



Shree Rahul Education Society's (Regd.)

SHREE L. R. TIWARI DEGREE COLLEGE

(Arts | Commerce | Science) UGC Recognition under sec 2(f) of the UGC Act 1956 | Approved by Government of Maharashtra | NAAC Accredited with Grade 'A' (1st Cycle) |
Affiliated to University of Mumbai | College Code - 1064 | ISO Certified 9001:2015 | Hindi Linguistic Minority institution

Department of Lifelong Learning & Extension Committee (DLLE)

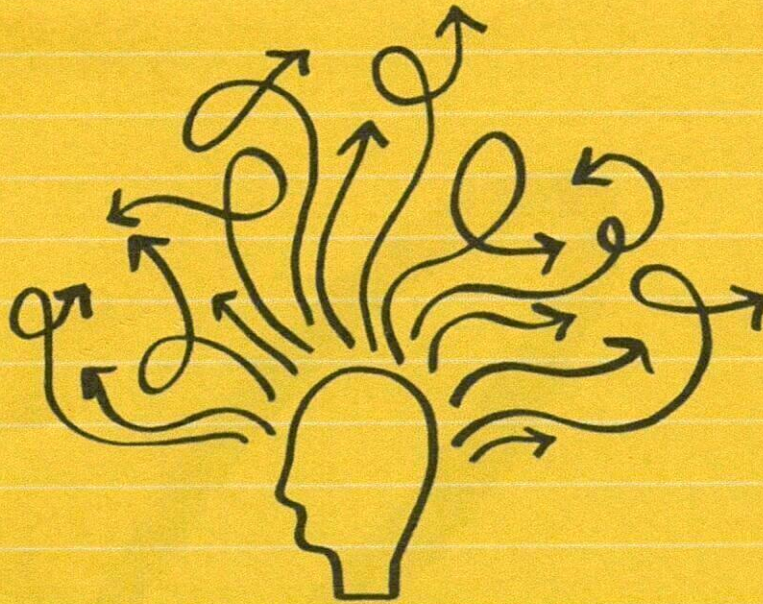


organizes

An Online Activity on "WORLD MENTAL HEALTH DAY"

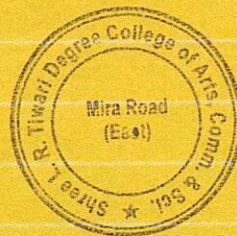
DATE: 10th October 2025

VENUE: At Your Happy Place.



Every Mind Matters

Suman
Asst. Prof. Suman G. Gupta
DLLE Coordinator



Sanjay Mishra
Dr. Sanjay Mishra
I/C Principal



*** Education For All ***

Shree Rahul Education Society's (Regd.)
**SHREE L. R. TIWARI
DEGREE COLLEGE**

(Arts | Commerce | Science)

UGC Recognition under sec 2(f) of the UGC Act 1956 |
Approved by Government of Maharashtra |
NAAC Accredited with CGPA-3.14 Grade "A" (1st Cycle) |
Affiliated to University of Mumbai |
College Code - 1064 | ISO Certified 9001:2015 |
Hindi Linguistic Minority institution

Notice No. SLRTDC/25-26/

Date 09th October, 2025

NOTICE

Department of Lifelong Learning and Extension (DLLE) Committee

The DLLE Committee of Shree L. R. Tiwari College of Arts, Science and Commerce is organizing an online activity on the occasion of World Mental Health Day (10th October 2025), considering the ongoing term examinations. All DLLE students are encouraged to participate and also share their contributions on the theme "Mental Health is a Universal Human Right".

Mode: Online mode.

Date: 10th October 2025 to 12th October 2025.

Venue: At your Happy Place.

Link:

<https://docs.google.com/forms/d/1K3ehPayNBwUXsBI0eZW421uICsx90IaZp022TBeEko/edit>

Objectives of the Activity:

- To spread awareness about the theme "Mental Health is a Universal Human Right" – helping students understand that everyone deserves care, respect, and support for their mental well-being.
- To encourage students to value their own and others' mental health – promoting kindness, empathy, and positive actions towards emotional balance.
- To inspire students to express their views creatively – through slogans, writing or videos that reflect the importance of equal mental health rights for all.

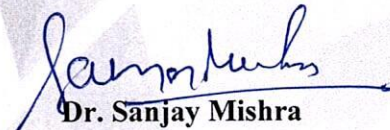
Let's join together to spread awareness and support mental wellness!



Asst Prof Suman Gupta

DLLE Coordinator





Dr. Sanjay Mishra

I/C 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 – East, Thane-401 107, Maharashtra.

