

Guest lecture on Mental Health by Dr Jyoti Maheshwari - cwdc & icc

1 message

Smita Naik Salunke <smitanasa@gmail.com>
To: smitanasa1@gmail.com

Wed, Feb 8, 2023 at 10:00

Today we had a Guest lecture on Mental Health Awareness at A P College of Commerce and Economics in South Mumbai.

Staff, students and a few parents attended the same. The audience strength was roughly 200. Dr Jyoti Maheshwari, a practicing psychiatrist and Psycho therapist, was the Guest Speaker.

She gave a very good presentation on different types of stress and explained how to deal with it. She also spoke lucidly about the difference between mental stress, mental disorders and mental illnesses. She shed light on how different mental issues need to be tackled differently.

The talk was followed by an interactive session with the students wherein students and parents asked questions which were very aptly responded to by Dr Jyoti. Overall an enriching experience for all.

Sent from my iPhone



Anjuman-i-Islam's

Akbar Peerbhoy College of Commerce and Economics
(NAAC Accredited College)

MS Ali Road, Two Tank Grant(E), Mumbai - 08

Activity Report

Name of the Activity: Significance of Mental Health & Mental Well-Being for College Students Date: 07/02/2024

Name Of The Dept./Committee-

Covenor of the Activity: Dr. Smita Salunke & Prof. Kirti Menphani Resource Person: Dr. Jyoti Maheshwar

Target Audience: _____ No's of Students Participated 96

Name Of The student Co-coordinator-- Mohd Kaif. F.Y.B.Com | 91

Brief Summary of the Activity conducted:

A Guest Lecture on "Significance of Mental Health & Mental Well-Being of College Students" was jointly conducted by CWC & ICE on 7/02/2023. The Speaker (Resource Person) was Dr. Jyoti Maheshwar, a renowned Clinical Psychiatrist & Psychotherapist based in Mumbai. About 100 students remained present for this session. Students asked many questions & were immensely benefitted by the expert tips and suggestions given by Dr. Jyoti M.

Smita

Name & Signature of the Convenor

Principal



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Maulana Shaukatali Road, Do Taaki, Grant Road (E), Mumbai - 400008.

Tel.: Office: 23074122 Principal: 23083405

E-mail : apcce_college@yahoo.co.in Website : www.apcollege.in

Ref. No. _____

25th January 2023

NOTICE

(Junior/Degree College & Professional Section)

The College Women Development Cell in association with the Internal Complaints Committee has organized a guest lecture on 7th February at 10 am on the topic *Significance of Mental Health and Mental Well-being for College Students*.

The speaker Dr Jyoti Maheshwari is a renowned Clinical Psychiatrist and Psychotherapist with an experience of 27 years in the field of psychotherapy.

All students are requested to attend the lecture along with their parents.

Time: 10:00-11:00 am

Date: 7th February, 2023

F.Y.	S.Y.	T.Y.
A <i>Salunke</i>	A	A <i>Ali</i>
B <i>Shaukat</i>	B	B <i>Ali</i>
C <i>Ali</i>	C <i>M.L.</i>	C <i>Ali</i>
D <i>Ali</i>	D <i>Ali</i>	
E <i>Ali</i>		

Dr Smita Salunke

Convenor, CWDC

Prof Kirt Menghani

Chairperson, ICC

Prof Dr Shaukat Ali

Principal

Please circulate
[Signature]
20/1/23

F.Y - A <i>[Signature]</i>	S.Y - A <i>[Signature]</i>	T.Y - A <i>[Signature]</i>
- B <i>[Signature]</i>	- B <i>[Signature]</i>	- B <i>[Signature]</i>
- C <i>[Signature]</i>	- C <i>[Signature]</i>	- C <i>[Signature]</i>
- D <i>[Signature]</i>	- D <i>[Signature]</i>	
- E <i>[Signature]</i>		



انجمن اسلام کے اکبر پیر بھوی کالج

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Time: 10:00-11:00 am

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Dr Smita Salunke
Convenor, CWDC

Prof Kirt Menghani
Chairperson, ICC

Prof Dr Shaukat Ali
Principal

Anjuma-I-Islam's
Akbar Peerbhoy College Of Commerce & Economics

Attendance sheet Of student Participants

Title of the program-.....

