



**Lokmanya Tilak Jankalyan Shikshan Sansthan's  
Priyadarshini College of Engineering  
Health and Happiness Cell**



**Date: 08/08/25**

**Venue:** T & P Seminar Hall, Wing -A, Ground Floor.

**Participated by:** Staff (Teaching and Non-Teaching) and students of PCE (50+ staff and students attended the talk).

**Event:** Mental Health Awareness

**Time:** 04:00 pm to 04:45 pm

**Resource:** 1) Mrs. Nayna Holey, Senior Faculty, Art of Living. 2) Ankitji, Faculty Art of Living 3) Dr. Sharvari Kolte Faculty, Art of Living.

**Event Coordinators:** Dr. (Mrs.) N. R. Hatwar, Health and Happiness Incharge, and Team.

**Objective:** 1) To sensitize students and staff about the importance of mental well-being and encourage them to identify signs of stress, anxiety, and emotional imbalance. 2) To promote a supportive campus environment by providing practical strategies, resources, and guidance for improving mental health and fostering resilience among students.



**Remark:** The Mental Health Awareness Seminar conducted at the college was highly beneficial, offering meaningful insights into emotional well-being and stress management. The session successfully encouraged students and staff to openly discuss mental health concerns and adopt healthy coping practices. Overall, the event contributed significantly to creating a more supportive and mentally aware campus community.

**Incharge**  
Dr. (Mrs.). N. R. Hatwar  
**Health and Happiness Cell**