

**Mahatma Gandhi Vidyamandir's
Mahilaratna Pushpatai Hiray Arts, Science and Commerce Mahila
Mahavidyalaya, Malegaon-Camp**

Department of Psychology

Report of World Mental Health Day Webinar on 16th October 2021

Poster/Flyer of the Webinar



**Mahatma Gandhi Vidyamandir's
Mahilaratna Pushpatai Hiray Arts, Science and Commerce Mahila Mahavidyalaya,
Malegaon Camp. Dist.Nashik.**

**IQAC, Department of Psychology, in Collaboration with BOS Psychology MGV
Organize One Day Webinar on the occasion of
"World Mental Health Day"**

Resource Person



**Poorva Shinde
Counselor**

Topic: "Mental Health in an Unequal World"

Date: 16th October, 2021

Time: 11.00 AM

Platform: GoogleMeet

For joining the Webinar

[Click Here](#)



**Hon'ble Sampadaa Hiray
Trustee, MGV, Nashik
Chairperson , CDC
MPH Mahila College, Malegaon**

Guest of Honour

**Prof. Dr. Mrunal A Bhardwaj
Dean, Arts & Humanities, MGV, Nashik**

President

**Prin. Dr. Ujjwala Deore
Director, MGV, Nashik**

Organising Committee

**Dr. Jaimala A Sode
HOD, Deptt of Psychology**

**Dr. Deepanjali Borse
IQAC, Coordinator**

**Dr. D. A. Pawar
Academic Coordinator**

**Dr. D.G Jadhav
Vice-Principal**

Notice/Invitation of the Webinar

माननीय महोदय/ महोदया ..

सप्रेम नमस्कार,

महात्मा गांधी विद्यामंदिर संचालित महिलारत्नपुष्पाताई हिरे कला, विज्ञान व वाणिज्य महिला महाविद्यालयात आय. क्यु. ए. सी. , मानसशास्त्र विभाग आणि BOS, महात्मा गांधी विद्यामंदिर यांच्या संयुक्त विद्यमाने दिनांक १६ ऑक्टोबर रोजी जागतिक मानसिक आरोग्य सप्ताहा निमित्त Google Meet च्या माध्यमातून ऑनलाईन व्याख्यानाचे आयोजन करण्यात आले आहे.



*विषय:- * Mental Health In an unequal world "**

दिनांक :- १६ऑक्टोबर, शनिवार२०२१

वेळ:- सकाळी :-११.००वाजता



**प्रमुखवक्ते:- मा. पूर्वाशिंदे * (समुपदेशक, नाशिक).*



सदर वेबीनार गूगलमीटवर घेण्यात येईल.

*Google Meet link:- <http://meet.google.com/qwz-ytjt-dip>



मार्गदर्शक

*मा. संपदादीदी हिरे**

अध्यक्ष:- महाविद्यालय विकास समिती, महिलारत्न पुष्पाताई हिरेकला, विज्ञान व वाणिज्य महिला महाविद्यालय, मालेगावकॅम्प, जिल्हा-नाशिक



**अध्यक्षवसंयोजक :-*

मा. डॉ. उज्वलादेवरे (संचालक, महात्मागांधीविद्यामंदिरनाशिकवप्राचार्य, महिलारत्न पुष्पाताई हिरे कला, विज्ञान व वाणिज्य महिला महाविद्यालय ,मालेगाव कॅम्प)

प्रमुख उपस्थिती

मा. प्रो. डॉ. मृणाल भारद्वाज

अधिष्ठाता, मानव्य विज्ञानविद्याशाखा व मानसशास्त्र बी. ओ. एस. महात्मा गांधी विद्यामंदिर, नाशिक**** *

**वेबिनारसाठी कुठलेही शुल्कआकारले जाणार नाही.*

संयोजक:-

१) डॉ. डी. जी. जाधव (उपप्राचार्य)

२) डॉ.डी. ए. पवार (शैक्षणिक समन्वयक)

३) डॉ. दीपांजलि बोरसे (समन्वयक,अंतर्गत गुणवत्तासिद्धता कक्ष)

४) डॉ. जयमाला सोदे(मानसशास्त्र विभागप्रमुख)

Mahatma Gandhi Vidyamandir's

**Mahilaratna Pushpatai Hiray Arts, Science and Commerce Mahila
Mahavidyalaya, Malegaon-Camp
Department of Psychology**

Report of World Mental Health Day Webinar on 16th October 2021

Department of Psychology successfully organized a webinar on the occasion of World Mental Health Day on this year's theme of world mental health day "Mental Health In an unequal world" On 16th October 2021.

