



Shree Rahul Education Society's (Regd.)

SHREE L. R. TIWARI DEGREE COLLEGE

(Arts | Commerce | Science) Approved By Government of Maharashtra & Affiliated To University Of Mumbai | Recognized Under Section 2(f) of the UGC Act 1956 | ISO Certified 9001: 2015 | Hindi Linguistic Minority Institution | COLLEGE CODE : 1064

Women Development Cell and Internal Complaints Committee

organizes session on

“Empowering Minds: Mental Health Strategies for Academic success”

Resource Person: Ms Roopa Kanojia



Date: 22nd June, 2024

Time: 10:30 AM

Venue: Room No 502, New Building

Asst Prof Sonal Shah
WDC - Convenor

Asst Prof Sae Sawant
ICC - Convenor

Dr. Sanjay Mishra
I/C Principal





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Notice No: SLRTDC/24-25/4

Date- 20-06-2024

Notice

This is to inform all the Girls students that The Women Development Cell in collaboration with Internal Complaint Committee is going to conduct a session on the topic “**Empowering Minds: Mental Health Strategies**” for Academic Success on 22nd June 2024

Time: 10.30 am onwards

Venue: Room no. 502, New Building

Resource Person: Ms. Roopa Kanojia

Objectives:

- Increase mental health awareness and education among students.
- Enhance accessibility to mental health resources and support services.
- Integrate mental health strategies into academic environments and practices.

Asst Prof Sonal Shah
WDC – Convenor

Asst Prof Sae Sawant
ICC- Convenor



Dr Sanjay Mishra
ICC Principal
Shree L. R. Tiwari Degree College of Arts, Comm. & Sci.
Kanakia Park, Mira Road (East)
Dist. Thane - 401107, Maharashtra

Shree.L.R.Tiwari Educational Campus, Mira Road (E), Thane-401107, Maharashtra.

✉ slrtdc@rahuleducation.com

🌐 www.slrtdc.in

☎ 1800 210 1002



Date: 22nd June 2024

Report

Empowering Minds: Mental Health Strategies for Academic Success

The Women Development Cell, in collaboration with the Internal Complaint Committee, successfully organized a session titled "Empowering Minds: Mental Health Strategies for Academic Success" on the 22nd of June, 2024. The session aimed to address crucial aspects of mental health and its impact on academic performance, providing students with essential strategies and resources.

Objectives:

The event was organized with the following objectives:

1. Increase Mental Health Awareness and Education Among Students:

- To educate students on the importance of mental health.
- To dispel myths and reduce the stigma associated with mental health issues.
- To provide comprehensive knowledge about various mental health conditions and their effects on academic performance.

2. Enhance Accessibility to Mental Health Resources and Support Services:

- To inform students about the available mental health resources and support services both within the institution and in the wider community.
- To facilitate connections between students and mental health professionals.
- To encourage the utilization of mental health resources.

3. Integrate Mental Health Strategies into Academic Environments and Practices:

- To provide practical strategies for managing stress and anxiety related to academic pressures.
- To promote a balanced approach to academic and personal life.
- To integrate mental health practices into daily academic routines for better performance and overall well-being.

Event Details:

The session commenced at 10:30 AM with an introductory speech by the head of the Internal Complaint Committee Asst. Prof. Saeed Sawant who emphasized the importance of mental health in achieving academic success and then Asst. Prof. Babli Vishakarma took charge by introducing and welcoming our esteemed guest. This was followed by the keynote address by the esteemed resource person, Ms. Roopa Kanojia, a renowned expert in mental health and wellness.





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Ms. Kanojia provided an overview of mental health, explaining the various types of mental health issues students might face and their potential impact on academic success. The session highlighted how to recognize early signs of mental health issues, such as anxiety, depression, and burnout, which are commonly observed among students. Practical strategies and techniques for managing stress, anxiety, and other mental health challenges were discussed. This included mindfulness exercises, time management skills, and the importance of seeking help when needed. The event was completed by an awareness speech by Our Principal sir Dr. Sanjay Mishra.

