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Hanuman Shikshan Prasarak Mandal, Sonpeth's
**LATE RAMESH WARPUDKAR ARTS, COMMERCE & SCIENCE
COLLEGE, SONPETH. DIST. PARBHANI 431516 (MS)**

NAAC Accredited with Grade- B

(Affiliated to: Swami Ramanand Teerth Marathwada University, Nanded)

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Shri. P.R. Kadam
President

Dr. V.D. Satpute
Principal

Departmental Activity Report

- Name of the Department : **Cultural Cell**

1. Name of the Activity: **Mental Health Workshop**

2. Date: **08/02/2023**

3. Place & Time Late Ramesh Warpudkar ACS College Sonpeth, Dist. Parbhani

4. Objectives of the Programme:

- 1) to explain the concept of mental health
- 2) Creating awareness about mental health
- 3) To give guidance to the students about creating the ability to bear stress, worry and tolerance in life
- 4) Adopt good habits for mental health
- 5) Importance of proper, sufficient and timely diet in terms of mental health

5. Guests/Resource Persons:

Prin. Dr. Vasant Satpute, Prin. Dr. Shaikh Shakila, Amardeep Ghadge, Elizabeth and Sheetal Kamble

6. Abstract of the Programme:

A mental health workshop for college students under District Mental Health Program Parbhani was concluded at Ramesh College Sonpeth on February 8, 2023 on behalf of Public Health Department, the program was inaugurated by Vasant Satpute, Principal of the college, Principal Sheikh Shakila, President of the program, Dr. Psychiatrist Amardeep Ghadge and Elizabeth, social worker Shital Kamble and other dignitaries were present.



The program was anchored by Dr. Sakham Kadam, Introduction of Guest by Dr. Sunita Tengse, Guest Introduced by by Prof. Dr. Vanita Kulkarni, Vote of Thanks by Santosh Rankhamb.

Total Beneficiaries: Students – 62, Employees – 22, Others – 08, Total – 92.

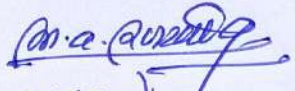
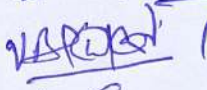

Achievements/ Outcomes:

Mental health means health of mind is as important as physical health, this workshop was helpful in dispelling the misconceptions about mental health among the students.




PRINCIPAL

Late Ramesh Warudkar (ACS)
College, Sonpeth Dist. Parbhani

- 1) Dr. Rankhamb S.V. 
- 2) Dr. Kulkarni V.B. 
- 3) Dr. Tengse S.A. 



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PRIN. SATPUTE V D



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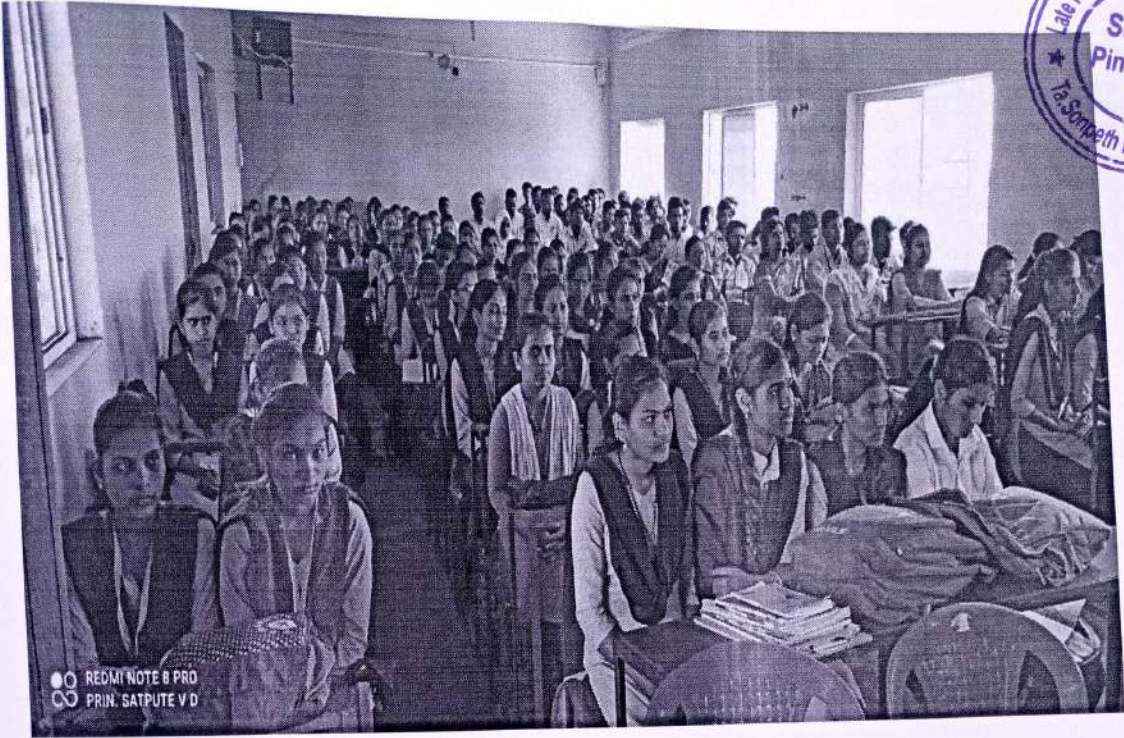


