







PGK Mandal's Haribhai V. Desai College

Faculty of Arts

Special Session on, "Mental Health of the Youth – Parivartan Sansthan, Pune"

Counselor – Ms. Reshma Kachare on 24th, December, 2021

Sr. No	Name of the Student	Class	Signature
1.	Vaishnavi Uttam Gulig	F.Y.B.A	V.U. Gulig
2.	Sakshi Chandrakant. Manikar.	F.Y.B.A	<del>Manikar</del>
3.	Sakshi Ramesh Naiknawane	F.Y.B.A	Sakshi
4.	Dnyaneshwari Dharma Kashid	F.Y.B.A	Dnyaneshwari
5.	Nikita Dharma Kashid	T.Y.B.A.	Nikita
6.	Vaishnavi K. Digamber Kure	F.Y.B.A	Vaishnavi
7.	Renuka Balu Kedar.	F.Y.B.A	Renuka
8.	Neha Hanmant Lohar	F.Y.B.A	Nehar
9.	Vaishnavi Rishikumar Choudhary	F.Y.B.A	Vaishnavi
10.	Vrushali Santosh Zende	F.Y.B.A	Vrushali
11.	Priyanka Rajendra Bhise	S.Y.B.A	P. Bhise
12.	Vibha Vinod Choute	F.Y.B.A.	Vibha
13.	Janhari Dashrath Orhal	F.Y.B.A	Janhari
14.	Vaishnavi Balasahab Gevadhan	S.Y.B.A.	Vaishnavi
15.	SHRADDHA RAMESH GHODAKE	S.Y.B.A	Shraddha
16.	Bhavika Anil Patil	F.Y.B.A	Bhavika
17.	Samruddhi Shelgaonkar	S.Y.B.A	Samruddhi
18.	Shivani Londe	S.Y.B.A	Shivani
19.	Mansi Kadam	S.Y.B.A	Mansi
20.	Amruta Husage	S.Y.B.A	Amruta
21.	Tejaswini Sasane	S.Y.B.A	Tejaswini

49.	Akasha Jagannath Jadhav	F.V.B.A	<u>Ajadhav</u>
50.	Chandani Shashikant Jadhav	S.Y.B.A	<u>Chav</u>
51.	Vaishnavi Gopinath Salve	S.Y.B.A	<u>V. Salve</u>
52.	Kajal Ramchandra Gupta	S.Y.B.A	<u>K. Gupta</u>
53.	Kumbhar Shradha Somnath	S.Y.B.A	<u>Shradha</u>
54.	Prajakta Bharat Gaikwad.	S.Y.B.A.	<u>P. Gaikwad</u>
55.	Diksha Ganpat Mankar	S.Y.B.A	<u>Diksha</u>
56.	Sanika BHARAT Shinde.	S.Y.B.A.	<u>Sanika</u>
57.	saloni SANJAY Banekar	S.Y.B.A.	<u>saloni</u>
58.	Laxmi. Bharat Dewal	S.Y.B.A	<u>Laxmi</u>
59.	Diksha Balasaheb Londhe	S.Y.B.A	<u>Diksha</u>
60.	Samruddhi Vishwanath Pawar	S.Y.B.A	<u>Pawar</u>
61.	shweta sanjay Jadhav	S.Y. BA	<u>Shweta</u>
62.	Shruti Anil mhetre	S.Y. BA	<u>Shruti</u>
63.	sakshi Gangadram kamble	F.Y. B.A	<u>Sakshi</u>
64.	Pratik Ajitlal Kothari	S.Y.B.A	<u>Pratik</u>
65.	Abitya Athay Athav.	S.Y.B.A	<u>Abitya</u>
66.	Abhishek vinod Bagule	S.Y.B.A	<u>Abhishek</u>
67.	Vikrant Balasaheb Jadhav	S.Y.B.A	<u>Vikrant</u>
68.	Swaroop Suresh Shinde	TYBA	<u>Swaroop</u>
69.	Mangesh Satejendra Bade	FYBA	<u>Mangesh</u>
70.	Maheesh. Basavraj Ghat.	F.Y. B.A.	<u>M. Ghat</u>
71.	Omkar chavan	F.Y. BA	<u>Omkar</u>
72.	Vedant Khadke	F.Y. BA	<u>Vedant</u>
73.			
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75.			

76.	Akshay Vinayakrao Tayade	8378905073	T.Y.B.A.
77.	Manish Junde	7249799658	T.Y.B.A
78.	Sangita Yambkar	9763606461	T.Y.B.A
79.	Laxmi Shinde	7020234109	S.Y.B.A
80.	Nitin Lodha	7038999664	TYBA
81.	Shivprasad Jadhav	8530973359	T.Y.B.A.
82.	Sandesh.h. Kambhe	7083364264	<del>TYBA</del> T.Y.B.A
83.	Shrirang Jagtap	7057175113	T.Y.B.A
84.	Saurabh Masale	7447488887	S.Y.B.A
85.	Gaurav Gaikwad.	8767626005	SYBA
86.	Vishal Gawhane	8669873428	S.Y.B.A
87.	Nishal Surwase	7066699697	F.Y.B.A
88.	Darshan Sasane	7097196196	F.Y.B.A
89.	Kunal Londhe	9503475077	F.Y.B.A
90.	Chinmay Gulvankar	8482951983	F.Y.B.A
91.	Piyush Bhosale	9552871322	F.Y.B.A
92.	Siddharshan Sthide	9763903291	SYBA
93.	Neesaj Raju Pargudkar	9552905534	SYBA
94.	Vishal Kashinath edke	7020995669	SYBA
95.	Omkar Nathuram Sukale	9527893132	F.Y.B.A
96.	Samarth S Parame	6055541777	SYBA
97.	Rushikesh Koli	776984057	SYBA
98.	MOHIT YADAV	89818624850	T.Y.B.P
99.	Aniket Pawar	8412002902	F.Y.B.A
100.	Rohit Pawar	7269963702	F.Y.B.A.
101.	Aditya Ghorpade	9960434819	S.Y.B.A.
102.	Wishal Gajanan Payghan	8459297749	F.Y.B.A.

