



# One Day National Webinar

On



## Mental Health & Changing Lifestyle During Pandemic Covid-19

Date and Time : 5<sup>th</sup> August 2020, at 11:00 AM

Organized by

Walwa Taluka Education Society's

**MALATI VASANTDADA PATIL KANYA MAHAVIDYALAYA,**  
ISLAMPUR, Tal. Walwa, Dist. Sangli.

**Shivaji Vidyapeeth Manasshastra Parishad**

• Guest of Honor of Resource Person •

**Dr. Digamber J. Darekar**

BOS, Member-S.P.P.Uni, Pune

Topic : Handling Mental Health During Covid-19

Google meet - <https://meet.google.com/uui-whpa-yhc>

Pin : 836 475 985#

• Resource Person •

**Dr. Mrs. Jyostna P. Patil**

Topic : Women's Mental Health

Google meet - <https://meet.google.com/dkq-ysuv-mav>

Pin : 725 173 638#

Convener

**Dr. Mrs. Sanjivani J. Patil**

Patron

**Dr. Ankush L. Belvatkar**

Co-Convener

**Mr. Ramchandra G. Ghule**

Organizing Member

**Dr. Vikas Minchekar**

Secretary SVM Parishad

**Dr. Shrikant Chavan**

President SVM Parishad

**Prof. Mrs. Vrushali V. Patil**

**Dr. Snehal R. Heghiste**

IQAC Co-ordinator

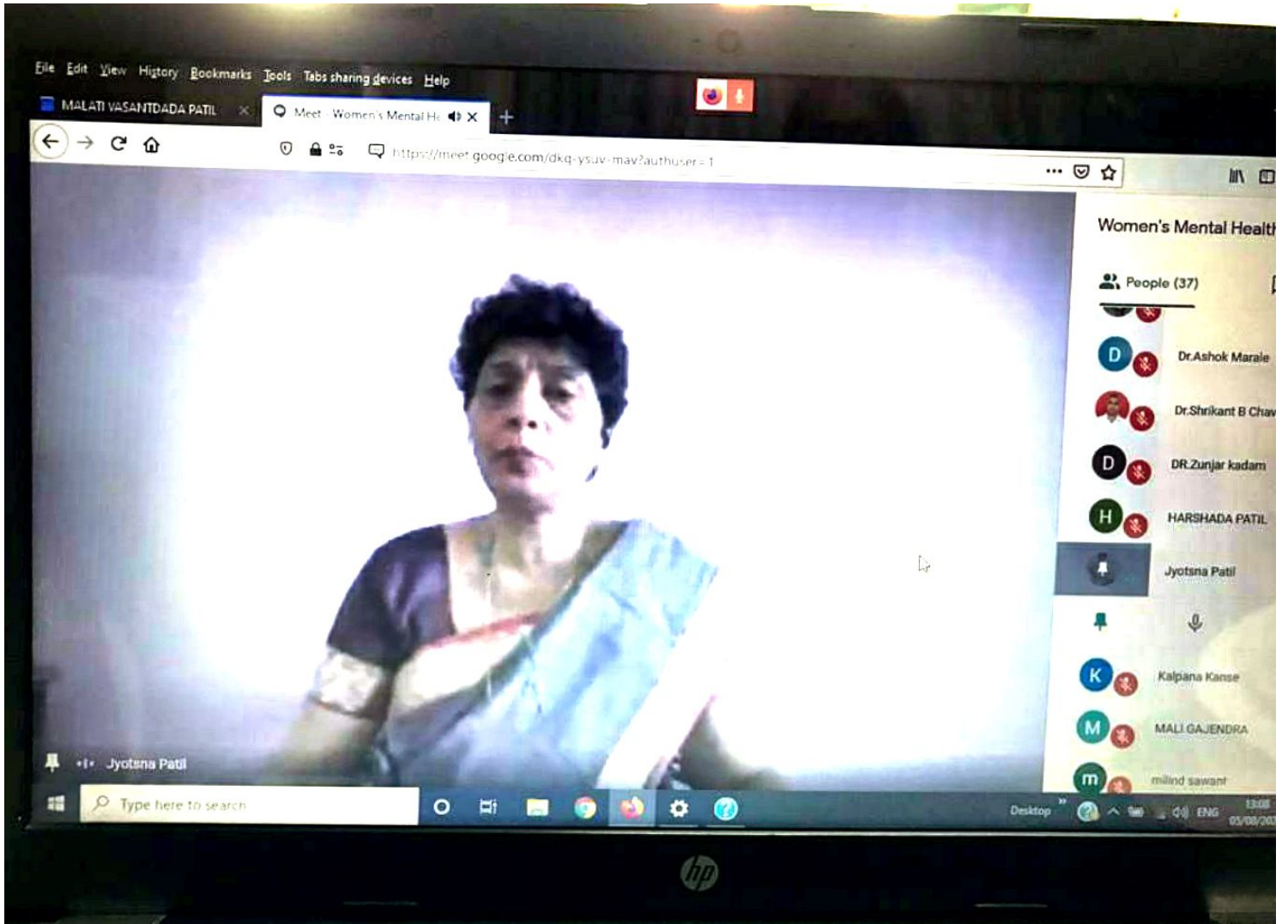
• **Registration Free Contact Details :** •

