

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

Department of Psychology

Lecture organized on the occasion of World Mental Health Day
Dated 10/10/2022



Mahatma Gandhi Vidyamandir's



**MAHILARATNA PUSHPATAI HIRAY ARTS, SCIENCE AND
COMMERCE MAHILA MAHAVIDYALAYA, MALEGAON CAMP,
DIST. NASHIK [M.S.]**

Loknete Vyankatrao Hiray Marg.

Savitribai Phule Pune University, Pune Affiliated Id. No. PU/NS/ASC/039/(1990)

NAAC ACCREDITED "B" GRADE

E Mail ID- prinsphmcollege@gmail.com

Phone No-02554/250827/253241

Notice

Date- 6/10/2022

All students are informed that World Mental Health Day will be celebrated on Monday 10/ 10/ 2022. On this occasion, Dr. Rajendra Shirsath, Psychiatrist class-1, Civil Hospital, Malegaon will give a lecture. However, all the students should be present on the occasion of the program at 10 am in Hall No. 8.

Dr. Ujjwala S. Deore

Copies to
Professor Notice Board
Student Notice Board



Mahatma Gandhi Vidyamandir's



**MAHILARATNA PUSHPATAI HIRAY ARTS, SCIENCE AND
COMMERCE MAHILA MAHAVIDYALAYA, MALEGAON CAMP, DIST.
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E Mail ID- prinsphmcollege@gmail.com
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RefNo-2022-2023/

Date – 06/10/2022

To,
Dr. Rajendra Y, Shirsath
Psychiatrist, class 1
Civil Hospital, Malegaon,
Dist- Nashik.

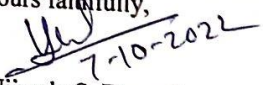
Subject:- Invitation to deliver a lecture...

Respected sir,

On behalf of the M. G. Vidyamandir's, Mahilaratna Pushpatai Hiray Arts, Science and Commerce Mahila Mahavidyalaya, Malegaon, Camp, Dist- Nashik, we would like to invite you as a resource person to deliver a lecture on the occasion of World Mental Health Day Scheduled on 10-10-2022 at 10.00 am. We firmly believe that your thoughts, experience and expertise would enable our participants to gain knowledge in this field.

With regards,

Yours faithfully,


[Dr. Ujjwala S. Deore]

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

Copy to
Medical Superintendent, Civil Hospital, Malegaon

Mahatma Gandhi Vidyamandirs


**Mahilaratna Pushpatai Hiray Arts Science and Commerce Mahila College,
Malegaon Camp**


Department of Psychology

Theme of Event

MGV's, Mahilaratna Pushpatai Hiray Arts, Science & Commerce Mahila College, Department of Psychology conducted Mental Health Day Program 10th October 2022. Psychiatrist Dr. Rajendra Shirsath is the chief guest and speaker for this program aimed at creating awareness about mental health. The objectives of this program are as follows-

- 1) Convincing everyone the importance of physical health along with mental health.
- 2) To acquaint the students with the types, causes and treatment methods of various mental illnesses.
- 3) Apart from herself, the students have also taught others, e.g. Family, relatives, neighbours. It is also important to teach them the importance of mental health.
- 4) For all to know that mental illness or health is not separate but that other illnesses can be cured.
- 5) Creating awareness about mental health among all.


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DEPARTMENT OF PSYCHOLOGY
M.P.H. Mahila Mahavidyalaya
Malegaon Camp 423105 (Nashik)


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

Mahatma Gandhi Vidyamandirs

**Mahilaratna Pushpatai Hiray Arts Science and Commerce Mahila College,
Malegaon Camp**

Department of Psychology


**Lecture organized on the occasion of World Mental Health Day Dated
10/10/2022**


**Along with preserving the losing health, preserving mental health is the need
of the hour - Dr. Rajendra Shirsath.**

Mahatma Gandhi Vidyamandir's, Mahilaratna Pushpatai Hiray Arts, Science and Commerce, Mahila Mahavidyalaya, Malegaon Camp, Department of Psychology, successfully organised Program on the occasion of 'World Mental Health Day' on 10th October 2022. Psychiatrist Dr. Rajendra Shirsath as the keynote speaker at the World Mental Health Day program said that "Along with preserving the losing health, preserving mental health is the need of the hour".

