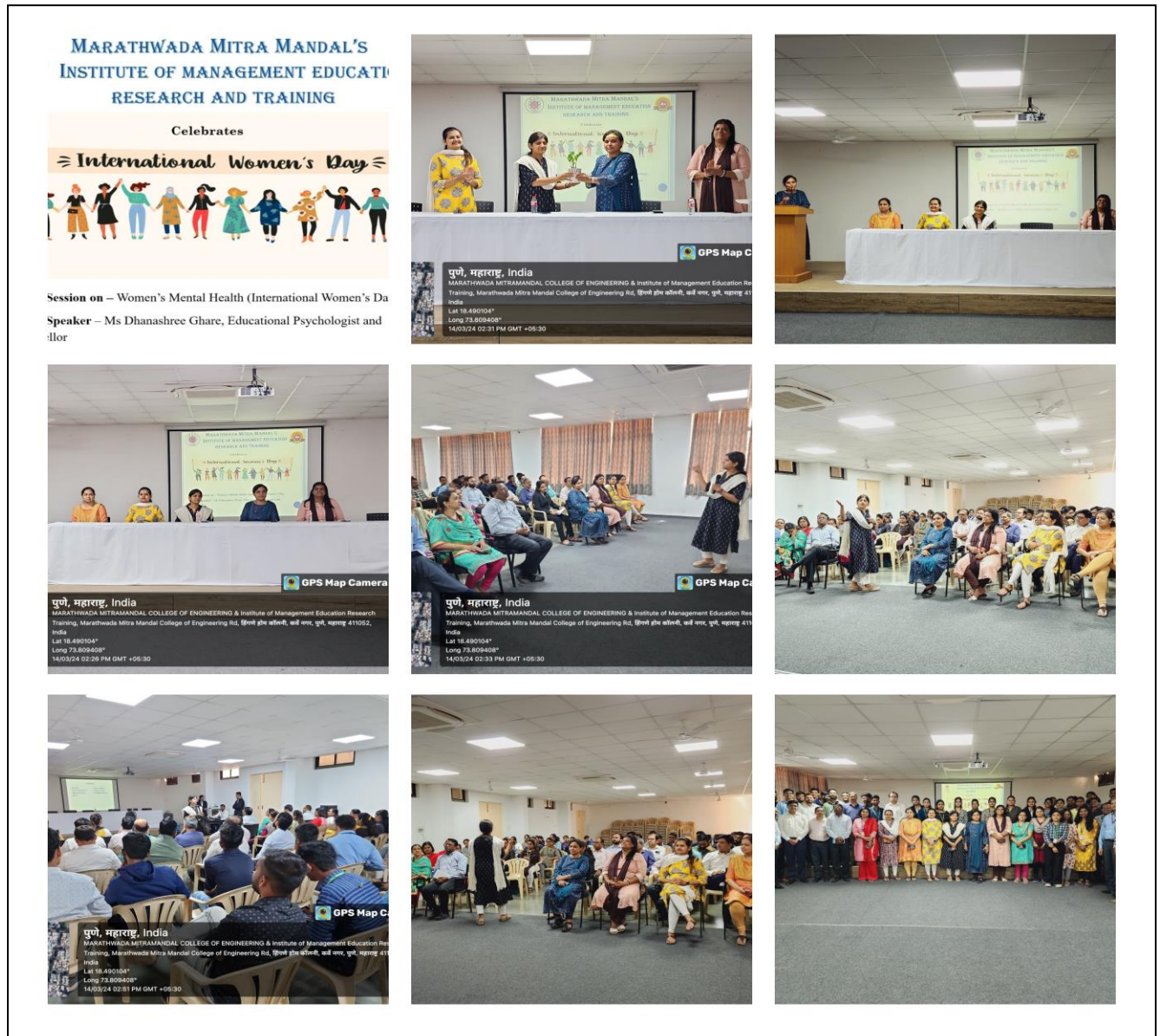
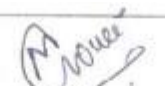


Guest Session on Mental Health on the Occasion of International Women's Day

Date of the Event	14.03.2024	Duration	02:15 P.M. to 03:15 P.M.
Day of the Event	Thursday	Venue & Total Participants	MM's IMERT 3 rd Floor Seminar Hall 50

Event Photos



 Prof. Chaitrali Kale MBA II Co-ordinator Prepared by	 Dr. Mangalgouri Patil IQAC Coordinator Reviewed by	 Dr. Shubhangee Ramaswamy I/C Director Approved by
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Since 1994

Marathwada MitraMandal's
INSTITUTE OF MANAGEMENT EDUCATION RESEARCH AND TRAINING
(IMERT), Pune

**S. No. 18, Plot No. 5/3, CTS No. 205, Behind Vandevi Temple, Karvenagar,
Pune – 411052**



AY: 2023-24

Brief report on the event

Marathwada Mitra Mandal's IMERT recently organized International Women's Day event under the guidance of Dr Shubhangee Ramaswamy, I/C Director, IMERT. The event was graced by the esteemed presence of Ms. Dhanashree Ghare, Educational Psychologist and counselor who provided insightful guidance on the topic Mental Health. Keeping in mind the gender equality the session was attended by all.

The total 50 people attended the event including 20 Faculties and Staff and 30 students. The program commenced with an opening address by Dr. Shubhangee Ramswamy, I/C Director, IMERT highlighting the significance of Women's Day and the importance of addressing mental health issues. Further, Ms. Dhanashree Ghare delivered a thought-provoking session. Ms. Ghare emphasized the need for creating awareness about mental health issues and breaking the stigma surrounding seeking help for mental health concerns. She shed light on the three stages of Mental Well being and the pivotal role of emotions and reciprocation of gratitude towards day-to-day aspects in life.

Key takeaways of the session were:

- 1) Acceptance of Emotions – Positive and Negative
- 2) Rigidity Vs. Flexibility
- 3) Working on Neo-Cortical Emotions

The event was co-ordinated by Prof Chaitrali Kale. Student anchors were Ms Vaishnavi Wale and Ms Sanskruti Bhilare. Mr Satyan Kalokhe and Mr Pratik Patil were technical and event student volunteers.

 Prof. Chaitrali Kale MBA II Co-ordinator	 Dr. Mangalgouri Patil IQAC Coordinator	 Dr. Shubhangee Ramaswamy I/C Director
Prepared by	Reviewed by	Approved by