**Dr. Sanjivani J. Patil 9420792727**

[Click on Icon / Link](#)

Registration Link :  <https://forms.gle/4n2HqaiHQ8TMjsfHA>

Telegram Link :  <http://t.me/joinchat/NFOMvOdPKTGv9eoSegxZTw>











Greetings to All !!!

Walwa Taluka Education Society's  
MALATI VASANTDADA PATIL KANYA MAHAVIDYALAYA  
(ARTS & COMMERCE), ISLAMPUR Tal.: Walwa Dist.: Sangli Pin. 415409  
Department Of Psychology  
Shivaji Vidyapeeth Manasshastra Parishad  
JOINTLY ORGANISED ONE DAY National Webinar  
We invite you all to join the webinar on Google meet Platform

Subject

**'Mental Health & Changing Lifestyle During Pandemic Covid-19'**

No Registration fees.

Registration Form link- <https://forms.gle/4n2HqaiHQ8TMjsfHA>

Guest Of Honor of Resource Person-

Dr. Digambar J. Darekar

BOS, Member Savitribai Phule Pune University, Pune

Sub- Handling Mental Health During Covid-19

Google meet Link- <https://meet.google.com/uui-whpa-yhc>

PIN: 836 475 985#

Time 11.00 AM to 12.00

Resource Person-

Mrs. Dr. Jostna P. Patil

Sub- Women's Mental Health

Google meet Link- <https://meet.google.com/dkq-ysuv-mav>

PIN: 725 173 638#

Time 12.015 PM to 01.15

Date:- 05/08/2020.

Time:- 11.00 Am to 01.15

Platform:- Google Meet

With best Regards,

**Patron**

Prin. Dr. A.L. Belvatkar

9511219149

**Convener**

Pro. Dr. Sanjivani J. Patil

9420792727

**Co-Convener**

Pro. Ram Ghule

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**Organizing Member**  
Dr. Vikas Minchekar  
Secretary SVM Parishad

Dr. Shrikant Chavan  
President SVM Parishad

Pro.Dr.Snehal Heghiste  
Dr.NAAC Coordinator

Pro.Mrs. Vrushali Patil

Join Telegram link for updates: - <https://t.me/joinchat/NFOMv0dPKTGv9eoSegxZTw>

**Feedback form will be shared during webinar, after submitting feedback form e-certificate will be sent on your registered email Id.**

Thanks!



वाळवा तालुका एज्युकेशन सोसायटीचे  
मालती बसंतदादा पाटील कन्या महाविद्यालय, इस्लामपूर  
मानसशास्त्र विभाग आधार समुपदेशन केंद्र



व

शिवाजी विद्यापीठ मानसशास्त्र परिषद  
संयुक्त विद्यमाने  
ऑनलाईन वेबिनार अहवाल

दि. ०५/०५/२०२०

मालती बसंतदादा पाटील कन्या महाविद्यालय आणि शिवाजी विद्यापीठ मानसशास्त्र परिषद यांच्या संयुक्त विद्यमाने मानसशास्त्र विभाग "आधार समुपदेशन केंद्र अंतर्गत "कौव्हीड १९ दरम्यान मानसिक आरोग्य आणि बदलणारी जीवनशैली" याविषयावर ऑनलाईन वेबिनारचे आयोजन करण्यात आले होते.

कोरोनाचे गंभीर परिस्थिती लक्षात घेता प्रत्येकाच्या शारीरिक व सामाजिक आरोग्याबरोबरच मानसिक आरोग्य महत्वाचे आहे. याकरिता प्रत्येकाने मानसिक आरोग्य कसे चांगले राखता येईल या बाबत सकारात्मक राहणे आवश्यक आहे असे मत वेबिनारच्या उद्घाटन प्रसंगी वाळवा तालुका एज्युकेशन सोसायटीचे सहसचिव व शिवाजी विद्यापीठाच्या व्यवस्थापन परिषदेचे सदस्य अॅड. धैर्यशील पाटील (बाबा) यांनी व्यक्त केले.

