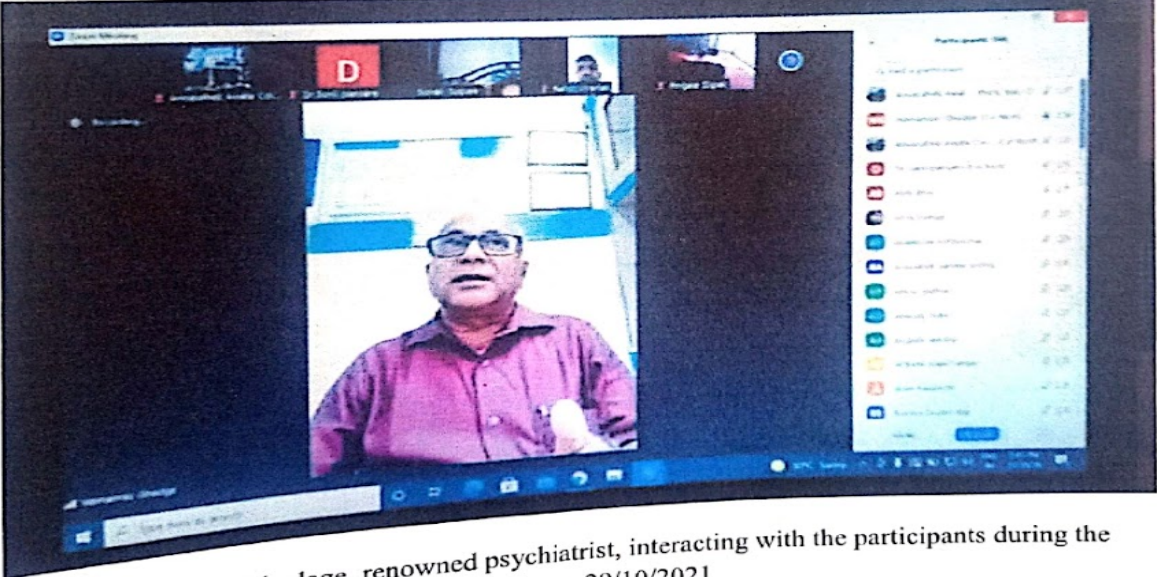
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Dr. Vamanrao Ghadage, renowned psychiatrist, interacting with the participants during the webinar, 29/10/2021