The webinar was organized under the guidance of the coordinator of Mahatma Gandhi Vidyamandir, Dr. Apoorva Hiray and Trustee of Mahatma Gandhi Vidyamandir and Chairman of College Development Committee Hon. Sampadaa Hiray.

The speaker of this webinar was Hon. Purva Shinde, Counselor, in her lecture, she guided the participants on causes of increasing mental health inequality and what measures we can take on our personal level to reduce it. Mental health inequality is caused by caste, religion, economic and social factors. She also said that mental health has been neglected in government policies, thus widening the gap of inequality. Mental health was also neglected during the Corona period. People have information about mental health but they don't understand the importance of it. Mental health is always viewed as an illness. As we clean our hands, it is necessary to clean the mind even if the mind is not visible, for this the confusion, insecurity, anxiety, stress, depression should be removed. All of these factors contribute to the inequality in mental health and to bridge the gap, we need to inculcate the importance of mental health in children from school onwards. We just have to figure out how to overcome it, how to get out of it. One must know oneself, accept oneself, develop the ability to deal with the situations. To keep the mind happy, meditation, reading, listening music, wandering in nature and at the same time introspective mind is very necessary. She also said that mental health should be considered as a quality of wellbeing.

The chief guest of the webinar Prof. Dr. Mrunal Bharadwaj Dean of Humanities and Arts and B.O.S, Mahatma Gandhi Vidyamandir while attending the function, said that mental health should be given the same importance as physical health. If a person has a healthy mind, his body stays healthy. It is very important to take care of the mind. Mental health inequality in society is increasing day by day. We all need to try to reduce it on an individual level. Seek the help of counsellors when needed, do not hesitate to seek help. It is up to you to take care of your mental health.

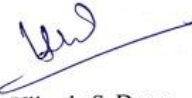
President of the webinar, Director of Mahatma Gandhi Vidyamandir and Principal of the College Hon. Dr. Ujjwala Deore said in her presidential address, one should check one's mental health as one can check one's own physical health. One should keep one's thoughts good and to keep one's thoughts good

one should keep in touch with good people, spend time in the company of nature, meditate. The mind must be able to concentrate. Expressed such an opinion. At the same time, she mentioned the various bad things that are happening in the society and how their mentality is responsible for it and how much they need counselling. The head the department of Psychology Dr. Jaimala Sode, organized the entire program successfully.



