



PDEA's
Annasaheb Magar Mahavidyalaya
 CELEBRATING GOLDEN JUBILEE YEAR
 (1971 - 2021)
 Department Of English
 Organizes
ONE DAY WEBINAR
 On
"Mental And Emotional Wellbeing"

Organizer
Dr. Warsha Khandewale
 Head, Department of English

Principal
Dr. Shelke P.N

Date: 26 August, 2021
 Time: 9.30 AM- 10.30 AM

Guest Speaker

Dr. Vishal Sangale
 BHMS, MA Clinical Psychology
 Co-founder & CEO of Brainberg Knowledge Solutions Pvt. Ltd.

REPORT OF ONE DAY WEBINAR ON MENTAL AND EMOTIONAL WELLBEING

A One Day Webinar on Mental and EMOTIONAL WELLBEING was organized by Department of English on 26 August, 2021 at 9.00 a.m. Dr. Vishal Sangale, CEO, Brainberg Knowledge Solutions, Pune made a PowerPoint presentation and Dr. W. S. Khandewale, Head, Department of English conducted and compered the program. It was attended by Fy, Sy ,Ty and MA students. Nearly 88 participants attended this webinar. They were enlightened on MENTAL health issues and our Emotional WELLBEING attached to the process and

outcomes of our day to day activities.




Welcome to Well-being & Stress Management Session



Dr. Vishal Sangale,
 BHMS, MA, Doctoral scholar (PhD)