



**Late Shri. Vishnu Waman Thakur Charitable Trust's
Bhaskar Waman Thakur College of Science,
Yashvant 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

Notice No. VC/17/2021-22

Date: 06/10/2021
Date :

Ref. No. :

NOTICE

(Degree College)

On the occasion of "World Mental Health Day" which is celebrated every year on 10th October, IQAC and the Department of Psychology are jointly organising Guest lecture series with the theme 'Mental Health for Youth' which is primarily aimed for students. The talk series will be conducted from 7th October to 12th October, 2021 where experts from different fields will address students about various topics related to mental health.

Following is the program schedule:

Day, Date & Time	Name of the Expert	Topic
Thursday 7th October 2021 10:00 am to 11:00 am	Ms. Vrushali Pendse, Corporate Trainer and Assistant Professor in Psychology, Thakur College	Challenges of Adolescent Wellness
Friday, 8th October 2021 2:00 pm to 3:00 pm	Ms. Annapurna Madhuri, Psychologist	Stress Management
Saturday, 9th October 2021 10:00 am to 11:00 am	Ms. Poonam Ghadigaonkar, Psychologist, Disha Counseling Center.	Mental Health and Career
Sunday, 10th October 2021 10:00 am to 11:00 am	Ms. Annapurna Madhuri, Psychologist	Solution Focused Approach to Self-Management
Monday, 11th October 2021 10:00 am to 11:00 am	Dr. Kirti Tandel, Psychiatrist Manahsparsha.	Suicide and Youth: Preventive measures
Wednesday, 12th October 2021 10:00 am to 11:00 am	Bhakti Walve, Art Therapist	Rehabitation of Youth through Drama Therapy

This program will be streamed live on YouTube for students. Students will be given a YouTube link in their registered email address a day prior. Certificates will be given for attending individual sessions. For teaching staff, Google meet link will be provided a day prior.



A.P. Pandey
I/C Principal