

Tuljaram Chaturchand College, Baramati

Women's Day, 8 March 2021

Report of One Day Webinar on

## **Women and Mental Health**

Mental health is a significant thing which women neglect. Women should balance between their career and personal lives. The happiness in life depends on physical and mental health and on personal satisfaction, said Dr. Sadhna Natu, Head of Psychology Department, Modern College, Pune. She was addressing at Tuljaram Chaturchand College on the occasion of women's day. Dr. Seema Naik-Gosavi, Vice-Principal of T. C. College was the president of the webinar. The webinar was a success due to valuable guidance and support of Prin. Dr. Chandrashekhar Murumkar and Registrar Mr. Abhinandan Shah.

Dr. Sadhana Natu addressed many important questions that aroused in COVID-19 pandemic vis a vis. mental health problems of women. Domestic violence, exploitation at work place were some of the main reasons that lead to mental breakdown of women across country in lockdown period. In pandemic women across country played an efficient role in balancing work and health issues of family. She spoke at lengths about issues and crisis that migrant women, maids and workers faced in the pandemic. While talking on the subject 'Mental Health and Women' she further said, 'Women should ask questions to themselves, they should find out the lacuna in them and should search for the positive side in them. She said that women should find out the work that please them and can find happiness in it.

In her speech Dr. Seema Naik-Gosavi said, 'Women live with an unnecessary burden on their shoulders. They should not get entrapped in their mental worrying; they should talk to themselves freely. The power of intellect and mind is extraordinary. He further said that happiness is a state of mind, one can find it in one's mind.

Dr. V.C. Kakade gave introduction of the programme. Prof. Vinayak Lashkar welcomed the guests and dignitaries. Dr. Bhagwan Mali anchored the program while Prof. Rahul Shah managed and gave the technical support for the webinar that was conducted online on Google Meet. The function for women's day was organized by Women Empowerment Committee, Dr. Seema Naik-Gosavi and Prof. Vinayak Lashkar, HOD, Department of Sociology. Dr. Sushma Sanghai proposed the Vote of Thanks. The programme got an overwhelming response from 100 students, women teachers and the non-teaching staff.

Prof. Vinayak Lashkar

HOD, Department of Sociology

Dr. Seema Naik- Gosavi

Chairman,  
Women Empowerment Committee