



NAAC Reaccredited B+  
Muktainagar Taluka Education Society's  
**Smt. Godavaribai Ganpatrao Khadse College,**  
Muktainagar Tal: Muktainagar, Dist: Jalgaon (MS) 425306

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## Department of Psychology and Counseling Center Report of Activity

<b>Name of the Program / Activity</b>	Lecture on Psychological Health and Lifestyle
<b>Date and Time</b>	22/02/2021
<b>Venue</b>	Department of Psychology and counseling center
<b>Resource Person</b>	Dr. C. V. Thingle
<b>Organized by</b>	Department of Psychology and counseling center
<b>No. of Participants</b>	16

### A Brief Report

Department of Psychology and counseling center organized a lecture on Psychological Health and Lifestyle for faculty at the Department of Psychology and counseling center. The resource person Dr. C. V. Thingle guided to participants about concerns related to psychological health and current lifestyle such as diet, nutrition, Yoga, Exercises, etc.



Sign  
Incharge / Co-ordinator



प्रभारी प्राचार्य  
सोमती गोदावरीबाई गणपतराव खडसे महाविद्यालय,  
मुक्तनगर, जि. जळगाव,  
Sign  
Principal