Tel.: 022 - 28120147 / 9372 • Email : slrtdc@rahuleducation.com • Website : www.rahuleducation.org



Date: - 10th Oct, 2025

Report on World Mental Health Day Celebration (10th October 2025)

Date: - 10/10/2025

Topic:- World Mental Health Day Celebration (ONLINE)

Judges/Speaker: NO

Participants: Male - 08 , Female - 23 , Total - 31

Registration Link, if any: <https://docs.google.com/forms/d/1K3ehPayNBwUXsBI0eZW4-21uICsx90IaZp022TBeEko/edit#responses>

Feedback Link, if any: NIL

Report:

Objective:

To spread awareness about the importance of mental well-being among students and to encourage self-expression, creativity, and empathy through reflective and interactive activities.

Event Overview:

The Department of Lifelong Learning and Extension (DLLE) Committee organized an online activity on World Mental Health Day, observed on 10th October 2025. Extension Students of Committee actively participated by responding to a series of thought-provoking and light-hearted questions related to stress, anxiety, procrastination, and self-care.

Participants were encouraged to express their views on mental health creatively through slogans, write-ups, and digital submissions, and to share motivational affirmations or positive messages for individuals who might be feeling low.

Mode: Online (via Google Form)

Flow of the Mental Health Reflection Activity:

1. Basic Information Section
2. Creative Reflection Section (Encourages students to express emotions through imagination and humor.via quiz)
3. Positive Mindset Section (positive Affirmations).
4. Expression Section. Allowing students to express their view on mental health in your own way (slogan / write-up / image / video).
5. Empathy Section. (Motivated students to write a short encouraging message for someone who might be feeling low., can be their parent, grandparent, friend, relative, or pet.) Promotes compassion and connection with others
6. Closing / Reflection.: Optionally, participants can share how they felt after writing these answers or what they learned about their own mental health.

Mode: Online (via Google Form)





Shree Rahul Education Society's (Regd.)

SHREE L. R. TIWARI DEGREE COLLEGE

(Arts | Commerce | Science) UGC Recognition under sec 2(f) of the UGC Act 1956 | Approved by Government of Maharashtra | NAAC Accredited with Grade "A" (1st Cycle) |
Affiliated to University of Mumbai | College Code - 1064 | ISO Certified 9001:2015 | Hindi Linguistic Minority institution

Highlights:

- Students shared humorous yet insightful responses reflecting their understanding of daily stress and self-awareness.
- Many students contributed affirmations such as "Every challenge I face is an opportunity to grow" and "Tough times never last, but tough people do."
- Creative entries included slogans, digital posters, and short videos expressing personal perspectives on maintaining a healthy mind.
- The initiative helped promote open conversation and peer encouragement regarding mental well-being.

Outcome:

- Students became more aware of the significance of mental health in daily life.
- The activity encouraged self-reflection and positive thinking among participants.
- The event fostered empathy, communication, and emotional expression within the student community.

Conclusion:

The celebration of World Mental Health Day 2025 was successful in spreading awareness and fostering a supportive environment among students. The creative participation demonstrated their understanding that mental health is as vital as physical health.

Asst. Prof. Suman Gupta
DLLE Coordinator



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

| | | | | | |
|------------------------|------------------------------|---------------------------|-------------|--------|----|
| 10-11-2025 20:17 | priyankachaub1406@gmail.com | Priyanka Ashok Chaube | Second Year | BSC-IT | 2 |
| 10-11-2025 20:29 | prachiyadav23@gmail.com | Prachi Dinesh Kumar Yadav | First Year | BSC-IT | 56 |
| 10-11-2025 20:32 | kimayakhanjode1@gmail.com | Kimaya Santosh Khanjode | Second Year | BAF | 30 |
| 10-11-2025 20:38 | goyo574@gmail.com | PRIYANSHU KAMLESH TIWARI | First Year | BSC-CS | 55 |
| 10-11-2025 20:47 | khanrehanifan593@gmail.com | Rehan Irfan Khan | First Year | BSC-DS | 14 |
| 10-12-2025 11:38 | 663yadavparul@gmail.com | Parul pawan yadav | First Year | BSC-CS | 59 |
| 10-12-2025 12:37 | palrithika29@gmail.com | Rithika Ramashankar Pal | Second Year | BSC-DS | 27 |
| 10-12-2025 13:53 | jaiswalkarishma582@gmail.com | Karishma Dinesh Jaiswal | First Year | BSC-IT | 13 |
| 10-12-2025 13:58 | jaiswalkarishma582@gmail.com | Karishma Dinesh Jaiswal | First Year | BSC-IT | 13 |
| 10-12-2025 15:17 | zubedaqureshi05@gmail.com | Zubaida Qureshi | Second Year | BSC-DS | 35 |
| 10/13/2025 10:59:34 | anchaly220906@gmail.com | Anchal Kamlesh Yadav | Second Year | BSC-DS | 50 |





Shree Rahul Education Society's (Regd.)