Ramesh Warpudkar ACS College
Sonpeth
Pin-431516
Sonpeth Dist. Parbhani

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REDMI NOTE 8 PRO
 PRIN' SATPUTE V D

महाविद्यालयीन विद्यार्थ्यांनी मानसिक आरोग्य सांभाळणे आवरयक - डॉ.अमरदीप घाडगे



सोनपेठ (दर्शन) :- सोनपेठ येथील कॅ. र. व. कला, चाणिज्य व विज्ञान महाविद्यालयात दि. ८ फेब्रुवारी २०२३ रोजी सार्वजनिक आरोग्य विभागाच्या वतीने जिल्हा मानसिक आरोग्य कार्यक्रम, परभणी अंतर्गत महाविद्यालयीन विद्यार्थ्यांसाठीची मानसिक आरोग्य कार्यशाळा संपन्न झाली. या कार्यक्रमाच्या अध्यक्षस्थानी महाविद्यालयाचे प्राचार्य डॉ. वसंत सातपुते हे होते. यावेळी मंचावर कनिष्ठ महाविद्यालयाच्या प्राचार्य शेख शकीला, डॉ. अमरदीप घाडगे (मानसोपचार तज्ञ), एलिझाबेथ मॅडम (मनोरुग्णतज्ञ परिचारिका), शितल कांबळे (सोशल वर्कर एम्पावर), हारून सर यांची

उपस्थिती होती. यावेळी विद्यार्थ्यांना मार्गदर्शन करताना एलिझाबेथ मॅडम यांनी मानसिक रोगाची लक्षणे व उपचार या अंगाने मार्गदर्शन केले. यामध्ये नैराश्य, उदासीनता, बेचैनी, भास होणे, हातापायाला घाम येणे, घशाला कोरड पडणे आदी लक्षणांवरून आपल्याला मानसिक रोगाचे निदान करता येईल. बऱ्याच माणसांना स्वतःशीच बोलण्याची, कुणाविषयी शंका येण्याची मानसिकता असणे हे सुद्धा याच आजाराचे लक्षण मानावे लागेल, असे त्या म्हणाल्या. यावेळी मानसोपचार तज्ञ डॉ. अमरदीप घाडगे यांनी मानसिक रोगापासून दूर राहायचे असेल तर विद्यार्थ्यांनी आपले

छंद जोपासावेत, आवड असली की माणूस सवड काढतो. स्वतःसाठी वेळ काढा, शारीरिक व्यायामासोबतच ध्यानधारणा, योगासने ही हितावह ठरतील. जर आपल्याला अस्वस्थ वाटत असेल वा आपल्या सभोवती कुणी असा मानसिक रुग्ण असेल तर कृपया १४४-१६ या टोल फ्री क्रमांकावर फोन करून आपण गुपचूप समुपदेशन प्राप्त करू शकता. मानसिक आजारावर उपचार घेणारा वेडाच असतो असे नाही. मनसोपचार करणाऱ्या समुपदेशक हा कुठल्याही औषधाशिवाय, उपकरणांशिवाय रोग यांना मानसिक आधार देत, रुग्णाचा विश्वास संपादन करत, केवळ मित्र बनून ऐकून घेणे व त्यातील बरकदवे समजून सांगणे अशा साध्या उपायांनी तो रुग्णाचे रोगनिवारण करू शकतो. कधीही एकटेपणा पेक्षा मित्र मैत्रिणी च्या गोतावळ्यात स्वतःला व्यक्त करणारा माणूस निरोगी राहण्याची शक्यता जास्त वाढते. असेही यावेळी ते म्हणाले. या कार्यक्रमाचे सूत्रसंचालन प्रा. सखाराम कदम यांनी केले तर आभार कार्यक्रमाचे अध्यक्ष प्राचार्य डॉ. वसंत सातपुते यांनी मानले.

