

Prabodhan Education Society's  
**VIDYA PRABODHINI COLLEGE**  
of Commerce, Education, Computer & Management  
Parvuri Goa

IN COLLABORATION WITH  
**CHEMBUR SARVANKASH  
SHIKSHANSHASTRA MAHAVIDYALAYA**  
Chembur



ORGANISES  
A ONE DAY WEBINAR ON

# "Mental Health and Well Being"

ON 6TH DECEMBER 2021

Resource Person

**Dr. C.A. Chakradeo**

(I/C Principal)

Chembur Sarvankash Shikshanshasttra Mahavidyalaya

**Dr. Bhushan V. Bhave**

(Principal)

**Dr. Anil T. Thosare**

(Convenor)

**Dr. Manisha V. Kulkarni**

(Convenor)

## Highlights

Online Platform: **Google Meet- <https://meet.google.com/fyz-gecf-bjn>**

Timing : **03.00 pm to 04.30 pm**

For Registration : **<https://forms.gle/zNXKFyHsWMXfLihW6>**



Chembur Education Society's  
**Chembur Sarvankash Shikshanshastra Mahavidyalaya**  
R. C. Marg, Chembur Naka, Chembur, Mumbai-400 071.

Report : National Webinar on 'Mental Health & well-being' Programme

Academic year : 2021- 2022

Resource Person : Dr.C.A.Chakradeo , Principal CSSM-Chembur

Principal Sir Dr. C.A. Chakradeo for being the Resource person for one day National webinar on 'Mental Health & Wellbeing' on 6th December 2021 organized by Vidya Prabodhini college of Commerce, Education, Computer & Management, Parvari Goa in collaboration with Chembur Sarvankash Shikshanshastra Mahavidyalaya, Chembur.

Following are Objectives of the Programme

To educate the participants about the importance of the Mental Health

To focus on effected factors on Mental Health for Ex. Anxiety, Frustration, Conflicts, Depression and Stress

To use different type of strategies to overcome from these factors

His thoughts on mental health and wellbeing helped the learners to create better understanding and awareness about the importance of Mental Health and strategies to keep ensure Mental Health..

**PRINCIPAL**

Chembur Sarvankash Shikshanshastra  
Mahavidyalaya  
Ramkrishnan Chemburkar Marg,  
Chembur Naka, Mumbai 400 071