



PCET's
S. B. Patil Institute of Management
Gender Equity Series



Topic: Mental health for women of 2020

Date – Thursday, 29 April 2021
Time – 4:00 pm to 4:40 pm

Faculty coordinators: Dr. Swapnali Kulkarni

Students Coordinators: Ms. Gauri Sasturkar

No of students participated: 25

No of Faculty participated: 10

Report:

S. B. Patil Institute of Management organized a session on “Mental health for women of 2020” considering the importance of the topic via zoom platform. The session was delivered by Mr. Amogh Kshirsagar, Psychologist & Corporate trainer. All the ladies staff members and the Girl students of MBA -I & II year were present online for the session.

A welcome speech was given by Miss Ashwini Patil MBA I year. She welcomed Mr. Amogh Kshirsagar Sir and all the ladies who joined via zoom platform.

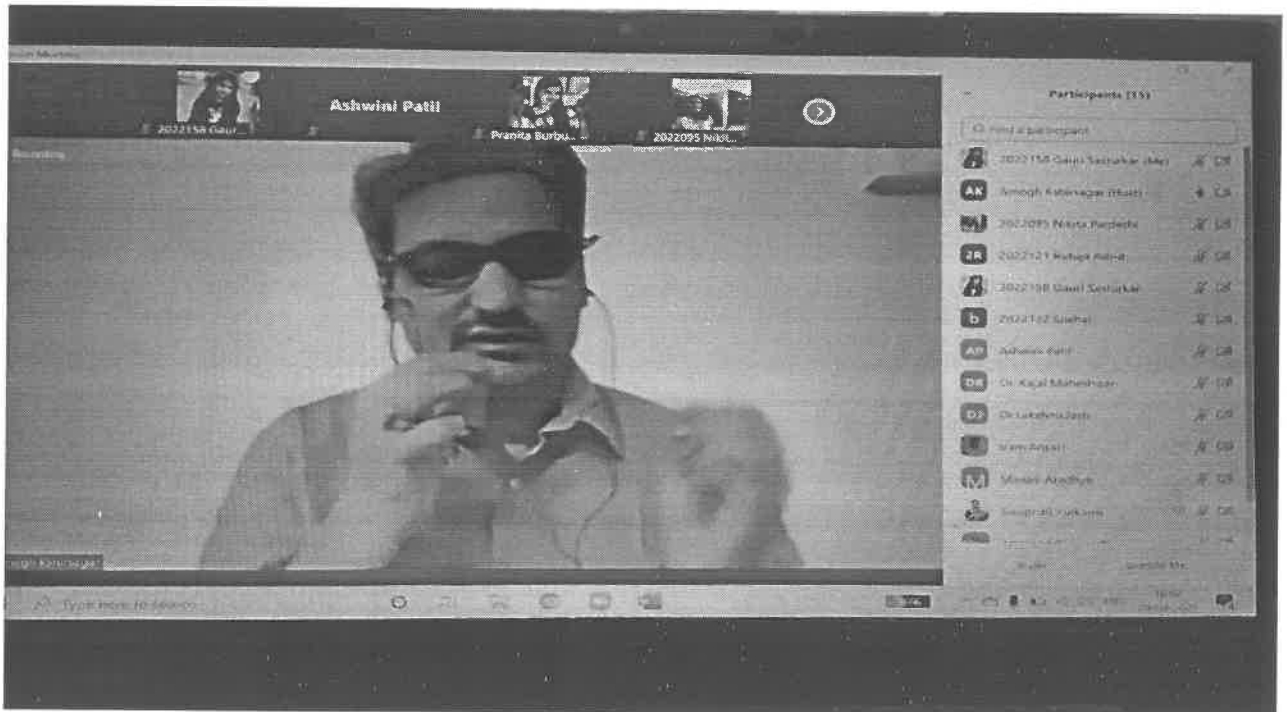
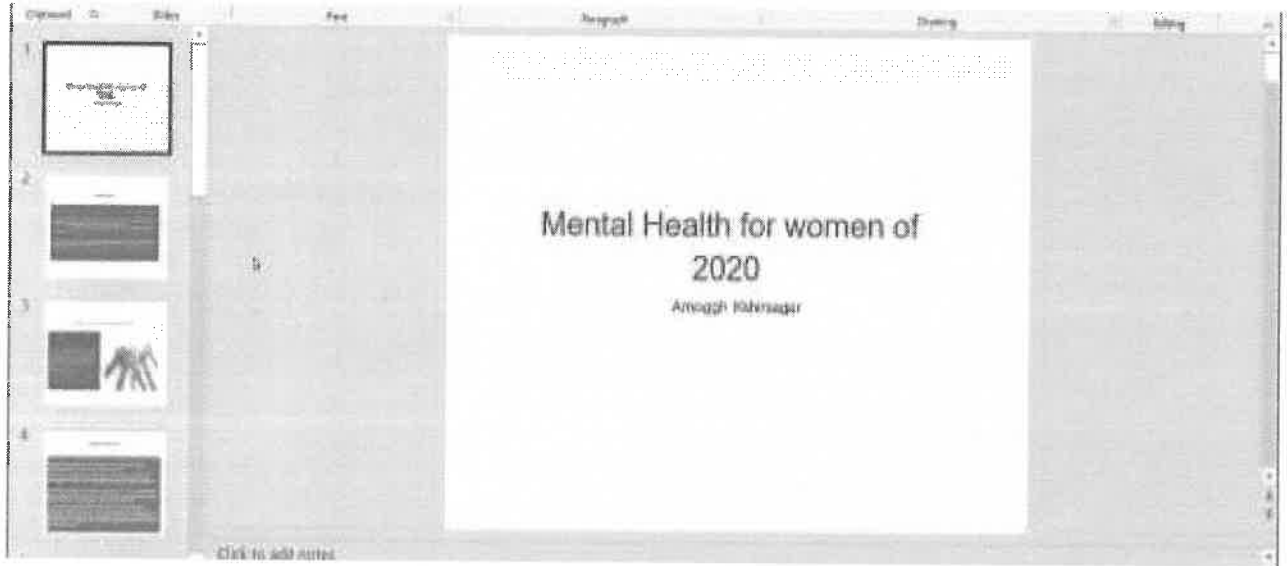
Mr. Amogh Kshirsagar Sir started his session by saying that the time has come when the ladies should think about their mental health and why it is important. He explained about the ways to improve mental health and how to face the various situations in life with a sound mental health. He also told about various factors affecting mental health and women facing them. He explained how to work on the stability of emotions. He emphasized on the different phases and changing aspects of women in 2020. Question and Answer session was handled by Miss. Nikita Pardeshi.. The session ended with Miss Jaymala Dayre thanking Mr. Amogh Kshirsagar and all the participants.


