



SINHGAD TECHNICAL EDUCATION SOCIETY'S  
NBN SINHGAD TECHNICAL INSTITUTES CAMPUS,  
AMBEGAON, PUNE-41  
NATIONAL SERVICE SCHEME (NSS)



NOTICE

Date: 08/10/2021

This is to inform all the students of NBN Sinhgad School of Engineering that NSS-NBNSTIC has organized "World Mental Health Day Awareness". The program is scheduled on **Sunday, 10<sup>th</sup> October, 2021** at **11:00 AM** onwards.

**Student Coordinators:**

1. Chaitrali Bhambure, IT Department (9665858277)
2. Tanishka Rakte, Computer Department

Venue: Microsoft Teams.

**Prof. Sumit U. Mali**  
Programme Officer

**NSS Program Officer**  
National Service Scheme (NSS)  
NBN Sinhgad Technical Institutes  
Campus, Ambegaon(Bk.), Pune-41.





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**EVENT REPORT**

Date: 10/10/2021

**NAME OF EVENT:- World Mental Health Day Awareness**

**STAFF COORDINATOR:- Prof. Sumit U. Mali**

**STUDENT COORDINATOR:- Miss. Apurva Chaturvedi, Mr. Akash Maurya.**

World Mental Health Awareness Day was organized for the students of NBN Sinhgad School of Engineering, Pune on Sunday, 10<sup>th</sup> October, 2021 under National Service Scheme.

The World Mental Health Day awareness event was organized on the occasion of "WORLD MENTAL HEALTH DAY" at 11 am through Microsoft Teams Meeting. NSS volunteer Miss. Apurva Chaturvedi started the session with Introduction and anchored the event. There were in total 94 attendees in the meeting.

The world mental health day awareness was conducted by Miss. Garima Tawtia, a Certified Counselling Psychologist, Yoga Teacher & Prana Healer. Importance and demonstration of Pandemic's effect on mental health, emotional well-being, stress management, breathing, meditation was conveyed by the guest to the students. Later, she started the activity by asking the students to turn on the camera and meditate with her. This helped volunteers to understand the importance of doing Meditation in correct manner.

After the main session, Doubt session was held for the volunteers. In that session, the student asked their doubts or problems and mam explained how to get out of it. She explained how we can reduce our stress in different ways, how to make your mind peaceful and to get rid of negativity from your mind.

The session ended with vote of thanks. And the event was conducted successfully.





# World Mental Health Awareness Day



Event introduction



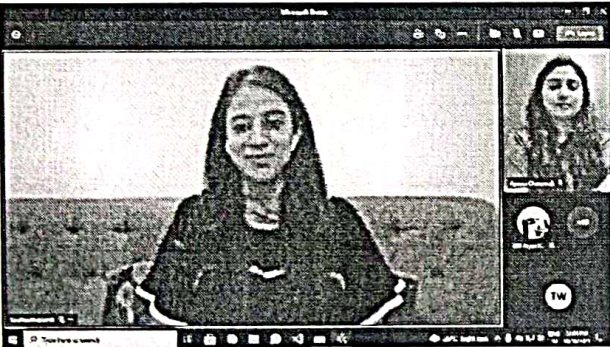
Mental Health Importance



Meditation



Doubt session



Sitting posture



Vote of Thanks

Prof. Sumit U. Mali

NSS Programme Officer

Programme Officer

National Service Scheme(NSS)

NBN Sinhgad Technical Institutes

Campus, Ambegaon(Bk.), Pune-41.

Dr. Shivprasad P. Patil

Director, NBNSTIC

Director

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