By Dr. Rajendra Shirsath, Physical health is complementary to mental health. Yoga cures many mental illnesses. Electronic devices are increasing mental illnesses. Family background is an important factor for mental health. In day-to-days stressful life, maintaining mental health along with physical health is the need of the hour. Dr. Rajendra Shirsath gave excellent guidance on the importance of physical health and the measures of mental health.

While expressing the presidential address of the program, the principal of the college Dr. Ujjwala Deore said that mental illness is as important as physical illness. She gave the message, "Healthy Mind keeps Body Healthy" to the students. On this occasion, the Vice Principal, Dr. Deepanjali Borse, Academic Supervisor, Dr. Tejswini Sontakke conveyed warm wishes. Divya Thakre introduced the chief guests, Priyanka Gangurde (FYBA Student) anchored and Farnaz Bagwan delivered the vote of thanks. On this occasion, faculty, non-teaching staff and 51 students were present in this Program.


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Mahatma Gandhi Vidyamandir's

**Mahilaratna Pushpatai Hiray Arts Science and Commerce Mahila College,
Malegaon Camp**

Department of Psychology


PROGRAM OUTCOME THROUGH Mental Health Day Dated 10/10/2022

MGV's, Mahilaratna Pushpatai Hiray Arts, Science & Commerce Mahila College, Department of Psychology conducted Mental Health Day Program 10th October 2022. Psychiatrist Dr. Rajendra Shirsath as the keynote speaker at the World Mental Health Day program said that “ Along with preserving the losing health, preserving mental health is the need of the hour”.

The Outcomes of this Program is a follows-

- 1) Everyone understood the importance of mental health along with physical health.
- 2) To create awareness about mental health i.e. all the students understand the main factors related to mental health, its causes and ways to prevent them etc.
- 3) The students got proper guidance on how to maintain good mental health of themselves as well as others.
- 4) Awareness was created about mental health.
- 5) From this activity it was learned that mental illness or health is not different but can be similar to other diseases.


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Ref No-2022-2023/

Date – 06/10/2022

To,
Dr. Rajendra Y, Shirsath
Psychiatrist, class 1
Civil Hospital, Malegaon,
Dist- Nashik.

Subject:- Letter Of Appreciation...

Respected sir,

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

looking forward for your co-operation as usual for us in future as well.

With regards,

Yours faithfully,

Ujj
7-10-2022

[Dr. Ujjwala S. Deore]

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

**Program of “Guest Lecture” on the occasion of World Mental Health Day
Photos Dated 10/10/2022**



“Rangoli” Program of “Guest Lecture” on occasion of World Mental Health Day. Dated 10/10/2022



Psychiatrist Dr. Rajendra Shirsath Sir delivering a lecture as Chief Guest at the program organized on the occasion of World Mental Health Day. Dated 10/10/2022



Principal Dr. Ujjwala Deore while expressing the presidential message in the program organized on the occasion of World Mental Health Day Dated 10/10/2022



Prof. Rohini Pawar Department of Psychology while presenting a proposal in a guest lecture organized on the occasion of World Mental Health Day Dated 10/10/2022



Participation in the program organized on the occasion of World Mental Health Day Dated 10/10/2022

for head
HEAD
DEPARTMENT OF PSYCHOLOGY
M.P.H. Mahila Mahavidyalaya
Malegaon Camp 423105 (Nashik)

[Signature]
PRINCIPAL
M.P.H. Mahila Mahavidyalaya
Malegaon Camp-423 105 (Nashik)

