



Late Shri. Vishnu Waman Thakur Charitable Trust's  
**Bhaskar Waman Thakur College of Science,  
Yashwant Keshav Patil College of Commerce,  
Vidhya Dayanand Patil College of Arts,**

VIVA College

(Affiliated to University of Mumbai) NAAC ACCREDITED WITH "B" GRADE (CGPA 2.69)

Shri Hitendra V. Thakur  
President

Ms. Aparna P. Thakur  
Secretary

Dr. A. P. Pandey  
I/C Principal

Ref. No. :

Notice No.VC/03/2020-21

Date :

Date: 07/10/2020

**NOTICE**

**(Degree College)**

I.Q.A.C., Department of Psychology, and Personality Development & Counseling Committee jointly organise a webinar on 'Mental health for youth' on the occasion of World Mental Health Day.

Topic: Mental health for youth

Day and date: Saturday, 10th October, 2020

Time: 11:00 am to 1:00pm

Online platform: Google meet app

Speakers: Ms. Hemlata Thakur and Ms Minu Gandhi

All students and faculties are cordially invited.

*Dr. A. P. Pandey*  
I/C Principal



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Dear Students,

Greetings from VIVA college of Arts, Commerce & Science, Virar (West)

On the occasion of **World Mental Health Day, I. Q. A. C., Department of Psychology and Personality Development and Counseling Committee** of our college has jointly organised a webinar for the students. The details are as follows.

**Webinar platform: google meet app**

**Day and date: Saturday, 10th October, 2020**

**Time: 11:00 am to 1:00 pm**

**Topic: Mental Health for Youth**

**Speakers: Ms. Hemlata Thakur and Ms. Minu Gandhi**

**Registration fees: free**

Program Schedule : 11:00 am to 11:30 am - welcome and greetings

11:30 am to 12:15 pm - talk by Ms. Hemlata Thakur on Communicating with parents

12:15 pm to 1:00 pm - talk by Ms. Minu Gandhi on Depression and suicidal thoughts among youth

**For registration**, click on the link and fill up the details. <https://forms.gle/9sb7cpFmUbgJ6SEj6>

To receive the link for the webinar and other updates, join the **telegram group** by clicking the following link <https://t.me/joinchat/AAAAAETQQc422iVmkYHLmQ>

E certificate will be issued to participants on filling up the feedback form which will be provided at the end of the session.

With regards,

Dr. A. P. Pandey

I/C Principal

Mrs. Prajakta Paranjape

Vice Principal

Dr. Deepa Verma

Vice Principal and IQAC coordinator

Ms. Rashmi Sawant

Department of Psychology