

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:

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 practing 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 live 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



Akbar Peerbhoy College of Commerce and Economics (NAAC Accredited College) MS Ali Road, Two Tank Grant(E), Mumbai - 08

Name of the Activity Significance of Mentabate: 07/02/2024

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Name Of The Dept./Committee
Covenor of the Activity & Suita Salunke Resource Person: De Jyote Maheshwan

Target Audience: No's of Students Participated 96

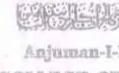
Name Of The student Co-coordinator- Mohd Kaij. 678 cm [9]

Brief Summary of the Activity conducted:

A greet Lecture on Synificance of Mental Health & Mental West-Being of College Gridents" was jointly conducted by curse > ICE on 7/02/2023The Speaker (Resonner Person) was Dr Jyoli Maheshwan, a renonned Clinical Psychiatrist & Psychotherapist based in Unumbai. About 100 students premained present for this seesion. Shidents asked many questions a were immensely benefitted by the expert tipo and suggestions given by Dr Jyoli M.

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

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

Dr Smita Salunke

Convenor, CWDC

Prof Kirt Menghani

Prof Dr Shaukat Ali

Chairperson, ICC

Principal

person Col.





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Dr Smita Salunke

Prof Kirt Menghani

Prof Dr Shaukat Ali

Convenor, CWDC

Chairperson, ICC

Principal

Attendance sheet Of student Participants

Title of the program- Signaficance of Mental Health a Mental

Date - 07/02/2023 Well-bring of College

Organized By- CWDC x ICC

Prog.In-Charge- In Sunta Salunte

Resource Person- De Jyoli Maherhwari

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7/2/2023

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Title of the program	
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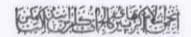
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H1/23

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

Attendance sheet Of student	Participar	its	
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E-mail: apcce_college@yahoo.co.in Website: www.apcollege.in

Ref. No. CVVDC/12-1/2023

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,

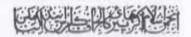
(Dr. Smita Salunke)

Convenor, CWDC

Yours faithfully,

(Prof. Dr. Shaukat Ali)

Principal





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Ref. No. (NDC/122/2023

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Thank you.

With warm regards,

(Dr. Smita Salunke) Convenor, CWDC Yours faithfully,

(Prof. Dr. Shatikat Ali)

Principal

Received



Akbar Peerbhoy College of Commerce and Economics

(NAAC Accredited College)

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

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(NAAC Accredited College)

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	Activity Feedback Form
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