103.	KADAM GATANAN MADHUKAR	7057498537	Madan
104.	Rohad Pitam Babu,	7620023592	Roham
105.	Jadhav Prashant Tarachand	7498986164	Jadhav
106.	Geerud Atharva Pradeep	8380829097	Geerud
107.	Vedant Makarand Kulkarni	7219137873	Vedant
108.	Dhwaj Dagale	9307968235	Dhwaj
109.	Lalit Chaudhary.	8485856229	Lalit
110.	Vaod. Nimbalkar.	8698713675	Vaod
111.	Vedant R. Bharaekar	7769997942	Vedant
112.	Pravin P. Danwade	7030246604	Pravin
113.	Kaushal Kundre	7249877201	Kaushal
114.	Vinayan Waghmare	7821975503	Vinayan
115.	Chetan Yendare	9373751001	Chetan
116.	Anil Sharad Kale	8600160586	Anil
117.	Ayush Ketan Trivedi	9623614014	Ayush
118.	Sujal Rajesh Gawane	9822087311	Sujal
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Dr. Neeta Bokil

(In-charge, Faculty of Arts)

Dr. Ganesh Raut

(Officiating Principal)

**The Poona Gujrati Kelvani Mandal's  
Haribhai V. Desai College, Pune**

Date: 17/12/2021

**NOTICE**

All students of the Arts faculty are hereby informed that a special session on Mental Health and the Youth by Parivartan Sansthan is organized by the Department of Political Science on Friday, 24/12/2021 at 10 am.

**Subject: SPECIAL SESSION ON MENTAL HEALTH AND THE YOUTH**

**Counsellor: Ms. Reshma Kachare**

**Day & Date: Friday, 24/12/2021**

**Time: 10 am**

**Venue: Room No. 407**

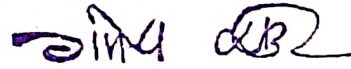
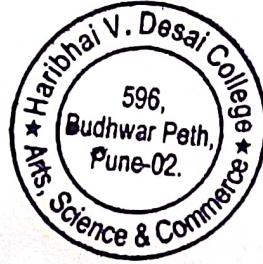
Attendance is compulsory.



**Dr. Neeta Bokil**

Vice Pricipal, Arts faculty and Head,

Department of Political Science



**Dr. Ganesh Raut**

**Principal**

**Haribhai V Desai College  
(Arts, Science & Commerce)  
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Haribhai V. Desai College of Arts, Science & Commerce, Pune

Department of Political Science

Special Session on Mental Health and the Youth (Manasranga)

REPORT

Date: Friday, 24th December 2021

Time: 10:00 AM

Venue: Room No. 407

### 1. Introduction

On Friday, 24th December 2021, the Department of Political Science at Haribhai V. Desai College in Pune organized a special session on "Mental Health and the Youth," named Manasranga. This session aimed to address the pressing issue of mental health among youth and provide insights into coping strategies, awareness, and support systems. The event featured a keynote address by Ms. Reshma Kachare, a renowned expert in the field. The session saw a substantial turnout with 118 students in attendance.

### 2. Event Details

The special session was held in Room No. 407, a comfortable and conducive space for discussions and presentations. It began promptly at 10:00 AM and was scheduled to run for approximately two hours, including the keynote address and a question-and-answer session.

### 3. Keynote Speaker - Ms. Reshma Kachare

Ms. Reshma Kachare is a respected mental health advocate and practitioner with extensive experience in working with youth. Her credentials and expertise in the field made her an ideal choice for the keynote address. Ms. Kachare's presence lent credibility and depth to the event.

### 4. Session Highlights

#### 4.1 Addressing Youth Mental Health

Ms. Kachare's keynote address delved into the critical issue of mental health among young people. She discussed the prevalence of mental health challenges in today's youth, the factors contributing to these challenges, and the importance of seeking help when needed.

#### 4.2 Coping Strategies and Resilience

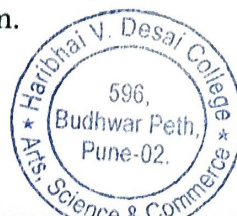
Ms. Kachare emphasized the importance of building resilience and coping strategies to deal with stress, anxiety, and depression. She provided practical tips and advice on maintaining mental well-being, including self-care practices, seeking support from friends and family, and accessing professional help when necessary.

#### 4.3 Break the Stigma

The speaker highlighted the pervasive stigma associated with mental health issues and the need to challenge and break this stigma. She encouraged open conversations about mental health and advocated for creating safe spaces for young people to discuss their feelings and experiences without judgment.

#### 4.4 Question and Answer Session

Following the keynote address, there was a lively and informative question and answer session. Students actively engaged with Ms. Kachare, seeking advice, sharing personal experiences, and asking questions related to mental health, support systems, and resources available to them.



## 5. Conclusion

The special session on "Mental Health and Youth (Manasranga)" organized by the Department of Political Science at Haribhai V. Desai College was a resounding success. It provided a much-needed platform for addressing the crucial issue of youth mental health, fostering awareness, and equipping students with valuable insights and coping strategies. The event highlighted the college's commitment to the holistic well-being of its students and the importance of mental health support within the academic environment.



**Prof. (Dr.) Neeta Bokil**

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