Late Ramesh Warpudkar ACS College Sonpeth Dist
Parbhani

One Day Workshop on 'Workshop on Mental Health'

Date: 08/02/23

Day: Monday

Participant List

| Sr. No. | Name of the Participant | Mobile No | Signature |
|---------|-------------------------------|------------|---------------------|
| 1) | Asmita Ashok Kumbale | 9499188878 | <u>Asmita</u> |
| 2) | Rathod Daxi Suresh | 9529100912 | <u>Daxi</u> |
| 3) | Patil Vaishnavi Mahesh | 7517202261 | <u>v.m.Patil</u> |
| 4) | Khandare Shital Ganesh | 9881357048 | <u>Shital</u> |
| 5) | Bansode pooram manik | 8805129651 | <u>Pooram</u> |
| 6) | Suhani Ashok Salve | 8261808631 | <u>Suhani</u> |
| 7) | Sathe Akansha Balasheb | 8767858610 | <u>Akansha</u> |
| 8) | Aishwarya Harishchandra Agale | 9226557044 | <u>Agale</u> |
| 9) | Ajay Vijay Waghmare | 8208688433 | <u>Ajay</u> |
| 10) | Karan Umaji Ranjve | 8450545658 | <u>Karan</u> |
| 11) | Omkar Ramkishan Sapate | 9369730057 | <u>Omkar</u> |
| 12) | Rathod Avinash Ankush | 8899932584 | <u>Avinash</u> |
| 13) | Jagati Rajesh Salve | 9822119484 | <u>Jagati</u> |
| 14) | Dnyaneshwari Panchal | 9175575095 | <u>Dnyaneshwari</u> |
| 15) | Manisa Datta Patil | 9923918347 | <u>Manisa</u> |
| 16) | Chkul Vijay Waghmare | 9067516464 | <u>Chkul</u> |
| 17) | Pranjali Babasaheb Kale | 8600883723 | <u>Pranjali</u> |
| 18) | Ansari Inshara | 8857804138 | <u>Ansari</u> |

| Sr. No. | Name of the Participant | Mobile No | Signature |
|---------|------------------------------|-------------|------------|
| 19 | Supriya Raju Salve | 79723261907 | Supriya |
| 20 | Neha Dnyaneshwar Denskar | 8080629317 | Neha |
| 21 | Komal Ramesh Korde | 9604536955 | Komal |
| 22 | Shikanya Shilaji Aise | 9022736942 | Shikanya |
| 23 | Bhagyashri Gajanan Phuke | 9923500651 | Bhagyashri |
| 24 | Savle Mayuri Manik | 9172640997 | Mayuri |
| 25 | Vaishnavi Dnyaneshwar Musale | 9822878222 | Vaishnavi |
| 26 | Vaishnavi Manojkha Malge | 9763459763 | Vm |
| 27 | Mukta Tateenu Badale | 9767602461 | Mukta |
| 28 | Dr. Feroz A-B | 9422444099 | Feroz |
| 29 | Dr. Shailch. S. A. | 9890824889 | Shailch |
| 30 | Tazeen Khanam Feroz | 9975055617 | Tazeen |
| 31 | Ansari Adeeba Aarid | 9561279174 | Adeeba |
| 32 | Tulsi Tukaram Anurag | 8421108764 | Tulsi |
| 33 | Shweta Pankaj Lakshman | 8975247009 | Shweta |
| 34 | श्री. वसुदेव लक्ष्मण शर्मा | 9130380877 | Vasudeva |
| 35 | Renu Ramesh R. | 9426035775 | RRCerle |
| 36 | Abhijeet Ramesh Aarbad | 9359070532 | Abhijeet |
| 37 | Suker Nagnath Ambare | 920944188 | Suker |
| 38 | Swaphil Laxman Mane | 9146996999 | Swaphil |
| 39 | Vijay Uttam Munde | 8262806600 | Vijay |
| 40 | Gayatri Uddhav Misal | 8788729778 | Gmisal |

