

Mahatma Gandhi Vidyamandir's
Loknete Vyankatrao Hiray Arts, Science & Commerce College, Panchavati, Nashik -03.

PG Department of Psychology & Research Centre

Seminars/Conferences/Webinars organized by the Department

Academic Year 2020-2021

**Celebration Mental Health Day- State level webinar on Mental Health and Procrastination
(10th October, 2020)**

The occasion of World Health Day on 10th October the PG Deptt of Psychology and Research Centre along with IQAC organised the state level webinar on Mental Health and Procrastination. On this occasion Dr Muktesh Daund (Psychiatrist) talked about various aspects of Mental Health Kapil Lalit (clinical psychologist) spoke about Procrastination in detail and strategies to overcome it. The eminent personalities present on this occasion who encouraged the participants by inspiring words were Hon'ble joint secretary Mahatma Gandhi Vidyamandir Dr V S More, Principal Dr C.G Dighavkar, CDC member Shri Ravindra Naik. Dr Mrunal Bhardwaj professor and Head PG Deptt of Psychology and coordinator IQAC spoke about the theme of the webinar in detail and introduced the speakers. Around 150 participants across the state participated in the webinar.

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Loknete Vyankatrao Hiray Arts, Sci. & Comm. College, Panchvati, nashik-3
(Awarded 'Best College' by S. P. P. U. Pune & Reaccredited by NAAC With 'A' Grade)

State Level Webinar on
"Mental Health & Procrastination"
Organized by
PG Department of Psychology & IQAC

Speakers

Dr. Muktesh Daund (Psychiatrist) **Mr. Kapil Lalit** (Clinical Psychologist) **Dr. V. S. More** Joint. Secretary, M. G. Vidyamandir (Chief Guest)

Organizing Committee

Dr. Mrunal Bhardwaj (Coordinator IQAC, Prof. & Head Dept. Psychology & Research center) **Dr. C. G. Dighavkar** Principal, L. V. H. College

Date- 10th Oct. 2020
Time- 11 am to 1 pm
Platform - ZOOM

Link- <https://us02web.zoom.us/j/87328812190?pwd=dVU5LzBBNEJwQXZlWbWZUmpycEFZdz09>



Caption: Dr Muktesh Daund (Psychiatrist) talked about various aspects of Mental Health & Kapil Lalit (clinical psychologist) spoke on Procrastination in detail and strategies to overcome it.