Date -.....

Organized By-.....

Prog.In-Charge-.....

Resource Person-.....

Sr. No.	Name of the students	Class	Div/Roll No.	Whatapp Number	Signature
1)	Sk. Fauzja	TYB.COM	C / 327	"	
2.	Ansari Rizwana.	TyB.com	B / 160	"	
3.	Ansari Gulshan	Ty.B.com	B / 145	"	
4)	Shaikh Shifaa	FyB.com	D / 335	"	
5)	Naziya Sharkh	FyB.com	D / 316	"	
6)	Sharkh Gulnaz	SYB.com	A / 61	"	
F)	Sayeed Miskah	FyB.com	C / 214	"	
8)	Aishah Shaikh	Fy.B.com	C / 238	"	
9)	Syeda Saba Areen	FyB.com	D / 374	"	
10)	Mubasshira Shaikh	FyB.com	C / 229	"	
11)	Shaikh Rasham	F.Y.B.COM	D / 322	"	
12	Shaikh Sara	F.Y.B.COM	D / 331	"	
13	Tamboli Bushra	FYB.com	D / 360	"	
14	Tamboli Siddiqua	FYB.com	D / 361	"	
15	Simran Thipakti	FYB.com	D / 363	"	

7/2/23

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Akbar Peerbhoy College Of Commerce & Economics

Attendance sheet Of student Participants

Title of the program-.....

Date -.....

Organized By-.....

Prog.In-Charge-... 200

Resource Person-... AM

Sr. No.	Name of the students	Class	Div/Roll No.	Whatapp Number	Signature
1)	Akmal Hussain Syed	Fy Bcom	D/380	9833662522	
2)	Mohd Faiz Ansari	Fy Bcom	A/24	8976241960	
3)	Ansari Kashif	Fy Bcom	A/12	9920609484	
4)	Muhammad Hashmi	Fy Bcom	A/65	9321970657	
5)	Khan Saqib	Ty Bcom	B/201	8657335355	
6)	Mohd Tashad Abdul Khan	Ty Bcom	B/189	9833481750	
7)	Azmat Pathan	Ty Bcom	C/387		
8)	Azam Shaikh	Ty Bcom	B/255	88982015291	
		Ty Bcom			
		Ty Bcom			
9)	Mexaj Ansari	Sy Bcom	B/130	9604760588	
10)	Asif Anwar	Sy Bcom	B/166	9696280928	
11)	Aqsa Rai	Fy Bcom	E/1489	-	
12)	Shifa Qureshi	Fy Bcom	E/435	-	
13)	Shaikh Afsha	Fy Bcom	E/491	-	
14)	KHAN HAJRA FATIMA	Fy Bcom	E/438	-	
15)	Shaikh Afreen	Fy Bcom	E/424	-	

7/2/2023

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Akbar Peerbhoy College Of Commerce & Economics

Attendance sheet Of student Participants

Title of the program-.....

Date -.....

Organized By-.....

Prog.In-Charge-.....

Resource Person-.....

Sr. No.	Name of the students	Class	Div/Roll No.	Whatapp Number	Signature
1	Afzal Shaikh	T.Y.Bcom	378 - C	9326069261	
2	Mohd Nasir	TYBcom	122 - B	7506359720	
3	Zaid	TYBcom	237 - B	8879485566	
4	Shehbaz Ansari	TYBcom	A/29	766022240	
5	Aman Aslam Khan	TYBcom	B/82	8828670434	
6	GUFRAN ALI KHAN	TYBcom	A-29	9082294120	
7	SAUD KHAN	TYBcom	A-50	9702811035	
08	Mo Karim Ansari	"	A/21	7759976737	
9	M. Saud M. Musthafa	F.Y.Bcom	A/21	7400369072	
10	Aniket. c. Billo.	T.Y.Bcom	B/170	8268 025569	
11	Shaikh Illaaid	Fy.Bcom	0/338	8356882062	
12	waqar	F.Y.Bcom	E/465		
13	Ashraf Ansari	F.Y.Bcom	E/483		
14	Afzal Shaikh	F.Y.Bcom	E/436	9892171186	
15	Zaid	F.Y.Bcom	E/462		
16	Azmat Pathan	TYBcom	C/387	8070222217	



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Ref. No. CWDC/121/2023

February 7, 2023

Mrs. Sonu Chowdhry
Mumbai.

