



MARATHWADA MITRA MANDAL'S
COLLEGE OF COMMERCE

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Date: 23/09/2024

Report on
One Day Workshop on Mental Health Awareness

Date: 31/08/2024

Time: 10.00am

Venue: Hall. No. 3

Resource person: Ms. Gayatri Lokhande

A one-day workshop on Mental Health Awareness: Tips to Boost Your Mental Health was held on 26th August 2024, facilitated by Ms. Gayatri Lokhande, a renowned mental health expert from Outlive. The workshop aimed to equip students with practical tools and strategies to improve mental well-being in daily life.

Objectives:

The primary objectives of the workshop were:

1. **Raise awareness** about mental health and its importance in overall well-being.
2. **Provide practical tips** on maintaining mental health.
3. **Encourage open conversations** around mental health, breaking the stigma associated with it.
4. **Teach coping strategies** for stress, anxiety, and depression.
5. **Promote self-care** routines and mindfulness practices for emotional balance.

Observations:

The workshop saw active participation from individuals across different age groups



.Participants were eager to engage in discussions on mental health, which reflected a growing awareness and willingness to address these topics. Ms. Lokhande created a safe and open environment, encouraging everyone to share their thoughts without judgment. The interactive session was particularly beneficial, where real-life concerns were addressed, and practical solutions were offered.

Outcome:

Enhanced Awareness: Participants gained a clearer understanding of the importance of mental health and the need to address it proactively.

Practical Tips: Attendees left with a list of simple, actionable steps they could take to improve their mental health.

Confidence to Seek Help: The workshop encouraged participants to seek professional help when needed, reducing the stigma associated with mental health issues.

Community Building: Participants formed connections with others facing similar challenges, fostering a sense of community and support.

Commitment to Self-Care: Many attendees pledged to incorporate self-care practices such as mindfulness, exercise, and regular breaks into their daily routines.

The workshop was a success, fulfilling its objectives of spreading awareness about mental health and offering students practical tools to boost their mental well-being. Ms. Gayatri Lokhande's insightful guidance and empathetic approach allowed attendees to engage deeply with the subject. Overall, the workshop has laid the foundation for continued mental health awareness and the adoption of healthier practices among participants.

One day workshop was organized by Department of Business Administration in collaboration with MMCC Connect.



Dr. Ashwini Kulkarni
HOD



Dr. Devidas Golhar
Principal





Ms. Gayatri Lokhande guiding students on mental health