Conclusion:

The session concluded with a thank-you note by WDC Convenor Asst. Prof. Sonal Shah expressing gratitude to Ms. Roopa Kanojia and all participants. The event was well-received, with positive feedback highlighting the relevance and helpfulness of the information shared. The objectives of increasing mental health awareness, enhancing accessibility to resources, and integrating mental health strategies into academic practices were effectively met.

Feedback and Recommendations:

- Participants suggested conducting more such sessions regularly.
- Recommendations were made to include workshops on specific mental health issues like anxiety management and stress reduction techniques.
- It was proposed to have a dedicated mental health week to further promote awareness and resource accessibility.

The event marked a significant step towards fostering a supportive academic environment that prioritizes mental health, aligning with the institution's commitment to holistic student development.

Outcome:

- The session provided a comprehensive overview of various mental health issues that students may encounter, such as anxiety, depression, and burnout.
- Attendees learned practical techniques and strategies for managing stress and anxiety. These included mindfulness exercises and effective time management skills.
- By discussing mental health openly and equipping participants with practical tools, the session aimed to empower students to take proactive steps towards better mental well-being and academic success.

Asst Prof Sonal Shah
WDC – Convenor

Asst Prof Sae Sawant
ICC- Chairperson



Dr Sanjay Mishra
I/O Principal

Shree L. R. Tiwari Degree College of Arts, Comm. & Sci.
Kanakia Park, Mira Road (East),
Dist. Thane - 401107. Maharashtra



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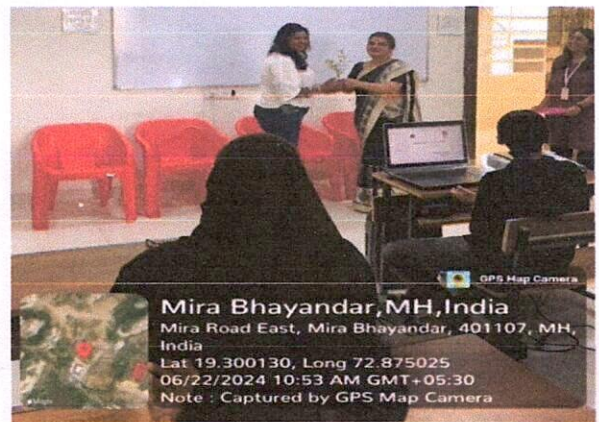
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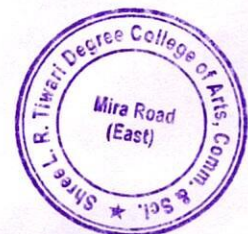
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Name of the Event: Mental Health Strategies for Academic success
Name of the Department/Committee/Cell/Club: WDC in collaboration with ICC
Name of the Speaker: Ms Roopa Kanojia Date: 22/06/24

Sr. No.	Name of the Students	Class	Signature
1.	Zoya Khan	SVCS	
2.	Souali Gupta	SVCS	
3.	Anchal Pal	TY IT	
4.	Isha Mhatre	TYIT	
5.	Hiral Chheda	TYBSC. CS	
6.	Dilna Patil	TYBSC. CS	
7.	Khan Aisha.	TyBSC IT	
8.	Rida Surshi	TyBSC IT	
9.	Kshama Sharma	TyBSC CS	
10.	Vidhi Singh	Ty BSC IT	
11.	Riya Kadam	Ty BSC. CS	
12.	Sargam Kumari Singh	SYBsc. CS	
13.	Neha Das	SYBSC. CS	
14.	Sezal Sharma.	SYBSC. CS	
15.	Khushboo Vishwakarma	Khushboo	
16.	Pragati Shukla	SY. BSC IT	
17.	purnpa purohit	SY. BSC IT	
18.	Sonika Jadyar	SY-BSC IT	
19.	Vaishnavi Parab	SYBSC IT	
20.	Khooshali Mishra	SYBSc IT	
21.	Jara Sayed	TYBMS	
22.	Shaikh Kamaal	SYBMS	
23.	Devika Kaddwal	TYBAP	
24.	Sabiya Hussain	SyBMS	
25.			





