

**Mahatma Gandhi Vidyamandir's**  
**Smt. Pushpatai Hiray Mahila Mahavidyalay Malegaon**

**Department of Psychology**

**Organized National Level Webinar on the occasion of**  
**World Mental Health Day on 10/10/2020**

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

**Date- 5/10/2020**

**Department of Psychology**

**Notice**

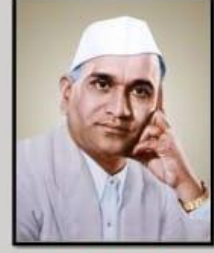
All the Students are hereby informed that the Department of Psychology is going to organised the Webinar on the occasion of "World Mental Health Day" on the Theme of "Mental Health for All" on 10<sup>th</sup> October 2020 at 12.00 Noon on Zoom Platform.

All the students Must be participate in the program

  
Prin. Dr. Ujjwala S. Deore  
**PRINCIPAL**  
S.P.H. Mahila Mahavidyalaya  
Malegaon Camp-423 105 (Nashik)



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



**IQAC and Department of Psychology Organized  
National Webinar on the Occasion of  
World Mental Health Day on the theme of  
"Mental Health for all"**



**Resource Person:**

**Dr.Shailendra Shivajirao Gaikwad,  
International Hypnosis Expert, Mental  
Health Counsellor, Nashik, Maharashtra.**

**Date: 10/10/2020,**

**Time: 12:00 Noon,**

**Platform: ZOOM Meeting**

Registration Link:

<https://forms.gle/n3pzLxHXiRcXQVn1A>

Whats app Link:

<https://chat.whatsapp.com/E0cB2wqdnJc606TxC3qWOi>

Telegram Link:

<https://t.me/joinchat/RcjqPBviGF1H6L87rNjbpA>

**Convener**

**Dr. Ujjwala Shivaji Deore  
(Principal )**

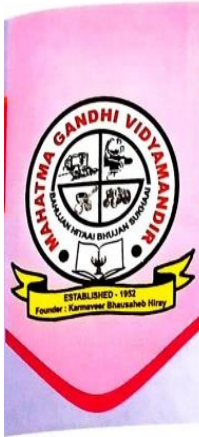
**Organizing Committee**

**Smt. Prof. Jaimala A. Sode  
(Head, Department of Psychology)**

**Dr.D.A.Pawar  
(Supervisor Academic)**

**Smt. Dr. D. K. Borse  
(IQAC Co-Ordinator)**

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



Mahatma Gandhi Vidyamandir's

## SMT. PUSHPATAI HIRAY ARTS, SCIENCE & COMMERCE MAHILA MAHAVIDYALAYA

Loknete Vyankatrao Hiray Marg, Malegaon Camp, Dist.Nashik - 423 105.

**NAAC ACCREDITED 'B' GRADE**

(Affiliated University of Pune) Id. No. PU/NS/ASC/039/(1990)

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**Prin. Dr. Mrs. UJJWALA S. DEORE**

M.A., M.Phil., Ph.D.(Marathi)

Mobile : 09011027604

E-mail :- shiojwal@gmail.com

Ref. No. 2020-2021/ 275

Date: -08/10/2020

To,

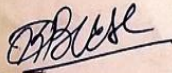
**Dr. Shailendra S, Gaikwad,**  
International Hypnosis Expert,  
Mental Health Counselor,  
Nashik.

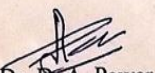
**Subject: - Invitation to deliver a lecture in National Webinar ...**


Respected Sir,


On behalf of the M. G. Vidyamandir's, Smt. Pushpatai Hiray Arts, Science and Commerce Mahila Mahavidyalaya, Nashik (M.S.), we would like to invite you as a resource person to deliver a lecture in the National Webinar on 'The Occasion of World Mental Health Day on the theme of Mental Health for all ' scheduled on 10-10-2020 at 12.00 noon. We firmly believe that your thoughts, experience and expertise would enable our teachers and participants to gain knowledge in this field.

With regards,

  
Dr. D. K. Borse,  
Chairman  
IQAC

  
Dr. D. A. Pawar  
Academic  
Supervisor

  
Dr. D. G. Jadhav  
Vice principal

  
Prin. Dr. Ujjwala S. Deore  
**PRINCIPAL**  
S.P.H. Mahila Mahavidyalaya  
Malegaon Camp-423 105 (Nashik)

**Mahatma Gandhi Vidyamandir's**  
**Smt. Pushpatai Hiray Mahila Mahavidyalay Malegaon**  
**Department of Psychology**  
**Organized National Level Webinar on the occasion of World Mental**  
**Health Day**  
**Report 10/10/2020**  
**Awareness and Conscious Thinking is the secret of good Mental Health**  
**Dr. Shailendra Gaikwad**

Deptt of Psychology in association with IQAC organized the National level webinar on the occasion of World Mental Health Day on the theme "Mental Health for all". On this occasion Dr Shailendra Gaikwad renowned Hypnotist talked about various aspects of Mental Health. The Prin. Dr. Ujjwala Deore, Vice-Prin. Dr. D.G.Jadhav guided the participants. Dr Jaimala Sode Head Deptt of Psychology spoke about the theme of the webinar in detail and introduced the speakers. Around 350 participants across the Nation participated in the webinar. Total Two Hundred fifty participants from various colleges Participated in this webinar.



