



Anjuman-i-Islam's

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

M. S. Ali Road, Two Tank Grant(E), Mumbai - 08

Report on "thriving during current phase of pandemic"

Program Conducted by: Prof. Vaishali Bankar of DLLE, ICC

Date: 1/24/2022 11:00:00 AM

Objective: To help the girls and boys students to cope up with mental health problems during pandemic period For Students

Resource Person: Psychologist Niti sonawala,Alpa joshi, Ruchita urchil, kriti of MPOWER organization

The first day of the workshop was on 24 th January 2022. Niti sonawala explained the students about how to maintain resilience of mind by accepting the present situations and moving on with other work.The second day of workshop was on 25th January 2022 at 11.00a.m. " Handling COVID Anxiety" Psychologist Alpa joshi explained to students what are the life's fears and apprehensions and she explained the methods to deal with anxiety and then she swiftly moved the session towards meditation and relaxationFourth day of workshop was on 28th January 2022 at 11.00a.m." Digital wellbeing" Psychologist, Miss kriti explained digital addiction of various gadgets and suggested the solutions with various examples, as how to get rid of this addiction with simple steps Fifth and last day of workshop was on "substance abuse and mental health" on 29th January 2022 Ruchita urchil, explained first the types of substances then she moved towards substance abuse, criminal liability and effects on health.

Total No. of Participants: 44

Prof. Vaishali Bankar
Program Incharge

Prof. (Dr) Shaukat Ali
Principal