Sub : Letter of Thanks.

Respected Madam,


We are extremely delighted that you accepted our invitation to come and deliver a lecture for our students on the topic 'Significance of Mental Health and Mental Well-Being of College Students'.

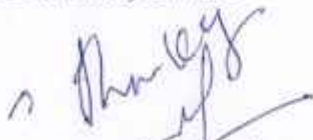
Our students have benefited immensely from the views and expert tips shared by you.

We look forward to continuing this association with you in future too.

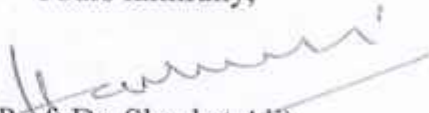
Thank you.

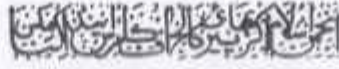
With warm regards,


(Dr. Smita Salunke)
Convenor, CWDC


7/2/23

Yours faithfully,


(Prof. Dr. Shaukat Ali)
Principal



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Since 1969

Ref. No. CWDC/122/2023

February 7, 2023

Dr. Jyoti Maheshwari
Mumbai.

Sub : Letter of Thanks.

Respected Madam,

We are extremely delighted that you accepted our invitation to come and deliver a lecture for our students on the topic 'Significance of Mental Health and Mental Well-Being of College Students'.

Our students have benefited immensely from the views and expert tips shared by you.

We look forward to continuing this association with you in future too.

Thank you.

With warm regards,

(Dr. Smita Salunke)
Convenor, CWDC

Yours faithfully,

(Prof. Dr. Shaukat Ali)
Principal

Received
Jyoti



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Activity Feedback Form

Name of the Activity Mental Health

Date: 1st Feb

Covenor of the Activity Dr Smita

Resource Person: _____

1. Name of the student : Mansoor Ali (Optional)
2. Class : F.Y. Bcom
3. Roll no : 307
4. Gender : Male: Female Other
5. How did you find the program:
Poor Good Very Good Excellent
6. Did you find content relevant and useful:
Yes No: Not sure
7. Did your all questions were attend by the resource person? *
Yes No: Not sure
8. How would you rate the presentation skills of the resource person? *
Poor Good Very Good Excellent

Any Suggestion-

mental health is very imp for
me I like that our college doing.



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Activity Feedback Form

Name of the Activity Mental Health Date: 7th Feb.

Covenor of the Activity Dr. Sonika Resource Person: _____

1. Name of the student : Azmat Pathan (Optional)
2. Class : T.Y. B.COM
3. Roll no : 387
4. Gender : Male: Female Other
5. How did you find the program:
Poor Good Very Good Excellent
6. Did you find content relevant and useful:
Yes No: Not sure
7. Did your all questions were attend by the resource person?†
Yes No: Not sure
8. How would you rate the presentation skills of the resource person?†
Poor Good Very Good Excellent

Any Suggestion-

I like it because it very nice
therapy for all human beings



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Activity Feedback Form

Name of the Activity _____

Date: _____

Covenor of the Activity _____

Resource Person: _____

1. Name of the student : _____ (Optional)
2. Class : _____
3. Roll no : _____
4. Gender : Male: Female Other
5. How did you find the program:
Poor Good Very Good Excellent
6. Did you find content relevant and useful:
Yes No: Not sure
7. Did your all questions were attend by the resource person?*
Yes No: Not sure
8. How would you rate the presentation skills of the resource person?*
Poor Good Very Good Excellent

