

## One Day Awareness workshop on Mental Health and its Remedies

DOODHSAKHAR MAHAVIDYALAYA, BIDRI.

Format of Activity Report

1. Title of the Activity: one day awareness workshop on mental Health & its remedies.
2. Name of Committee: Mental Health
3. Number of Participants: Teachers 8 Students 80 Supportive Staff
4. Date of the Activity: 24/11/22 Venue: ICT Hall Time: 11:00am - 4:00p
5. Name of the resource person/s: 1) Shree Kulkarni S.V.  
2) Mrs. Patil R.D.
6. Name of the Sponsoring Agency: Doodhsakhar Mahavidyalaya Bidri
7. Report:
  - A) Objectives: 1) mental fitness  
2) De-addiction  
3) physical fitness
  - B) Summary of the Activity:
    - Lecture delivered on what is mind, what are thoughts, How to control thoughts & emotions, How to come out of mental stress, Depression,
    - How to increase concentration & memory power.
  - C) Outcome of the Activity: 1) useful for mental fitness  
2) useful for concentration & memory power

  
Signature of the convener

Enclosures: 1) Circular/ Notice of the Activity. 2) Programme sheet of the Activity  
3) Attendance list of the Participants 4) Geo tag Photographs at least two/three

**While guiding on mental health and its remedies at Doodhsakhar College. Shreyansh Patil,**

. Dr. Shreyansh Patil gave a lecture on mental health and its remedies was held at **Doodhsakhar College** Bidri. This time Dr. Shreyansh Patil guided the students with demonstrations on mental stress, fear, anxiety, care, etc. and the scientific reasons behind disorders and treatment methods. Dr. Patil further said, due to the changing way of life, exaggerating use of mobile and Doordarshan, we have lost peaceful sleep. Health and brain problems are increasing from it. It is important for a healthy life to be free of diet, vihar, sleep, stress. Study the exam so that the size of the exam will not be scared and succeed in life.





C4GX+HF2, Bidri, Maharashtra 416208, India

Bidri  
Maharashtra  
India

2022-11-24(Thu) 04:07(PM)

27°C  
81°F



Google

Doodhsakhar College, Bidri  
दूधसाखर महाविद्यालय, बिद्री

दि. 28/09/2022

# बुधसाधर महाविद्यालय, बीदी

विषय - सांतासिक आरोग्य

व्यक्तिगत

विकास कसिटी

प्रमुख अतिथी: डॉ. अशोक पाटील (मानसोपचार तज्ञ कोलकाता)

श्री शक्ति शेख

श्री. महेश पाटील

अध्यक्ष: मा. प्राचार्य डॉ. राजेश पाटील