HEAD

**Department of Expt. Psychology
S. P. H. Mahila Mahavidyalaya
Malegaon Camp (Dist. Nasik)**



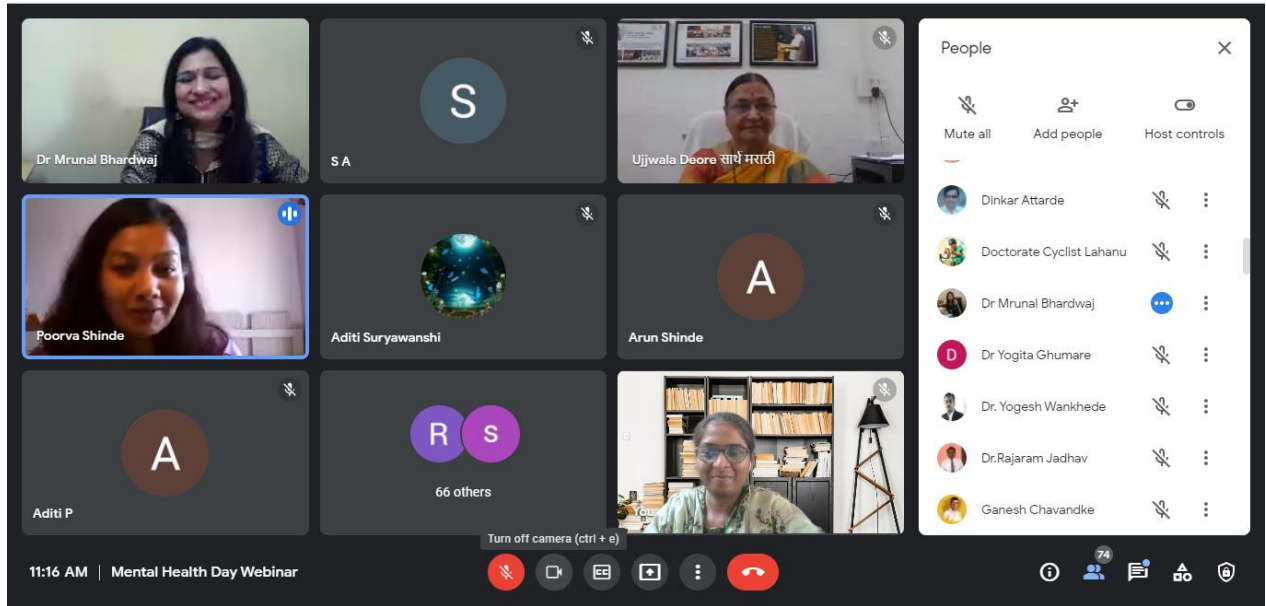
Prin. Dr. Ujjwala S. Deore

PRINCIPAL

S.P.H. Mahila Mahavidyalaya
Malegaon Camp-423 105 (Nashik)

World Mental Health Day Webinar on 16th October 2021

Photos and Attendance

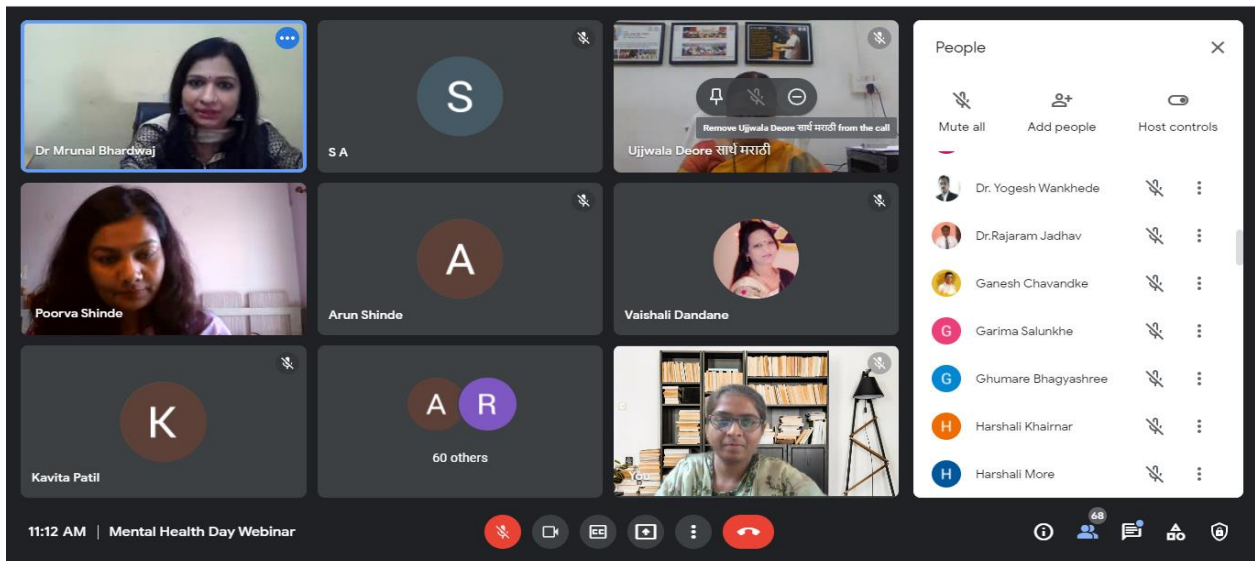


Counsellor Hon. Purva Shinde guided the participants Dated 16/10/2021

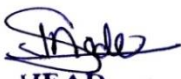





Principal Dr. Ujjwala Deore guided the participants in her presidential address Dated 16/10/2021



The chief guest of the webinar Prof. Dr. Mrunal Bharadwaj Dean of Humanities and Arts and B.O.S, Mahatma Gandhi Vidyamandir guided the participants


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