ऑनलाईन वेबिनारच्या प्रथम सत्रामधील मार्गदर्शक डॉ. दिगंबर दरेकर म्हणाले कि कोरोनाच्या या दुष्टचक्रामुळे देशावर फार मोठे आर्थिक व आरोग्याविषयी संकट आले आहे. याचा संपूर्ण जनमानसावर परिमाण झाला आहे. लोकांचे मानसिक आरोग्य बिघडले आहे. मानवाला जीवन जगत असताना ताण-तणाव, धकटा, चिडचिडेपणा, अस्वस्थता अशा अनेक समस्यांना सामोरे जावे लागत आहे. यावर आत्मिक (अध्यात्मिक) समाधान हा मार्ग महत्वाचा आहे. ज्ञान, भक्ती व कर्म यातून आनंद मिळतो, स्नानानंद (समाधान) म्हणजेच मानसिक स्वास्थ्य होय. अध्यात्म व मानसिक आरोग्य ही निरोगी आरोग्याची गुरुकिल्ली आहे. प्रथम सत्रासाठी पुढील लिंक दिली होती. (लिंक - <https://meet.google.com/uul-whpa-yhc>)

वेबिनारच्या द्वितीय सत्रामध्ये पुना प्रिचेंटीव कार्डिओलॉजी सेंटरच्या संस्थापिका डॉ. जोस्वा पाटील यांनी मार्गदर्शन केले. त्या म्हणाल्या कि सृष्टीच्या वाटचालीमध्ये "स्त्री" हा महत्वाचा पाया आहे. स्त्री मधील हार्मोन्स बदल हा तिच्या मानसिक आरोग्यावर परिणाम करतो तेव्हा पुरेशी झोप घेणे व योगा करणे हा आवश्यक आहे. सूर्यनमस्कार हा चांगला योगप्रकार असून स्त्रियांनी सूर्यनमस्कार घालावेत. सध्याच्या स्त्रीला कौटुंबिक व







नोंकरी व्यवसाय अशा दोन्ही जबाबदाऱ्या पार पडताना तारेवरची कसरत करावी लागते त्यामुळे तिने भौतिक सुखाच्या मार्गे न लागता जे जे मिळते त्याबाबत सकारात्मक राहून परमेश्वराचे आभार मानवेत. द्वितीय सत्रासाठी पुढील लिंक दिली होती. (लिंक - <https://meet.google.com/dka-ysuv-mav>)

कोविड १९ च्या दरम्यान केलेल्या लॉकडाऊनचा लोकांच्या जीवनशैलीवर व्यापक परिणाम झाला आहे. लोक चिंताग्रस्त, पॅनिक हल्ले, अल्कोहोल, वियाड्रॉल सिंट्रोम यासारख्या समस्यांमुळे त्रस्त आहेत तेंव्हा प्रत्येकाने नकारात्मक भावनेपासून स्वतःचे रक्षण करण्यासाठी स्वतःला कामात गुंतवून घ्यावे, वाचन करावे, संगीत ऐकावे, स्वतःच्या क्षमतांना वाच मिळेल अशा कार्यात स्वतःला गुंतवून घ्यावे. थोडक्यात शारीरिकदृष्ट्या सक्रीय राहिलात कि मानसिक आरोग्य चांगले राहण्यास मदत होते असे मत प्राचार्य डॉ. अंकुश बेलवटकर यांनी व्यक्त केले.

वेबिनारचे अध्यक्ष व शिवाजी विद्यापीठाच्या मानसशास्त्र परिषदेचे अध्यक्ष डॉ. श्रीकांत बऱ्हाण यांनी अध्यक्षीय मनोगत व्यक्त केले. शिवाजी विद्यापीठाच्या मानसशास्त्र परिषदेचे सचिव डॉ. विकास भिणचेकर यांनी वेबिनारचा आढावा घेतला.

संयोजिका डॉ. संजीवनी पाटील यांनी उपस्थितांचे स्वागत केले आणि त्या म्हणाल्या कि या कोरोनाच्या पार्श्वभूमीमुळे होळ्यांना न दिसणारा विषाणू सर्वांच्या अंतर्मनावर धर करून बसला आहे. तेंव्हा नकारात्मक स्थितीत स्वतःचे संतुलन कसे राखावे?, आऱ्हाणांना तोंड देण्याची मानसिक तयारी कशी करावी?, भावनिकदृष्ट्या सकसत कसे जगावे? या दृष्टीने हा वेबिनार आयोजन करण्यामागे मागस आहे. हा मानस तड्की सार्थ होईल असा विश्वास आहे. या वेबिनारला ऑनलाईन २५१ व्यक्तींनी प्रतिसाद दिला.

प्रा. के.डी. कुरुंदवाडे व प्रा. राम घुले यांनी प्रमुख मार्गदर्शकांची ओळख करून दिली. प्रा. सी. वृषाली पाटील यांनी प्रमुख मार्गदर्शकांची ओळख करून दिली. प्रा. सी. वृषाली पाटील यांनी आभार मानले. डॉ. अशोल मरळे यांनी सूत्रसंचालन केले. मानसशास्त्र विभाग, आधार समुपदेशन केंद्र यांनी संयोजन केले.