जागतिक मानांकित अखिली दिन

दि. 10.10.2022

विद्यार्थिनी उपास्यिनी

अ.क्र	विद्यार्थिनीचे नाव	वर्ग	मोबाइल NO	सही
1	Divya Kishor Bhosale	F.Y.B.A	8999518127	<u>Bhosale</u>
2	Ahime Vaishali Nandkumar	F.Y.B.A	8010828716	<u>V.V.Ahime</u>
3	Samika Sahebrao mahale	F.Y.B.A	8010961030	<u>S.S.M</u>
4	Gayatri Kishor Mahajan	F.Y.B.A	8421328268	<u>G.M</u>
5	Shalini Sunil Bhadane	F.Y.B.A	9673282510	<u>SSB</u>
6	Rashmi Ajay shivade	F.Y.B.A	8766017906	<u>Rshivade</u>
7	Bhagyaashree vijay Borse	F.Y.B.A	7276386133	<u>B.B</u>
8	Nutan Dhansing solanke	F.Y.B.A	8010412954	<u>N.Solank</u>
9	Pooja Santosh Patosh	F.Y.B.A	8262044773	<u>P.P</u>
10	Ekta Atul kakute	F.Y.B.A	9922371620	<u>E.A.kakute</u>
11	Dipali Dattatrey Sonawane	F.Y.B.A	8698691715	<u>D.S</u>
12	Unnati vilas Nikam	F.Y.B.A	7709559559	<u>U.V.Nikam</u>
13	Dipali Rajesh Dhande	F.Y.B.A	9545725337	<u>Dhande</u>
14	Ahiraao Harshada Subhash	S.Y.B.Sc	9970865383	<u>A.H</u>
15	Pallavi Sunil Pawar	F.Y.B.A	7798647630	<u>P.P</u>
16	Jagruuti Shaashikant Pawar	F.Y.B.A	8380872259	<u>J.Pawar</u>
17	Harshada Savkar Chitta	F.Y.B.A	8421589194	<u>H.Chitta</u>
18	Mohali keda Ahire	F.Y.B.A	9022167526	<u>M.A</u>
19	Bhagyashri Samadhan Pawar	F.Y.B.A	8390268919	<u>B.Pawar</u>
20	Dipali NANAji Ahire	F.Y.B.A	8010223038	<u>D.N.Ahire</u>
21	Snehal Vitthal Sawkar	F.Y.B.A	8669898809	<u>Snehal</u>
22	Dhanshi Kashinath saindane	F.Y.B.A	9503335788	<u>D.K.S</u>
23	Yegeshwari Vijay Wagh	F.Y.B.A	7620857955	<u>Yegeshwari</u>
24	Poonam Rajendra Gaykward	F.Y.B.A	8149333869	<u>P.R.G.</u>
25	Mamjushri Anil Dabhade	F.Y.B.A	8857950487	<u>M.D.</u>

26)	Nikita Subhash Dyandyan	F.Y.BA	9503917249	<u>N&D.</u>
27)	Ashwini Rajendra Thakare	F.Y.BA	8530774525	Address
28)	Baig Aaliya Rizwan	T.Y.B.A.	7620718950	<u>Baig</u>
29)	Sakshi Keshav Suryawanshi	T.Y.B.A.	8010500632	<u>Skull</u>
30)	Nutan Keda Ahire			
31)	Sneha Manoj Mohite	F.Y.B.A.	7249416380	<u>Nutan</u>
32)	Prerana Ravindra Pawar	F.Y.BA	808050550	Prerana
33)	Vanshu Gopal Pawar	F.Y.BA	9850165677	<u>P. R. Pawar</u>
34)	Kajal Ganesh Khairnar	F.Y.B.com	9552259232	<u>Kajal</u>
35)	Bhavika Pankaj Borse	F.Y. B.com	7030165268	<u>Khairnar</u>
36)	Harshada Suresh Bhamare	F.Y. B.com	8010421178	<u>Borse</u>
37)	Namrata Jitendra Joshi	F.Y. B.com	9551092517	<u>Joshi</u>
38)	Rachana Yogesh Mali	F.Y. B.com	7020523141	<u>Namrata</u>
39)	Mayuri Vilas Sonawane	F.Y.BA	7620590428	<u>Rumali</u>
40)	Komal Sharad Pawar	F.Y.BA	9373850197	<u>Sonawane</u>
41)	Yogita Yashwant Kannor	F.Y.BA	7666593302	<u>Kannor</u>
42)	Rinku Vasant Khairnar	S.Y.BA	8080702632	<u>Khairnar</u>
43)	Punam Hari Shivade	F.Y.BA	9767446181	<u>Rinku</u>
44)	Vanshu Vinod Jadhav	F.Y.BA	9970392693	<u>Punam</u>
45)	Vansha Nandu Pawar	F.Y.BA	9822332393	<u>Vansha</u>
46)	Shaikh Sadaka Akil	F.Y.BA	9511831302	<u>Shaikh</u>
47)	Bagwan Farnaaz Suleman	F.Y.BA	9529096771	<u>Bagwan</u>
48)	Rubali Bhadrat Suryawanshi	F.Y.BA	9881164400	<u>Rubali</u>
49)	Ashwini Anandada Pawar	F.Y.BA	8766637800	<u>Ashwini</u>
50)	Sakshi Dnyaneshwar Gawali	F.Y.B.A	7028939173	<u>Sakshi</u>
51)	Poonam Sanjay Gavali	F.Y. B.com	8698140754	<u>Poonam</u>
		F.Y. B.com	8329800773	<u>Gavali</u>

