

Committee – Counselling Cell and Mentoring Committee

Title of the programme – Webinar on Reviewing psychological status after pandemic

Speaker/Guest – Hon'ble Mr. Prabhu Deva, Director: JK Global Academy- India

Date and Time – 02nd May 2022 from 10:30 noon onwards

Anchoring By: Ms. Sakshi Shivhare

Vote of thanks proposed by: Ms. Sakshi Shivhare

Objectives: -

1. To address the increased need for mental health services during and after the pandemic
2. To guide and motivate the students.
3. To teach students methods and techniques to stay positive and self-motivated.
4. To help students gain their confidence.

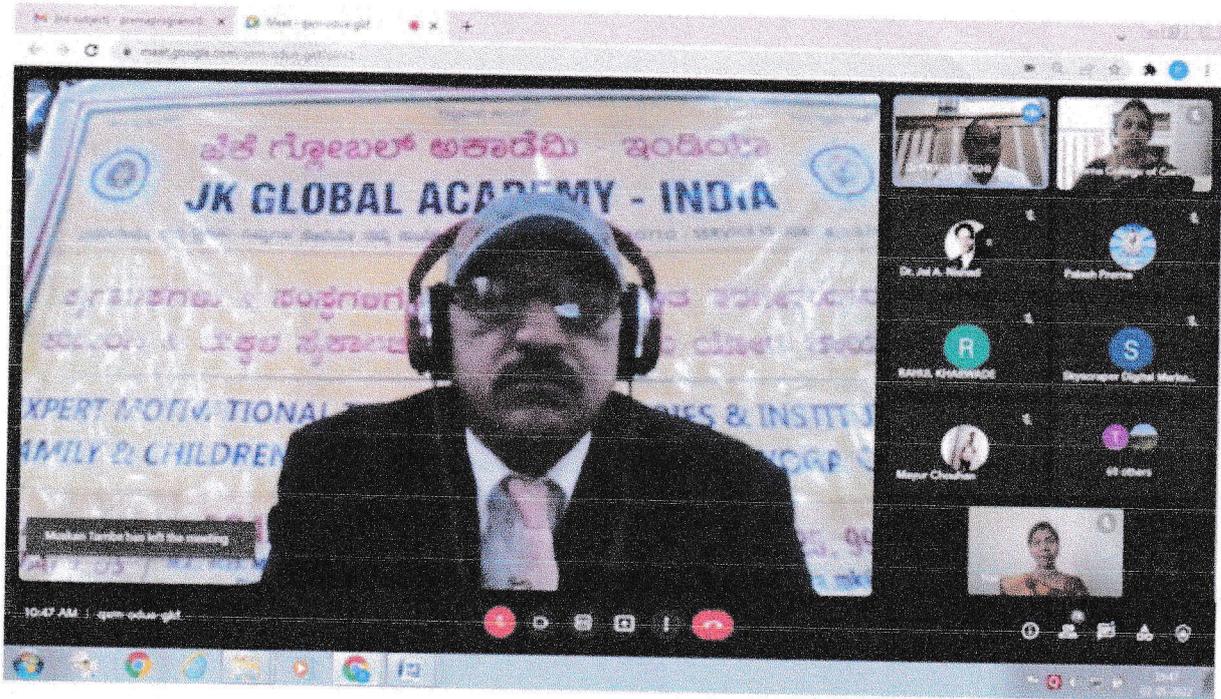
Highlights:

1. Ms. Sakshi Shivhare welcomed and introduced Mr. Prabhu Deva, guest of the programme.
2. Dr. Pravin Joshi, Director Prerna College of Commerce, gave an introductory remark giving an example that hundreds of young children's need motivation, guidance, inspiration from elder generation.
3. Mr. Prabhu Deva started his session by a quote from Bhagvat Geeta "What happens is good, and what happens in future is also good" by Shri Krishna.
4. Mr. Prabhu Deva defined psychology as behaviour (science of behaviour to understand human behaviour).
5. He highlighted the positive side of pandemic such as cleanliness, online learning, control on pollution, etc.
6. He told the importance of studying and working, by which other than livelihood we get mental satisfaction, leadership and joy.
7. He ended up the session by saying a positive quote, "Your life is your garden, your thoughts are the seeds. If your life isn't awesome, you've been watering the weed" by Terry Prince.
8. Finally Vote of thanks given by Ms. Sakshi Shivhare.

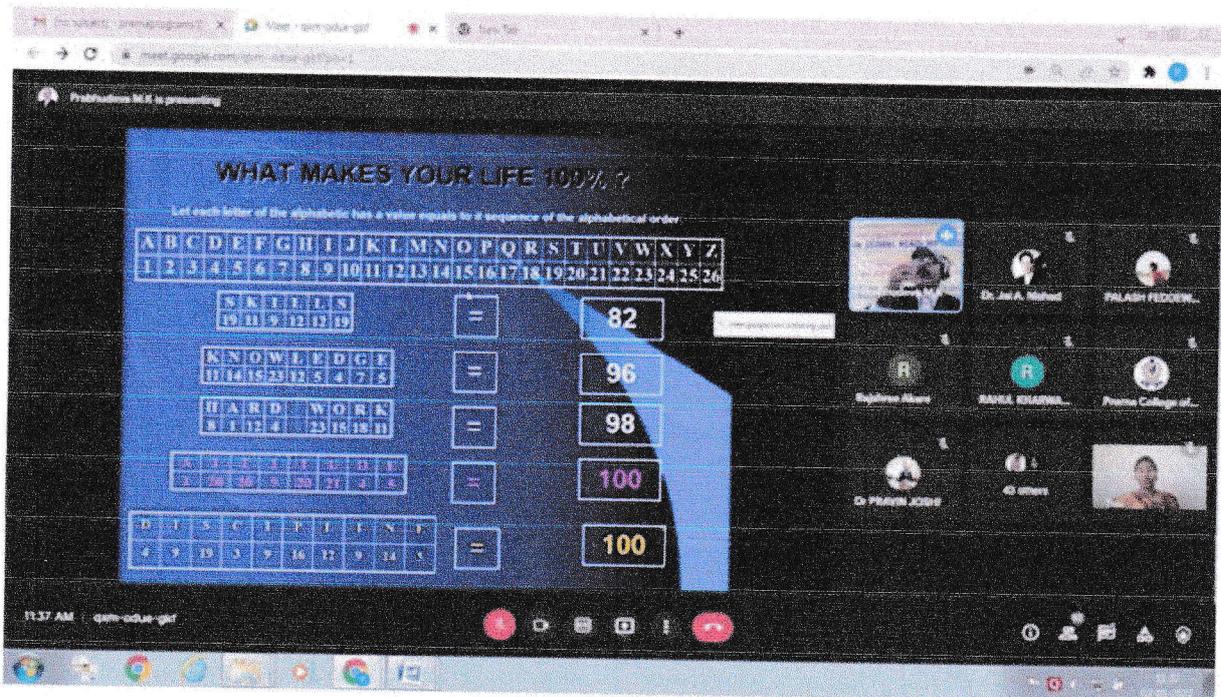
Outcome: -

1. The students were briefed about various ways to stay motivated and positive.
2. Students came to know about the positive side of corona.
3. The students were told about the best practices to be practiced every day.
4. They come to know how to maintain good interpersonal relationship.

No. of Participants: - 60 Students and 20 faculty members



Speaker Mr. Prabhu Devaaddressing the session



Speaker MrPrabhu Devamentoring the students