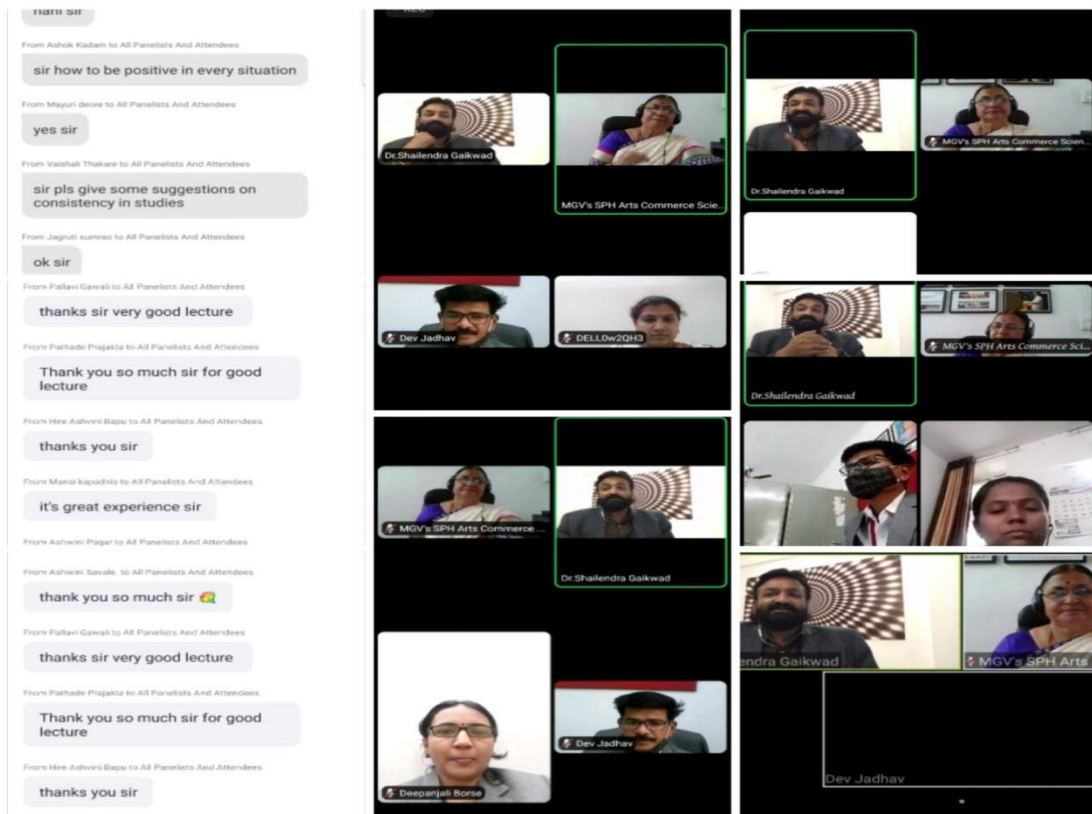
**HEAD**

**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)**

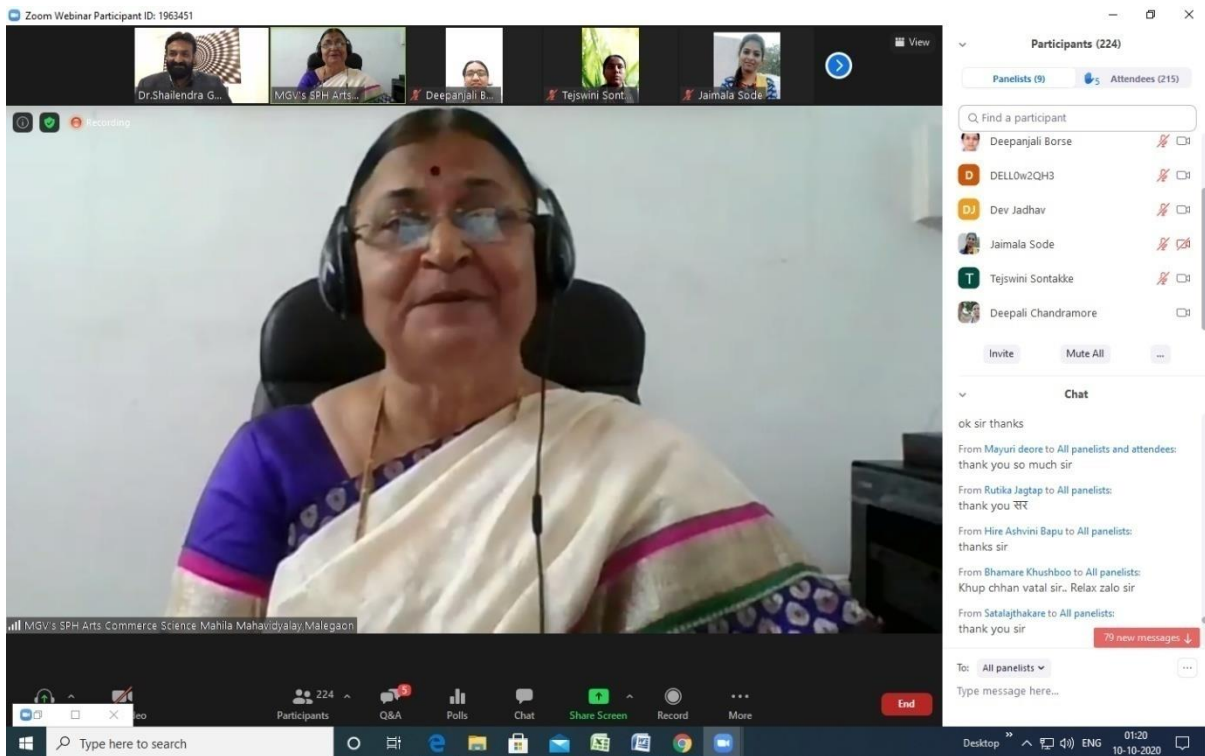
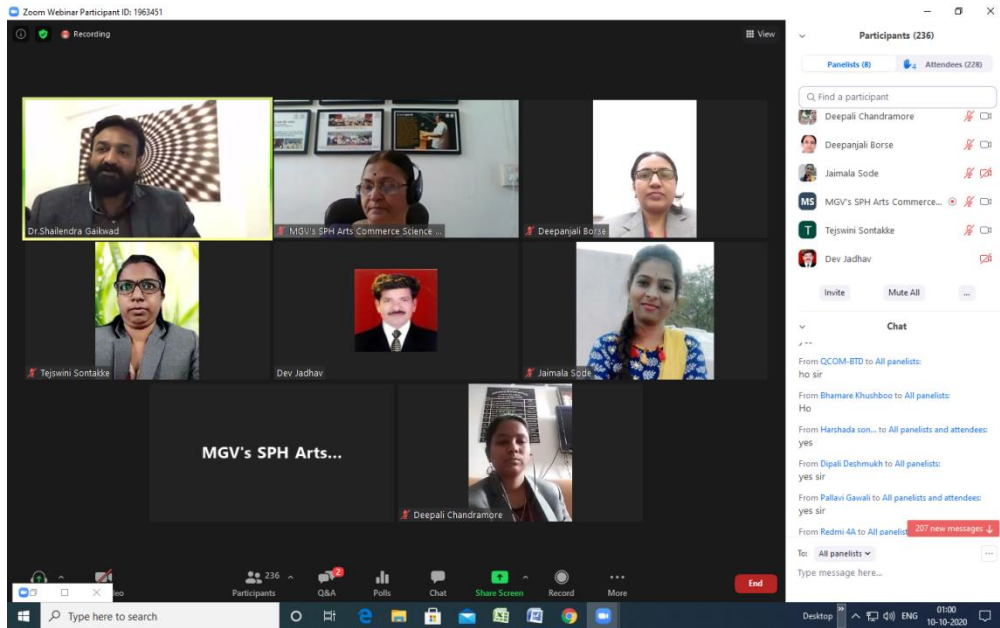




**National level webinar on “Mental Health for All” on the occasion of 10<sup>th</sup> October ‘World Mental Health Day’ Responses And Attendance**



**Counselor Dr. Shailendra Gaikwad guided the participants Dated 10/10/2020**



**Principal Dr. Ujjwala Deore guided the participants in her presidential address Dated 10/10/2020**

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

  
 Prin. Dr. Ujjwala S. Deore  
**PRINCIPAL**  
 S. P. H. Mahila Mahavidyalaya  
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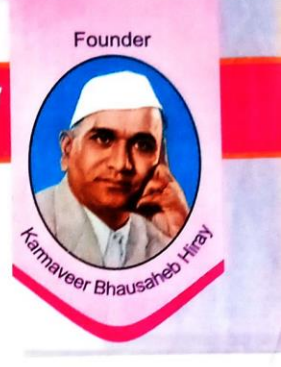
Mahatma Gandhi Vidyamandir's

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Mobile : 09011027604

E-mail :- shiojjwal@gmail.com

Ref. No. 2020-2021/275

Date: -08/10/2020

To,  
**Dr. Shailendra S, Gaikawad,**  
International Hypnosis Expert,  
Mental Health Counselor,  
Nashik.


