

## **Mental Health and Stress Management Workshop Report**

Date: 18<sup>th</sup> January, 2019

Venue: Seminar Hall (3<sup>rd</sup> floor)

### **Report**

Our Institute of Science, Poona, Swami Vivekanand College of Education, Wakad, Pune - 57 runs 'Nirbhay Kenya Abhiyan' for the girl students in collaboration with Savitribai Phule Pune University with the objectives of awareness of students' emotional states and bring attention to unhealthy behavior that may suggest the presence of a *mental illness* or *mental health* problem among the girls. Under this scheme, team of Swami Vivekanand College of Education conducted workshop of **Mental Health and Stress Management** on 18<sup>th</sup> January, 2019 at 10:00am.

The session started with the delegation of Dr. Ashutosh Misal, by the hands of our respected Principal Dr. Bhagyashree Dudhade. Dr. Ashutosh Misal conducted Stress Test. He explained Types of Stress, Factors Affecting Stress, Basic Strategies of remove Stress, Mental Health. Mental Health and Stress Management workshop was very helpful. This workshop was conducted under the guidance of Director Shri. N. C. Joshi Sir and our Principal Dr. Bhagyashree Dudhade.