*Megha*  
IQAC,  
Co-ordinator

*Malati*  
PRINCIPAL,  
MALATI VASANTRAO PATIL  
MAHILA SAMAJ

संयोजक  
*विश्व*  
डॉ. सी. संजीवनी पाटील







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Assistant Professor  
 RESEARCH STUDENT  
 Assistant professor  
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 Professor Public Administ  
 PRINCIPAL  
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 Associate Professor  
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 Student  
 Associate Professor  
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 Assistant Professor  
 Student  
 Assistant Professor  
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 Arts and commerce college koyanagar  
 Shripatrao Chougule Arts And Science College Malwadi Kotoli  
 S N Govt PG college Khandwa MP  
 Yashwantrao Chavan College Pachwad  
 K. B. P. College pandhrpur  
 Arts , Commerce and Science College ,Palus  
 Sspms Art's and Science Mahila College Shahada Dist Nandurbar  
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 Shivraj College Gadhinglaj  
 Chh. Shivaji Night College Solapur  
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 Late N A Deshmukh College, ChandurBazar Dist Amravati  
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 Dayanand college of Arts Latur  
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 Rayat Shikshan Sanstha's ,Art's and Commerce College Madha,Dist-Solapur  
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 Assistant professor  
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 Asst. Prof.  
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 Associate Professor in Psy  
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 Assit. Prof.  
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 Student  
**Lecturer**  
 Assistant Professor  
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 Associate Professor  
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Asst.prof  
 Associate Professor in Eng  
 Assistant Professor  
 Associate Professor  
 Asst teacher  
 Associate professor  
 Associate professor  
 A prof  
 Associate Professor  
 Professor (English)  
 Principal  
 Asst professor  
 Asst Professor  
 Research student  
 Research student  
 Research student  
 Research student  
 Asso. Professor  
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 Associate professor  
 Assistant Professor  
 Lecturer  
 PG Student  
 Lecturer  
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 Associate professor  
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 Lecturer  
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 Associate Professor  
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 Student  
 Assistant Professor  
 Asst professor  
 Student  
**Assistant Professor**  
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 Student  
 Student  
 student  
 Student  
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 Assistant Professor  
 RESEARCH SCHOLAR  
 Assistant Professor  
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 Assistant Professor  
 Batchler  
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 LECTURER  
 Consultant QA  
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 Assistant Professor  
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 Assisi Professor  
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शुक्रवार,  
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# इस्लामपुरात ऑनलाईन वेबिनारला प्रतिसाद

इस्लामपूर, ता. २० : येथील मालती वसंतदादा पाटील कन्या महाविद्यालय आणि शिवाजी विद्यापीठ मानसशास्त्र परिषद यांच्यातर्फे कोविड - १९ दरम्यान 'मानसिक आरोग्य आणि बदलणारी जीवनशैली' या विषयावर ऑनलाईन वेबिनार झाले.

प्रथम सत्रात डॉ. दिगंबर दरेकर म्हणाले, "कोरोनाच्या दुष्टचक्रामुळे देशावर फार मोठे आर्थिक आणि आरोग्य विषयक संकट आले आहे. याचा संपूर्ण जनमानसावर परिणाम झाला आहे. लोकांचे मानसिक आरोग्य बिघडले आहे. वाढलेल्या ताण-तणावावर आत्मिक समाधान हा महत्वाचा मार्ग आहे. ज्ञान, भक्ती व कर्म यातून आनंद मिळतो. अध्यात्म आणि मानसिक आरोग्य ही निरोगी आरोग्याची गुरुकिल्ली आहे." दुसऱ्या

सत्रात पुना प्रिव्हेंटीव्ह कार्डिओलॉजी सेंटरच्या संस्थापक डॉ. ज्योत्सना पाटील म्हणाल्या, "स्त्रीमधील हार्मोन्स बदल हा तिच्या मानसिक आरोग्यावर परिणाम करतो तेव्हा पुरेशी झोप व योगा करणे आवश्यक आहे." सहसचिव अॅड्. धैर्यशील पाटील म्हणाले, "कोरोनाची गंभीर परिस्थिती लक्षात घेता मानसिक आरोग्य सकारात्मक राखण्यासाठी प्रयत्न केले पाहिजेत." प्राचार्य डॉ. अंकुश बेलवटकर, डॉ. श्रीकांत चव्हाण, डॉ. विकास मिणचेकर यांनी मार्गदर्शन केले. डॉ. संजीवनी पाटील यांनी स्वागत केले. प्रा. के. डी. कुरुंदवाडे, प्रा. राम घुले यांनी तज्ञांची ओळख करून दिली. प्रा. वृषाली पाटील यांनी आभार मानले. डॉ. अशोक मरळे यांनी सुत्रसंचालन केले.