Director

S. B. Patil Institute of Management
Sector No. 26, Nigdi,
Pradhikaran, Pune-411 044.

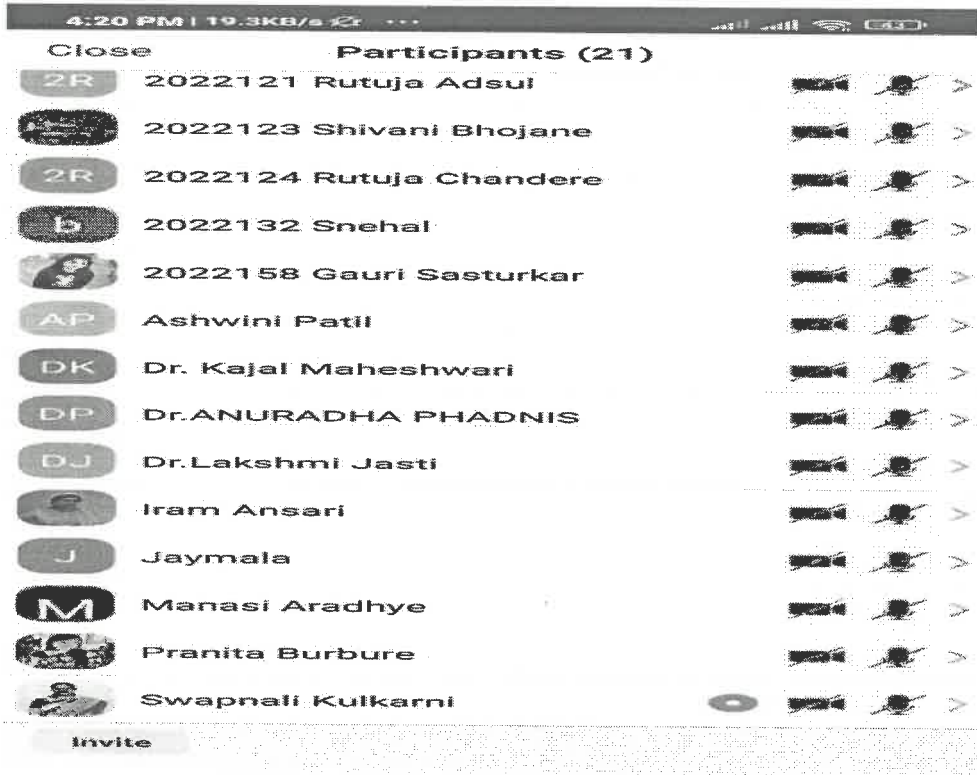


Photos:




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Prepared By,

Dr. Swapnali Kulkarni
Coordinator



Approved By,

Dr. Kirti Dharwadkar
Director

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