Any Suggestion-



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Activity Feedback Form

Name of the Activity mental health

Date: 7th Feb

Covenor of the Activity Dr. Smit

Resource Person: _____

1. Name of the student : Mercy Ansari (Optional)
2. Class : Sy Bcom.
3. Roll no : 130
4. Gender : Male: Female Other
5. How did you find the program:
Poor Good Very Good Excellent
6. Did you find content relevant and useful:
Yes No: Not sure
7. Did your all questions were attend by the resource person?
Yes No: Not sure
8. How would you rate the presentation skills of the resource person?
Poor Good Very Good Excellent

Any Suggestion-

first I scared of that name but
after i experiance * then i know
How important it is.



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Activity Feedback Form

Name of the Activity mental health Date: 7th Feb

Covenor of the Activity Dr. Smita Resource Person: _____

1. Name of the student : Shifa Jureshi (Optional)
2. Class : F.Y Bcom
3. Roll no : 435
4. Gender : Male: Female: Other:
5. How did you find the program:
Poor Good Very Good Excellent
6. Did you find content relevant and useful:
Yes No: Not sure
7. Did your all questions were attend by the resource person?®
Yes No: Not sure
8. How would you rate the presentation skills of the resource person?®
Poor Good Very Good Excellent

Any Suggestion-

I was a great experinced by me
and I was lucky that I attend
this program.



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Activity Feedback Form

Name of the Activity Mental health Date: 7 Feb

Covernor of the Activity Dr. Smitha Resource Person: _____

1. Name of the student : Raksha Khan (Optional)
2. Class : Ty Bcom
3. Roll no : 126
4. Gender : Male: Female: Other:
5. How did you find the program:
Poor Good Very Good Excellent
6. Did you find content relevant and useful:
Yes No: Not sure
7. Did your all questions were attend by the resource person?+
Yes No: Not sure
8. How would you rate the presentation skills of the resource person?+
Poor Good Very Good Excellent

Any Suggestion-

A was very nice.



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Activity Feedback Form

Name of the Activity: Healthy health Date: 7 Feb.

Covenor of the Activity: Dr. Smida Resource Person: _____

- 1. Name of the student : Ajzeel Rabiya (Optional)
- 2. Class : Jy Beom
- 3. Roll no : _____

4. Gender : Male: Female: Other:

5. How did you find the program:
Poor Good Very Good Excellent

6. Did you find content relevant and useful:
Yes No: Not sure

7. Did your all questions were attend by the resource person? *
Yes No: Not sure

8. How would you rate the presentation skills of the resource person? *
Poor Good Very Good Excellent

Any Suggestion- So amazing, so wonderful, so elegant.



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Activity Feedback Form

Name of the Activity MENTAL HEALTH Date: 11th Feb

Covenor of the Activity Dr. Rinku Resource Person: _____

1. Name of the student : Sand Khan (Optional)
2. Class : T.Y. Bcom
3. Roll no : 50
4. Gender : Male: Female Other
5. How did you find the program:
Poor Good Very Good Excellent
6. Did you find content relevant and useful:
Yes No: Not sure
7. Did your all questions were attend by the resource person?+
Yes No: Not sure
8. How would you rate the presentation skills of the resource person?+
Poor Good Very Good Excellent

Any Suggestion-

mental health is very important
for our life and have to
care about it.



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Activity Feedback Form

Name of the Activity mental health Date: 1 FEB

Covenor of the Activity Dr Smita Resource Person: _____

1. Name of the student : MOHD KARIM ANSARI (Optional)
2. Class : T.Y.B.COM
3. Roll no : 821
4. Gender : Male: Female Other
5. How did you find the program:
Poor Good Very Good Excellent
6. Did you find content relevant and useful:
Yes No: Not sure
7. Did your all questions were attend by the resource person? *
Yes No: Not sure
8. How would you rate the presentation skills of the resource person? *
Poor Good Very Good Excellent

Any Suggestion-

The mental health is a best decision
of my life and i am happy that it is organized
by my college.