



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