



## ACTIVITY REPORT

Submission Date: 4<sup>th</sup> May 2022

Department Name : N.S.S. Unit & Guidance and Counseling Cell

Nature of the Activity : Educational Talk

Name of the Activity : Talk on Mental Health

Activity In-Charge : Dr.Sonali Shankhwalker Convenor of Guidance & Counselling Cell  
Ms. Shamal Dessai, NSS Convenor,

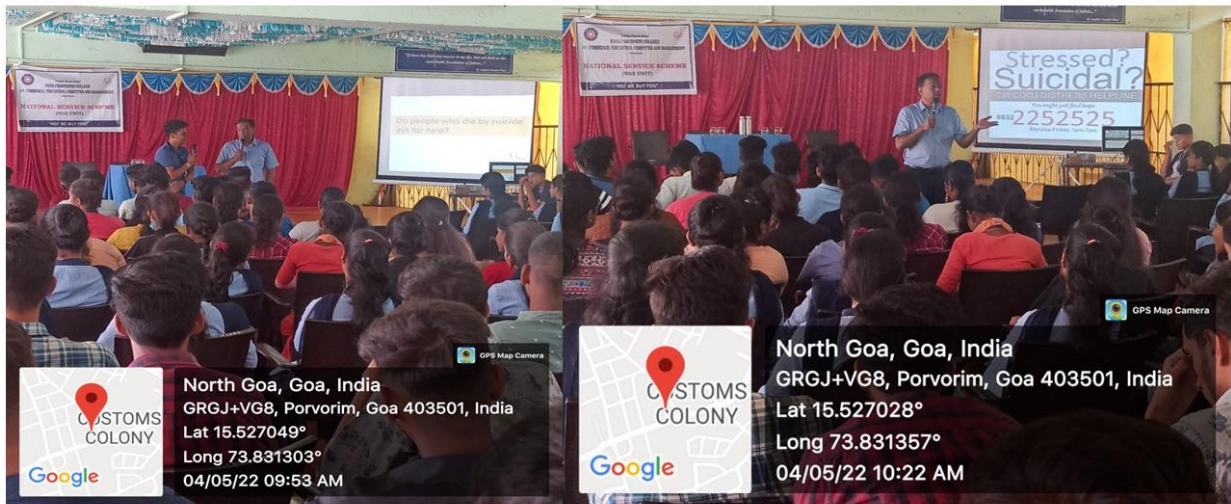
Event Date : 4<sup>th</sup> May 2022



Prabodhan Education Society's  
Vidya Prabodhini College of Commerce, Education, Computer & Management  
Parvari-Goa



### **Talk On Mental Health on 04/05/2022**



## **Report**

The Guidance and Counselling Cell in Collaboration with the NSS Unit and the IQAC of Vidya Prabodhini College organized a talk on Mental Health for the T.Y.B.A.BEd and T.Y.B.Com students. Dr .Peter Castelinho a well renowned psychiatrist was the resource person for the programme who oriented the students about suicide prevention strategies .The session was an interactive one wherein the students were given an opportunity to participate in role play in order to learn how to handle a person who is laboring under depression and is having suicidal thoughts, The College Counsellor Ms.Shrishti Tamankar welcomed and introduced Dr.Peter Castelinho to the audience and Ms. Veda Gaude ,student of TYBABEd proposed the vote of thanks. The Vice Principal of the college Dr.Anil Thosare was present for the function. The activity was coordinated by Dr.Sonali Shankhwalker Convenor of Guidance & Counselling Cell and Ms. Shamal Dessai, Asst. Prof. in Economics & NSS Convenor.

**Ms Shamal Dessai**  
NSS Convenor

**Dr.Sonali Shankhwalker**  
Convenor  
Guidance & Counselling Cell

**Dr. Bhushan Bhawe**  
Principal