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Name of the Department/Committee/Cell/Club: WDC with ICC

Name of the Speaker: Ms Roopa Kanojia Date: 22/06/24

Sr. No.	Name of the Students	Class	Signature
1.	Keshish Khambarkar	TY BCOM	
2.	Dharia Bhoomi	SYBMS	
3.	Manjiree Jadhav	SYBMS	
4.	Shifa Shabuddin	SYBSc IT	
5.	Afrab Qureshi	SYBSCIT	
6.	Menek Shaikh	SYBSCIT	
7.	Simran Qureshi	SYCS	
8.	ISIA Dubey	SYBBI	
9.	Prinya Kailna	SYBBI	
10.	Tarvi Singh	SYBMS	
11.	Rishika Pandey	TYBMS	
12.	Preeti Yadav	TYBMS	
13.	Prishika Shetty	SYBAMMC	
14.	Pragnya Kirti	SYBAMMC	
15.	Roshni Padvekar	SYBMS	
16.	Daaniya Bekhari	SYBAMMC	
17.	Lareeb Naqui	SYBAMMC	
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Name of the Department/Committee/Cell/Club: WDC with ICC

Name of the Speaker: Ms Roopa Kanojia Date: 22/06/24

Sr. No.	Name of the Students	Class	Signature
1.	VANSHIKA D. AGARWAL	S. V. D. Com	Vanshika
2.	Masira Sg	SSBBI	Masira
3.	Affren Khan	SSBBI	Affren
4.	Mangini	SSBBI	Mangini
5.	Ashika	SSBBI	Ashika
6.	Annu Tiwari	S.y BBI	Annu
7.	Gayatri pathak	S.y BBI	Gayatri
8.	Rani Kanojia	S.y BMS	Rani
9.	Renu prasad	S.y. BMS	Renu
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RefNo: SLRTDC/24-25/ 28

Date: 19th June, 2024

LETTER OF INVITATION

To,

**Ms. Roopa Kanojia,
Counselling Psychologist.**

Dear Ma'am,

We hope this letter finds you in the best of health and spirits. We are excited to invite you to be a resource person for the session titled "**Empowering Minds: Mental Health Strategies**"

Date: 22nd June, 2024

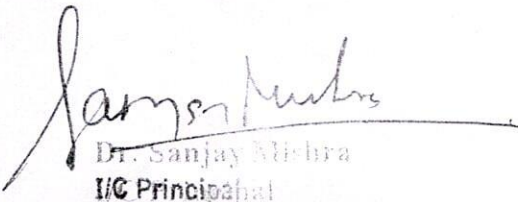
Time: 10:30 am

Venue: Room 502, New Building

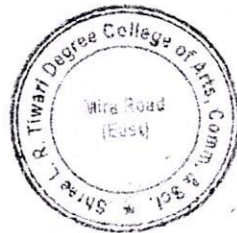
Your extensive expertise as a Counselling Psychologist, Career Counsellor and Therapist makes you an exemplary choice to lead this session. Your profound understanding of mental health strategies, coupled with your practical insights into fostering well-being and resilience, align perfectly with the objectives of our event.

We believe that this event will provide valuable insights that can benefit not only our students and faculty members interested in enhancing mental health awareness and support systems.

Thanking you.


Dr. Sanjay Mishra
IIC Principal

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Ref No: SLRTDC/24-25/ 29

Date: 22nd June, 2024

LETTER OF APPRECIATION

To,

**Ms. Roopa Kanojia,
Counselling Psychologist.**

Dear Ma'am,

It gives me immense pleasure to express my profound appreciation to you on behalf of the Women Development Cell of Shree L.R. Tiwari Degree College of Arts, Commerce & Science for conducting a session on "**Empowering Minds: Mental Health Strategies**".

Date : 22nd June, 2024

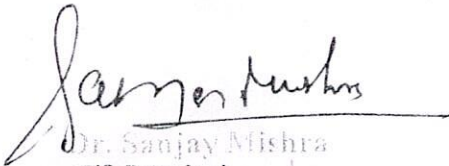
Time : 10:30 am

Venue : Room No. 502, New Building

Your presence was very well appreciated by our students.

We appreciate your gesture and hope to receive the same response and support from you in the future.

Thanking you.



Dr. Sanjay Mishra
I/C Principal

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