

Lewa Educational Unions Dr. Annasaheb G. D. Bendale Mahila Mahavidyalaya, Jalgaon Jilha Road, Jilha Peth, Jalgaon NAAC Re-Accredited 'A' Grade (3.12) Prof. Dr. Gauri M. Rane (M.Sc, Ph.D.) Principal Phone: (0257) 223605

Report of Activity

Name of the Programme: Guest Lecture on Mental Health of College GirlsDate of the Programme: 11/10/ 2022Venue of the Programme: Dhande HallTime: 10.00 AMNumber of beneficiaries/Participants: 75 Students

Psychology Department and IQAC jointly arranged a guest lecture on **Mental Health** of **College Girls** on 11/10/2022. The keynote speaker of this program is Dr. Purva Manrekar (Psychiatrist, Civil Hospital, Jalgaon) and Mr. Daulat Nimse (Counselor- Jalgaon).

Dr. Purva Manrekar explained the World Mental Health Day Theme: "Making Mental Health & Well-Being for All a Global Priority". Mr. Daulat Nimse said that, in today's fast paced era, everyone faces stress. Very few of them recover from mental stress. Neglecting mental health can lead to mental health problems ranging from stress, depression, anxiety to hysteria, dementia and phobias.

Dr. Ashok B. Patil Head, Department of Psychology Dr. A.G.D. Bendale Mahila Mahavidyalaya





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