



MARATHWADA MITRA MANDAL'S
COLLEGE OF COMMERCE

Affiliated to Savitribai Phule Pune University, Re-Accredited by NAAC with "A" Grade
ISO 9001:2015 Certified, Awarded as Best College by Savitribai Phule Pune University
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DEPARTMENT OF BUSINESS ADMINISTRATION

Report On Guest Lecture On "Mental Health Awareness and Principal's Address"

Date: 11/11/2024

Time: 09:00 am to 11:00 am

Venue: Justice PB Sawant Hall, Central Building

Department Of Business Administration had organized an induction program for FY BBA/BBA-IB. On day 1 of the induction program, a guest lecture on Mental **Health Awareness** was delivered by Ms. Gayatri Lokhande, Clinical Psychology Consultant, Outlive. Along with the guest lecture there was Principal's Address as well in order to familiarise the students with the college and motivate them for their future endeavours.

Objective:

The session on mental health awareness aimed to educate participants about the significance of mental well-being, dispel common myths and misconceptions, and empower them with the knowledge to recognize early signs of mental health challenges.

Principal Dr. Devidas Golhar delivered an inspiring address to the students and extended a heartfelt welcome to all the students, emphasizing the importance of community and collaboration.

Observations:

The session sought to promote strategies for maintaining mental health, encourage the development of supportive networks, and familiarize students with various mental health support. The overarching goal was to create a more informed, compassionate, and resilient community. Simple strategies to maintain good mental health, including exercise, mindfulness, and time management was promoted during the lecture. The importance of communication and building support networks was also stated during the lecture.

Key Outcomes:



Total 169 students attended the lecture. The lecture concluded with an interactive Q&A session where students had the opportunity to ask questions. Students expressed positive feedback, noting that the lecture was both informative and motivational. The guest lecture was organised by Asst. Prof. Reshma Awati and coordinated by the faculties of Department of Business Administration.



Dr. Ashwini Kulkarni
HOD



Dr. Ganesh Patore
Principal (I/C)





Dr. Devidas Golhar (Principal) addressing the gathering.



Ms. Gayatri Lokhande, Clinical Psychology Consultant, addressing the gathering.

