



Rayat Shikshan Sanstha's
Rajarshi Chhatrapati Shahu College, Kolhapur

Health Care Centre

Awareness Lecture

REPORT

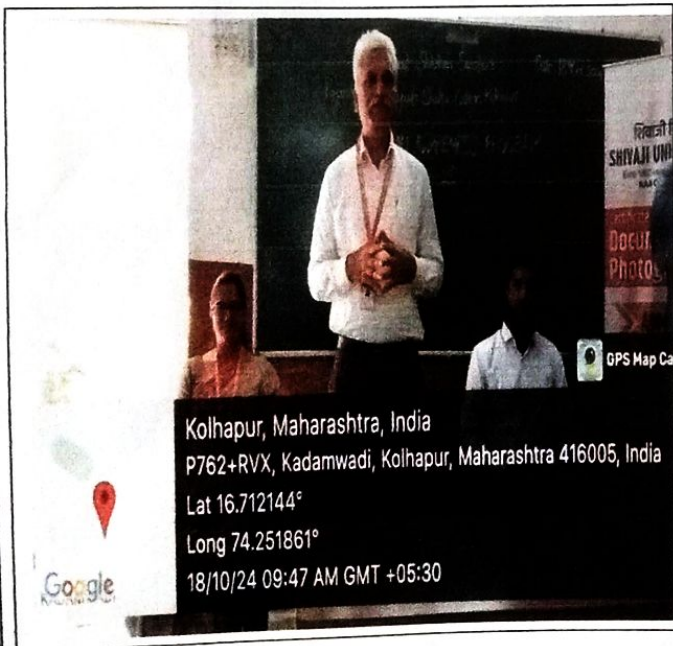
Health Care Centre organized Awareness Lecture on 18th October 2024 on Physical and Mental Health. Dr. Vaibhav Mole, Apple Saraswati Multispecialty Hospital, Kolhapur, guided students about Awareness of mental health issues- the speaker outlined common mental health challenges faced by students, such as anxiety and depression. Techniques such as mindfulness, stress management, and seeking help when needed were discussed. I/Principal Prof. (Dr) D.R. Bhosale were chairperson of this program. Dr. Kannade M. K. gave introductory speech, Dr. Lavekar proposed Vote of thanks. The program was anchored by Mrs. Seema Gurav.

Outcome

Increase awareness about physical, mental, and emotional health among students

Beneficiaries

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Head

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PRINCIPAL

R. C. SHAHU COLLEGE,
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