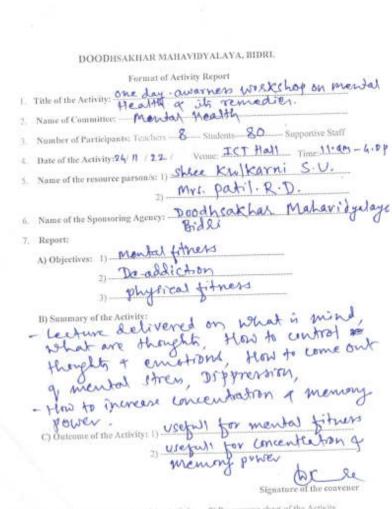
## One Day Awareness workshop on Mental Health and its Remedies



Eachesures: 1) Citculur/ Notice of the Activity. 2) Programme sheet of the Activity 3) Attendance list of the Participants 4) Geo tag Photographs at least two5hree

## 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.







