

Activity Report Format

Name of activity	Workshop on Mental Well-being and Behavioral science.
Objectives of the activity (maximum 40 words)	Raise awareness about the mental health continuum, reduce stigma associated with mental illness, promote help seeking behaviors and emotional well-being practices, and prevent suicide through individual education and outreach events.
Organizing department/s	Department of Zoology, Human Science , Clinical Psychology, Computer science and Information Technology.
Collaborative institute	-
Date (DD / MM / YYYY)	17/02/2024
venue	Patanjali Auditorium
Mode	Offline
Details of Resource person (name, designation, institution)	Ms.RevatiShinde (M.A. Psychology) Ms.PragatiMahadik (M.A. Psychology) University of Mumbai
Key Participants	1. SupriyaDamle 2. Nikeeta Keni 3. Jui Pimple 4. PriyankaGaikwad 5. Nimeesha Vagal 6. Simran Modgekar 7. NupurTalale 8. AlphyHari 9. UmeshAvadootha SYBSc and TYBSC students
Remarkable outcomes/ key take-away messages (max. three)	<ul style="list-style-type: none">• The individual realizes his or her own abilities.• They can cope with normal stress of life and work productively and fruitfully• Able to make good contribution in community
Details of participants	

Total Number	88
Outsiders	3
In-house	85
	Faculty members: 09 students: 76
	Male: female: others:

Name of Coordinator/ teacher in-charge: I/C Principal -Prof. Dr. Vinda Manjramkar

Two Geo tagged photos:

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