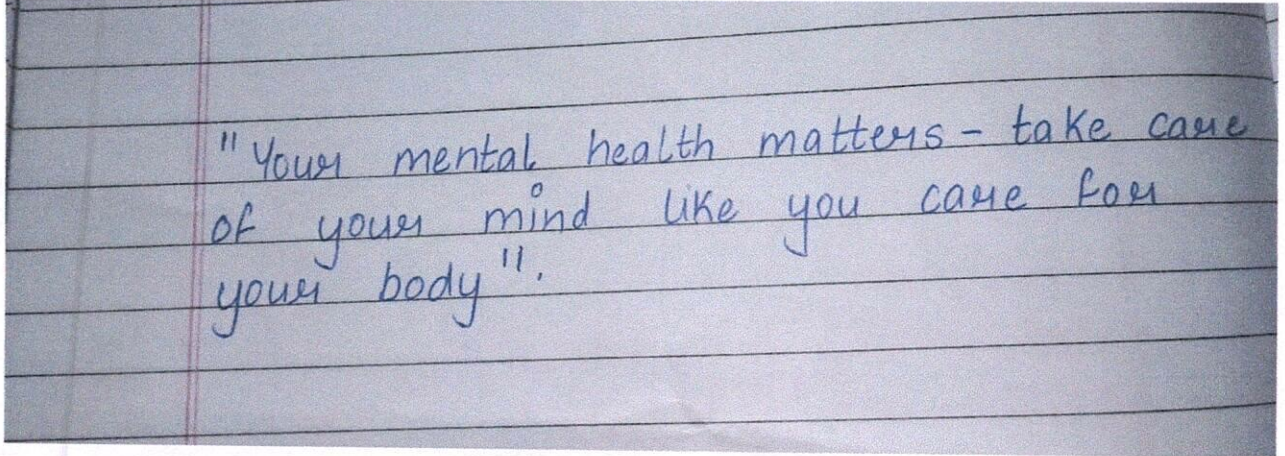
SHREE L. R. TIWARI DEGREE COLLEGE

(Arts | Commerce | Science) UGC Recognition under sec 2(f) of the UGC Act 1956 | Approved by Government of Maharashtra | NAAC Accredited with Grade "A" (1st Cycle) | Affiliated to University of Mumbai | College Code -1064 | ISO Certified 9001:2015 | Hindi Linguistic Minority Institution

Date: - 10th Oct, 2025

Glimpes of World Mental Health Day Celebration (10th October 2025)

Photos, slogans and messages shared by participants:



**Make
Your Mental
Health a
Priority**



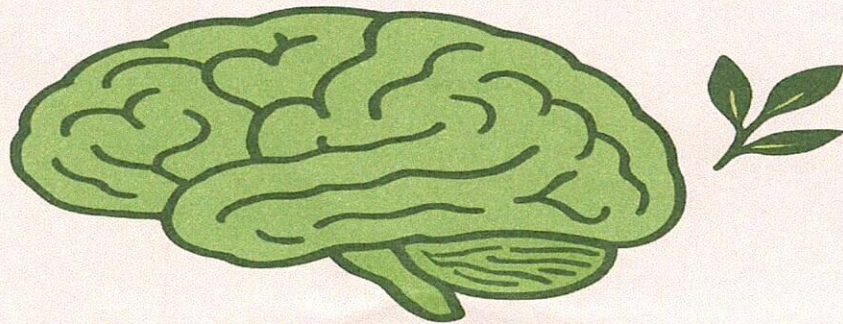


Shree Rahul Education Society's (Regd.)

SHREE L. R. TIWARI DEGREE COLLEGE

(Arts | Commerce | Science) UGC Recognition under sec 2(f) of the UGC Act 1956 | Approved by Government of Maharashtra | NAAC Accredited with Grade "A" (1st Cycle) |
Affiliated to University of Mumbai | College Code -1064 | ISO Certified 9001:2015 | Hindi Linguistic Minority institution

**It's okay to pause,
but never give up
on yourself.**



MENTAL HEALTH

Mental health isn't about being happy all the time — it's about learning to understand yourself, even on the tough days. Taking care of your mind is just as important as caring for your body. Talking, resting, and expressing emotions aren't signs of weakness; they're signs of strength. Let's normalize healing, not hiding.

**MIND MATTERS—
TAKE CARE OF IT!
HEALTHY MIND,
HAPPY LIFE.
IT'S OKAY
TO NOT BE
OKAY.**