for Head

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DEPARTMENT OF PSYCHOLOGY
M.P.H. Mahila Mahavidyalaya
Malegaon Camp 423105 (Nashik)

Program of "Guest Lecture" on the occasion of World Mental Health Day
News Dated 10/10/2022

महिलारत्न पुष्पाताई हिरे महिला महाविद्यालयात जागतिक मानसिक आरोग्य दिन साजरा



मालेगाव कॅम्प - महात्मा गांधी विद्यामंदिर संचलित महिलारत्न पुष्पाताई हिरे कला, विज्ञान व वाणिज्य महिला महाविद्यालयात दिनांक १० ऑक्टोबर २०२२ रोजी जागतिक मानसिक आरोग्य दिन साजरा करण्यात आला. सदर कार्यक्रमाचे आयोजन कर्मवीर भाऊसाहेब हिरे ग्रुपचे मॅनेजिंग डायरेक्टर व महात्मा गांधी विद्यामंदिर संस्थेचे समन्वयक डॉ. अपूर्व हिरे तसेच महात्मा गांधी विद्यामंदिर संस्थेच्या विश्वस्त व महाविद्यालय विकास समितीच्या अध्यक्ष संपदा हिरे यांच्या प्रेरणेतून करण्यात आले.

कार्यक्रमाप्रसंगी प्रमुख पाहुणे म्हणून डॉ. राजेंद्र शिरसाठ, मनोविकारतज्ञ वर्ग १, सामान्य रुग्णालय, मालेगाव, हे उपस्थित होते. त्यांनी आजच्या धकाधकीच्या जीवनात इलेक्ट्रॉनिक साधनांमुळे मानसिक आजार बळावत असल्याचे व सोबतच कौटुंबिक पार्श्वभूमीसुद्धा मानसिक आरोग्याला जबाबदार असते हे सांगून योग्यामुळे आपले बरेच मानसिक आजार दूर होतात, हरवत चाललेल्या आरोग्याला जपण्याबरोबरच मानसिक आरोग्य जपणे ही काळाची गरज आहे असे सांगितले. अध्यक्षीय मनोगतात प्राचार्य डॉ.

उज्वला देवरे यांनी मनाचा आजार हा शारीरिक आजारांप्रमाणे महत्त्व-चा आहे. मन स्वस्थ तर शरीर स्वस्थ हा संदेश त्यांनी विद्यार्थिनींना दिला. यावेळी महाविद्यालयाच्या उपप्राचार्य डॉ. दीपांजली बोरसे, शैक्षणिक पर्यवेक्षक डॉ. तेजस्विनी सोनटके यांनी जागतिक मानसिक आरोग्य दिनाच्या शुभेच्छा दिल्या. सदर कार्यक्रमाचे प्रस्ताविक मानसशास्त्र विभागाच्या प्रा. रोहिणी पवार यांनी केले. प्रमुख पाहुण्यांचा परिचय दिव्या ठाकरे हिने करून दिला. प्रियंका गांगुडे हिने सूत्रसंचलन केले तर आभार प्रदर्शन फरनाज बागवान हिने केले.