



# Dr S.C. Gulhane Prerna College of Commerce, Science and Arts

Run by Prerna Sewa Mandal  
Reshimbag Square, Nagpur-24

Govt Recognized and Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University  
NAAC (UGC) ACCREDITED INSTITUTION 'B' GRADE (CGPA-2.32)

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## REPORT

### 'Seminar on Precautions for Mental or Emotional Wellness'

**Committee:** Counselling Cell

**Title of Seminar:** Precautions for Mental or Emotional Wellness

**Resource Person:** Dr. Nitin Vighne, International Career Counselor, Ex- Clinical Psychologist Indian Air-Force, India

**Guest of Honour:** Dr S. C. Gulhane, Secretary of Prerna Sewa Mandal, Dr Pravin Joshi, Director of Dr S. C. Gulhane Prerna College Of Commerce, Science & Arts, Nagpur.

**Date:** 24<sup>th</sup> January 2024-01-25

**Time:** 10:30 am onwards

#### Objectives:

1. To increase awareness about the importance of mental and emotional wellness.
2. To educate participants about common mental health challenges and issues.
3. To enhance understanding of mental health as a continuum, emphasizing that everyone has mental health and it is essential to take proactive measures.
4. To help participants identify common stressors and triggers that may impact mental and emotional well-being.
5. To provide information on preventive strategies to maintain good mental and emotional health.
6. To discuss the role of lifestyle, diet, exercise, and sleep in mental well-being.
7. To introduce effective coping mechanisms for dealing with stress, anxiety, and other emotional challenges.
8. To teach mindfulness and relaxation techniques.
9. To discuss the concept of resilience and ways to develop resilience in the face of life's challenges.
10. To address and reduce the stigma associated with mental health issues.
11. To encourage open discussions to create a supportive and non-judgmental environment.
12. To discuss the importance of social connections in maintaining good mental and emotional health.
13. To highlight the interconnectedness of physical, mental, and emotional well-being.

#### Highlights:

- 1) The program was compered by the Miss Sharwari Ramteke.
- 2) Dr. Pravin Joshi Director of Dr. S. C. Gulhane, Prerna College of commerce, Science & Arts, Nagpur welcomed the Chief Guest Dr. Nitin Vighne, Ex- Clinical



Psychologist, Indian Air-force by offering a floral bouquet and memento as a token to respect.

- 3) Dr. Liladhar Rewatkar, Principal of Dr. S. C. Gulhane, Perna College of commerce, Science & Arts, Nagpur welcomed our guest of honour, Dr Pravin Joshi, Director of Dr. S. C. Gulhane, Perna College of commerce, Science & Arts, Nagpur by offering a floral bouquet.
- 4) Dr. Pravin Joshi sir has presented an introductory remark and addressing participants with valuable insights and practical strategies to foster and maintain good mental and emotional health.
- 5) Dr. Nitin Vighne sir throughout his presentation promoting mental and emotional well-being at both individual and community levels, with potential ripple effects on societal attitudes toward mental health. They focussed on the broader movement toward holistic health and emphasize the importance of proactive measures for mental well-being.

#### **Outcomes:**

- 1) Students got aware about the importance of mental health
- 2) Session provides participants with practical knowledge and tools to implement preventive measures, fostering a proactive approach to mental and emotional well-being.
- 3) Students encouraged seeking professional help when needed, facilitating early intervention and improving mental health outcomes.
- 4) Students understand the interconnectedness of physical, mental, and emotional health, promoting a holistic approach to wellness.
- 5) Sessions provides participants with tools and strategies that can have a lasting impact on their mental and emotional well-being, leading to sustained positive outcomes.
- 6) Encourages students positive lifestyle changes, such as improved diet, regular exercise, and better sleeps hygiene, which can have wide-ranging benefits for mental health.
- 7) Educates participants about mental health issues, contributing to a more informed and empathetic society.

**No. of Beneficiaries:** 80 Students

**Programme Coordinator:** Dr Priyanka Dongre

**Date:** 24<sup>th</sup> January 2024



## Glimpse of Program:



**Dr Pravin Joshi welcomed Guest with the floral bouquet**



**Dr Pravin Joshi addressing students**

*Sonika*  
Dr. Sonika Mishra