**Subject: - Letter of Appreciation.....**


Dear Sir,


Thank you very much for delivering an informative and a thought provoking lecture on 'The Occasion of World Mental Health Day on the theme of Mental Health for all. It was really a splendid presentation and all the participants got benefitted and appreciated the talk.


Looking forward for your cooperation as usual for us in future as well.

Yours Sincerely,

  
Dr. D. K. Borse,  
Chairman  
IQAC

  
Dr. B. A. Pawar  
Academic  
Supervisor

  
Dr. D. G. Jadhav  
Vice principal

  
Prin. Dr. Ujjwala S. Deore  
**PRINCIPAL**  
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**National level webinar on "Mental Health for All" on the occasion of 10<sup>th</sup> October 2020 'World Mental Health Day' News**

## चांगले विचारच उत्तम आरोग्याचे गुपित

### संमोहनतज्ञ डॉ. गायकवाड ; महिला महाविद्यालयात राष्ट्रीय वेबिनार

**► मालेगाव । दि. ११ प्रतिनिधी**

आपले विचारच आरोग्य जोपासत असतात, त्यामुळे इच्छा, अपेक्षा आणि विचारांच्या बाबतीत सजग रहा, ठरवून घ्या व अचूक विचार करण्याची सवय जोपासा, प्रतिक्रिया म्हणून विचार करणे थांबवा हेच तुमच्या यशाचे आणि उत्तम आरोग्याचे गुपित असल्याचे विचार प्रख्यात संमोहन तज्ञ व समुपदेशक डॉ. शैलेंद्र गायकवाड यांनी मांडले.

येथील श्रीमती पुष्पाताई हिरे महिला महाविद्यालयात जागतिक मानसिक आरोग्य दिनाच्या निमित्ताने आयोजित राष्ट्रीय पातळीवरील वेबिनार प्रसंगी व्याख्यान देताना संमोहनतज्ञ डॉ. गायकवाड बोलत



होते. ऑनलाईन पध्दतीने घेण्यात आलेल्या या वेबिनारमध्ये देशातील विविध राज्यांतून २५० हून अधिक प्राचार्य, प्राध्यापक सहभागी झाले होते.

यावेळी डॉ. गायकवाड यांनी प्रश्नांच्या माध्यमातून सहभागी झालेल्या श्रोत्यांच्या मनात झाकून त्यांना मेंदू, बुद्धी व अंतर्मन याविषयी मार्गदर्शन केले. शारीरिक काळजी जशी रोज घेतली जाते तशीच मनाच्या आरोग्याची काळजी देखील घेणे महत्वाचे आहे. नकारात्मक व सकारात्मक भावना या आपल्या बुद्धीला दिल्या जाणाऱ्या

सूचनांवर अवलंबून असतात, त्यामुळे नेहमी सकारात्मक विचारांना चालना देऊन मनाला प्रसन्न ठेवावे. मनावर येणाऱ्या विविध तणाव व नकारात्मक विचारांमुळे मानसिक आजार होण्याच्या संभावना असतात. अशामुळे नकारात्मक कृतींमधून नकारात्मक भावना निर्माण होतात व अपयश येते. यशाचे व उत्तम आरोग्याचे गुपित हे आपल्या विचारांवर नियंत्रण ठेवणे हेच होय व त्यामुळेच एमपीएससीचे परीक्षार्थी यशस्वी होऊ शकतात. तसेच डॉ. शैलेंद्र

गायकवाड यांनी विविध उदाहरणे देऊन उत्कृष्ट मार्गदर्शन करत सकारात्मक राहून मनाची स्वच्छता ठेवणे, अपराधीपणाची भावना काढून टाकणे, नम्र राहणे व संपूर्ण झोप घेणे हे सर्व किती महत्त्वपूर्ण आहे हे उपस्थितांना पटवून दिले.

या कार्यक्रमाची प्रेरणा देणाऱ्या संपदा हिरे यांनी वेबिनारमध्ये मार्गदर्शन केले. वेबिनारचे अध्यक्षीय मनोगत व्यक्त करताना महाविद्यालयाच्या प्राचार्य डॉ. उज्वला देवरे यांनीसुद्धा मन व बुद्धी यांचे महत्त्व पटवून दिले. उपप्राचार्य डॉ. डी. जी. जाधव यांनी आभार मानले. प्रास्ताविक व सूत्रसंचालन प्रा. जयमाला सोदे यांनी केले. डॉ. आरती लोखंडे यांनी प्रमुख पाहुण्यांचा परिचय करून दिला.

  
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