

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

Department of Psychology

**Online Lecture for College Students on “Importance of Counselling
during Covid - 19 pandemic” - 4th November 2020**

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Mahatma Gandhi Vidyamandir's

Smt. Pushpatai Hiray Arts, Science & Commerce Mahila Mahavidyalaya, Malegaon-Camp

Date: 02/11/2020

Department of Psychology

NOTICE

All the students are hereby informed that the Department of Psychology is going to organize the **online lecture** on “Importance of Counseling during Covid-19 Pandemic” on **04/11/2020 at 4.00 pm** on Zoom platform.

All the students must be participate in the program.



(Dr. Ujjwala S. Deore)

PRINCIPAL

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

Mahatma Gandhi Vidyamandir's


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Department of Psychology

**Report of Online Lecture on "Importance of Counseling during the Covid-19
Pandemic" Dated 04/11/2020**

The Department of Psychology successfully organized an online lecture on Importance of counseling during the covid-19 pandemic on 4th November 2020 on zoom platform. Miss. Jaimala Sode Head, Department of Psychology guided the students on various negative effects of covid-19 on mental health and create the awareness that people can take the help of counselors and increase positivity among people, change the negative thinking, don't be fearful or anxious maintain your mental health. She highlighted the various exercises that boost their mental health she also pointed out some techniques in her lecture which help the students to overcome from their stress, anxiety, fear and negative thoughts about exam.

More than 100 students were present in this lecture and asked their doubts and satisfied with the solutions. Some students attended this lecture with their parents and they also asked their questions. Principal Dr. Ujjwala Deore was the president of the lecture she also guided the students in this online lecture, and informed the students that our college provides the counseling facility those students who are having some problem they can visit the psychology department and take the help. Vice-Principal Dr. D.G. Jadhav and Dr. D.A. Pawar also guided the students and highlighted the importance of counseling.


HEAD
DEPT OF PSYCHOLOGY
S.P.H. MAHILA COLLEGE
MALEGAON CAMP (NASIK)


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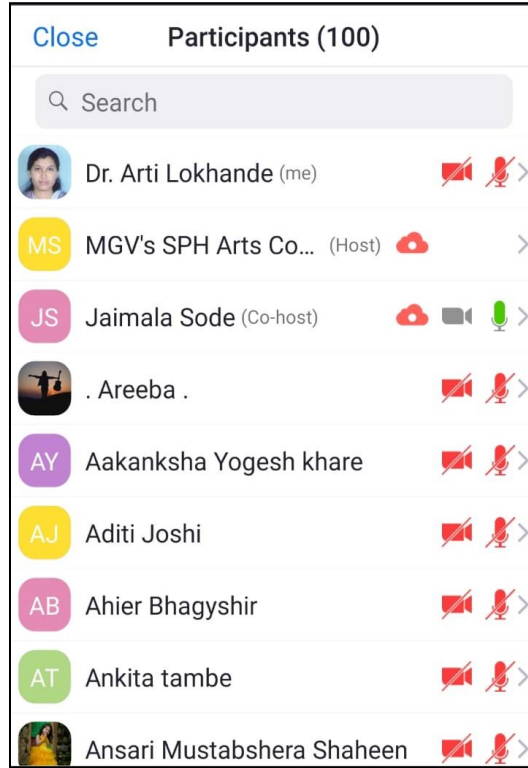
Online Lecture for College Students on “Importance of Counselling during Covid - 19 pandemic” - 4th November 2020 Photos and Attendance



Dr.Jaimala Sode guided the participants Dated 04/11/2020




Principal Dr. Ujjwala Deore guided the participants in her presidential address Dated 04/11/2020



Participants of online Lecture on Importance of Counselling during the Covid- 19 Pandemic Dated 04/11/2020


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