



Chembur Education Society's
Chembur Sarvankash Shikshanshastra Mahavidyalaya

R. C. Marg, Chembur Naka, Chembur, Mumbai-400 071.

Report : 'Mental Health & well-being' Programme

Academic Year : 2020-2021

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

Dr.Waman Nakhale Director RC-YCMOU

Mr.T.K.Sonawane Asst. Registrar YCMOU

This is the State Level Seven Days Workshop organised 29/04/2021 to 05/05/2021. It's conducted Online Platform through Google Meet and Timing 5 to 6- 30 pm

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

Resource persons arranged interactive discussions on real life scenarios Our mental health is a fundamental part to our overall health and well-being. As a parent, must play a huge role in supporting your child's mental well-being. Nurturing and loving care build a strong foundation, helping your child to develop the social and emotional skills they need to lead a happy, healthy and fulfilled life.

Here are expert tips and resources to help students to support their own mental health. Mental health education equips students with the knowledge and skills to manage their emotions, reduce stigma, and seek help when needed. It enhances their overall well-being, making them better learners and individuals.

PRINCIPAL

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