| Sr. No. | Name of the Participant | Mobile No | Signature |
|---------|------------------------------|-------------|-----------|
| 41 | Ruksar Ayyub Shaikh | 9623826831 | |
| 42 | Rutuja Shivaji Kadam | 935964265 | |
| 43 | Misbah Ansari | 7276667146 | |
| 44 | Shinde Anjali Uttam | 7587554623 | |
| 45 | Ashpak Agulab Shaikh | 7499985761 | |
| 46 | C.N. Patke | 9637678855 | |
| 47 | Maske Anuradha Digambari | 9529313435 | |
| 48 | Bardale Durga | 7083691919 | |
| 49 | Shital Vikas Tate | 70110136510 | |
| 50 | Pawar Sujay Deshwar | 9356585769 | |
| 51 | Huke Shivam Ashokra | 9172603270 | |
| 42 | शिवम शिवराज एबो | 7083991011 | |
| 43 | Jogdand Gayatri Hanubhai | 9156963309 | |
| 44 | Jogdand Priyanka Hanuman | 9730631990 | |
| 45 | Sapate Durgeshwari Ramkishan | 9359730057 | |
| 46 | Kale Rupali Ramakant | 9659304418 | |
| 47 | Mule Komal Sunil | 9370299212 | |
| 48 | Paul Shital Rameshwar | 8530995559 | |
| 49 | Kharat Ashwini Sugriv | 9834721347 | |
| 50 | Sakshi Jogdand | 9325167779 | |
| 51 | Susata Vishu Chavan | 8446224134 | |
| 52 | Rode Sakshi Nagnath | 8999657575 | |
| 53 | Chavan Kalpana Eknath | 9699074889 | |
| 54 | Ghanghav Pooja Kamlesh | 9923180982 | |
| 55 | Salve Dipali Pandurang | 9209825051 | |

| Sr. No. | Name of the Participant | Mobile No | Signature |
|---------|----------------------------|------------|------------|
| 56] | Grauhane Ankita Namdev | 9767181209 | Ankita |
| 57] | Anuja Bhagwanrao Nispane | 7414987079 | Anuja |
| 58] | Radhika Ashok chavan | 9850940747 | Radhika |
| 59] | Yogita Nishaei walwate | 9767035717 | Yogita |
| 60] | Alanka Vishnu Alse | 8459767558 | Alanka |
| 61] | chavan dipti datta | 9146294646 | dipti |
| 61] | shaiikh Khada Abdul | 8080795831 | shaiikh |
| 62] | Haseem Suryakant Rede | 8483853106 | Haseem |
| 63] | paavan Laxmikant Kadam | 9623167155 | Paavan |
| 64] | Charan Anjanika Dhurati | 9209248741 | Charan |
| 65] | Khanalaxmi Suresh somnelli | 9579476977 | Suresh |
| 66] | यशोदा लक्ष्मी शिंदे | 8080941827 | Pragati |
| 67] | Durga Suresh Udale | 9767964692 | Durga |
| 68] | Gitantali keshav kapse | 9579954070 | Gitantali |
| 69] | vaishnavi sandipan zirpe | 9370211438 | vaishnavi |
| 70] | varsha Radhakishan shinde | 901422451 | varsha |
| 71] | sheela Anjaneshwar Halekar | 9529863138 | Sheela |
| 72] | Tanuja Jagannath Yadav | 9146991717 | Tanuja |
| 73] | Asif Anand Ayeshi | 7820819788 | Asif |
| 74] | Alfiya Shaikh Ameer | 9373832935 | Alfiya |
| 75] | Kaivalya Gopinath Kale | 9834300326 | Kaivalya |
| 76] | Nikita Hanuman kadam | 9975364417 | Nikita |
| 77] | Anjali Suresh Bhande | 9822200431 | Anjali |
| 78] | Anjali Anand Dhudhate | 9834735162 | Anjali |
| 79] | Muleshamal sunil | 9922534221 | Muleshamal |

