

अनेकान्त एज्युकेशन सोसायटीचे,
तुळजाराम चतुरचंद महाविद्यालय, बारामती
(कला, विज्ञान आणि वाणिज्य)

(स्वायत्त)
मानसशास्त्र विभाग

२०२३-२४

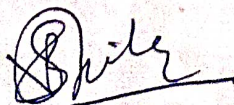
नोटिस नं - ३१९/२५०

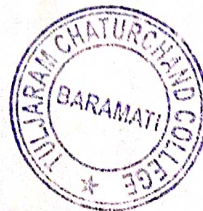
नोटिस

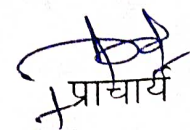
दि. - 4 OCT 2023

महाविद्यालयातील सर्व शिक्षक, शिक्षकेत्तर कर्मचारी व विद्यार्थी यांना कळविण्यात येते की १० ऑक्टोबर हा दिवस जगभर मानसिक आरोग्य दिन म्हणून साजरा केला जातो. या निमित्त मानसशास्त्र विभागाच्यावतीने खालील कार्यक्रमांचे आयोजन केले आहे. तरी सर्वांनी याचा लाभ घ्यावा.

अ. क्र	कार्यक्रमाचे नाव	दिनांक	वेळ	ठिकाण
१	महाविद्यालयातील विद्यार्थ्यांच्या मानसिक आरोग्याचे मापन	९/१०/२३	स. १०वा.	मानसशास्त्र विभाग
२	पथनाटय सादरीकरण	१०/१०/२३	स. १०वा	प्रेरणा भवन समोरील प्रांगणात
३	व्याख्यान व्याख्याते - डॉ. निलेश महाजन आयुवेदाचार्य, बारामती. विषय - मानसिक आरोग्यासाठी योगसाधना	१०/१०/२३	स. १०:३०वा.	प्रेरणा भवन हॉल


विभागप्रमुख




प्राचार्य

Anekant Education Society's
Tuljaram Chaturchand College of Arts, Science and Commerce, Baramati
(Autonomous)

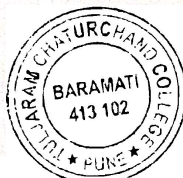
Programme/Activity Reporting

Sr. No.	Item	Particulars
1.	Name of the Department/Committee	Psychology
2.	Title of the Programme	Celebration of World Mental Health Day
3.	Date of the programme	9 th and 10 th October 2023
4.	Name and address of the resource person	Dr. Nilesh Mahajan, Ayurvedacharya, Baramati, Dist-Pune.
5.	Level of the programme: College/University/State/National	College
6.	Funded by: College/University etc.	College
7.	Number of Beneficiaries	Psychological Testing Program for Students- 45 Students (Male- 20, Female-25) Guest Lecture -Dr. Nilesh Mahajan 63 Students (Male- 28, Female-35)

Detail information of the programme/activity:

Every year, the 10th of October is celebrated as World Mental Health Day. The overall objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health. On 10th October 2023, the department of Psychology and Yoga organized following various activities with the theme "Mental health is a universal human right" by involving the students.

Sr. No.	Name of the Program	Date	Time	Venue
1.	Psychological Testing Program for Students	09/10/2023	10 A.M. to 2 P.M.	Dept. of Psychology
2.	Street Play	10/10/2023	10 A.M.	In front of Prerana Bhavan
3.	Guest Lecture Dr. Nilesh Mahajan Topic: Yoga for Mental Health	10/10/2023	11.00 A.M.	Prashasan Bhavan Hall



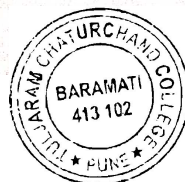
1) Psychological Testing Program for Students: On the occasion of World Mental Health Day department of Psychology and Yoga offers free Psychological Testing Program for Students. In this program students were access to free, confidential, mental health check-up and counselling service. Dr. Sachin Gadekar Vice-Principal was the chairperson for the Inauguration program. Dr. Shinde V. B. (HOD, Dept. of Psychology) in his inaugural address explain the objective behind organizing the lecture and gave the overview of the program. Principal Dr. Sachin Gadekar addressed the gathering and appreciate the activity. Total 45 students from various departments get benefited by this activity. Students from FY to M.A. II year works as volunteer for this activity.

2) Street Play: The students from M.A. I year conducted a street play on mental health awareness in front of Prerana Bhavan at 10.00 a.m. The theme of street play was Youth and Mental Health. The street play was quite interesting and meaningful about the daily confusion, competitive and anxious life. The objective of the street play was to generate awareness on the importance of mental health, to reduce its stigma and to enable all individuals to openly experience and communicate their mental health concern. Street play was performed very well by students with a social message which has the potential to awake the audience about mental health. The play was encouraged by all the department faculties and students.

3) Guest Lecture by Dr. Nilesh Mahajan on topic Yoga for Mental Health

The department of Psychology organized a guest lecture on "Yoga for Mental Health" on Tuesday, 10th October 2023 at 11.00 p.m. for the college students on the occasion of world mental health day. The Resource person was Dr. Nilesh Mahajan, Ayurvedacharya, Baramati. Dr. Avinash Jagtap Principal, Tuljaram Chaturchand College, Baramati was the chairperson of the program. The lecture was attended by the 63 students (35 Female and 28 Male). A welcome speech was delivered by Dr. Shinde V. B. (HOD, Dept. of Psychology) who explain the importance of the celebrating World Mental Health Day annually. The speech included a warm welcome to the Guests, Principal, all the respected faculty members and students. It also enclosed a short talk on what is the importance of Mental Health Day. Principal Dr. Avinash Jagtap in his presidential address spoke on the importance of yoga in dealing with various health issues including stress. The guest speaker described about various factors involving in health and how to improve mental health with the help of yoga. He highlighting the importance of yoga especially for the college students, he talked about importance of alignment in yoga. He advised that it is important to have control over 'breathing in and out' while practicing Yoga, while elaborating breathing techniques he talked about Bhramary, AnulomVilom, Kapalbharaati. Dr. Mahajan discussed about the mental health issues and their yogic management. Yoga expert motivated the student for yoga and he explained about the importance of health awareness. Dr. Mahajan demonstrates some physical activity with involving participants. The outcome of the lecture is that awareness has been created and knowledge dispensed amongst the students about the right practices of yoga and breathing techniques for healthy life.

The students were extremely overwhelmed by the lecture delivered by Dr. Nilesh Mahajan as it would be very effective. The students would also like to extend their gratitude to Dr.



Shinde V. B. and Principal Dr. Jagtap for taking the initiative for organizing the guest lecture for them. The lecture ended with discussion and through the question-and-answer session. Ms. Vaishali Kale (M.A. I) concluded the programme with their vote of thanks speech. She also extended warm thanks to the HOD, Principal, faculty members and students. The session concludes with the feedback from students.

Head
Dept. of Psychology

IQAC Coordinator

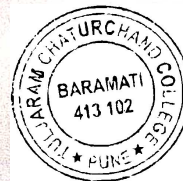
Principal

Enclosures:

1. Permission letter of the Principal
2. Notice
3. Attendance
4. Copy of Feedback forms
5. Geo-tagged photographs with captions

Geo-tagged photographs with captions

Inauguration - Psychological Testing Program for Students- 09/10/2023



Street Play performed by students of M. A. I Psychology, T. C. College Baramati in front of Prerana Bhavan on Mental Health Awareness- 10/10/2023



Street Play performed by students of M. A. I Psychology, T. C. College Baramati in front of Prerana Bhavan on Mental Health Awareness- 10/10/2023

