



Shiv Chhatrapati Shikshan Sanstha's  
**Rajarshi Shahu Mahavidyalaya (Autonomous), Latur**  
**IQAC**

**A) A Summary Report of the Activity**

1) Title of Program:		Workshop on ‘A Review of Mental Health of Young Adults during the Pandemic’		
2) Name of Organizing Department/Unit:		IQAC		
3) Name of the Coordinator(s)/ Convener(s)/ Organizer(s) of the Program:		Dr. Mahadev Gavhane, Principal and Chief Organizer Prof. S.N. Shinde, Co-Convener Dr A.A. Yadav, Convener		
4) Date(s) of the Program:		18 October 2021		
5) Venue/Mode:		Online through Zoom App		
6) Target Group:		Students		
7) Number of Participants:		Male	Female	Total
A separate list with signatures be maintained in the department/Unit)	Teaching			278
	Non-Teaching			
	Students			
8) Name(s) and details of Resource Person(s), if any:		Dr Juhi Deshmukh Savitribai Phule Pune University, Pune		
9) Total Expenditure for the Program:		Free		
10) Source of Funding:		NA		

## **B) Report**

### **i. Title: Workshop on 'A Review of Mental Health of Young Adults during the Pandemic'**

#### **ii. Introduction**

The mental health of young adults has been significantly impacted by the COVID-19 pandemic. Prevalence symptoms of anxiety and depression has risen dramatically. It was felt that the review of mental health of young adults is necessary. Accordingly, a workshop on 'A Review of Mental Health of Young Adults during the Pandemic' was organized by IQAC on 18<sup>th</sup> October, 2021 at 02.00 p.m. online through Zoom App. 278 participants attended the workshop. Dr Juhi Deshmukh, Savitribai Phule Pune University, Pune was the resource person for the workshop. She was assisted by Shweta Sahastrabudhe and Abhijit Chaure from Savitribai Phule Pune University, Pune.

#### **iii. Objectives of the Program/ issues addressed**

- To review the Mental Health of Young Adults during the Pandemic
- To study impact of COVID -19 pandemic on mental health of young adults
- To create awareness about the symptoms of depression and anxiety among young adults
- To suggest measures to validate the emotions

#### **iv. Details of Participants**

The workshop was organized for students of Rajarshi Shahu Mahavidyalaya (Autonomous), Latur. Around 278 UG and PG students participated in the workshop.

#### **v. Brief Summary of Events/ Sessions**

Dr Juhi Deshmukh and her team Shweta Sahastrabudhe and Abhijit Chaure from Savitribai Phule Pune University, Pune reviewed the mental health of young adults during the pandemic. The workshop was started with a brief note on holistic health including spiritual, physical, mental, emotional and social aspects. Then students were asked to respond to google form based questionnaire and psychometric assessment was done. Based on the inputs, the team guided the students about holistic health,

mindfulness, stress management, coping efficiently with stress, validation of emotions and four D's (Delay, Drinking Water, Distract, Deep Breathing) to control craving, etc.

Vice Principal Dr A.J. Raju was the chairperson for the workshop. He highlighted the ignorance of mental health aspect of our life and appreciated the efforts of resource person about creating mindfulness among the participants. Dr A.A. Yadav proposed the vote of thanks.

#### **vi. Conclusion, with Feedback on the Program**

This was the first kind of workshop wherein the review of Mental Health of Young Adults during the Pandemic was taken. It was found that COVID-19 pandemic was associated with mild psychological impact among young adults. The workshop created awareness about mental health and suggested the need of arranging such workshops among the various platforms.

#### **vii. Any Appendix If Necessary**

NIL

Date: 18.10.2021

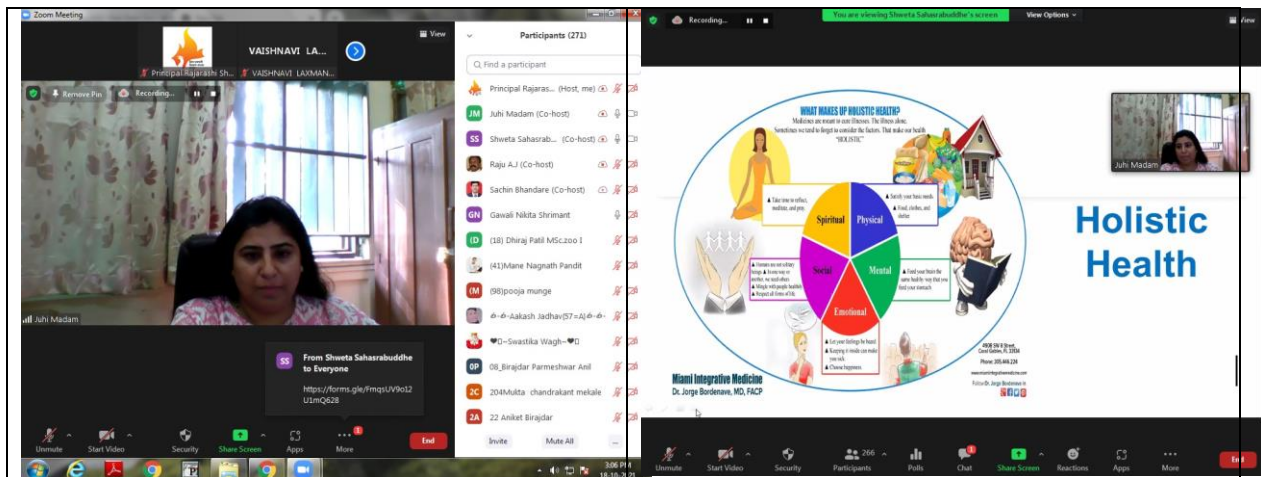
Place: Latur

  
Dr Abhijit Yadav  
Convener -Workshop  
**IQAC Coordinator**  
Rajarshi Shahu Mahavidyalaya(Autonomous)  
Latur, Maharashtra

  
Dr Mahadev Gavhane  
Principal and Chief Organizer  
**PRINCIPAL**  
Rajarshi Shahu Mahavidyalaya  
(Autonomous), Latur

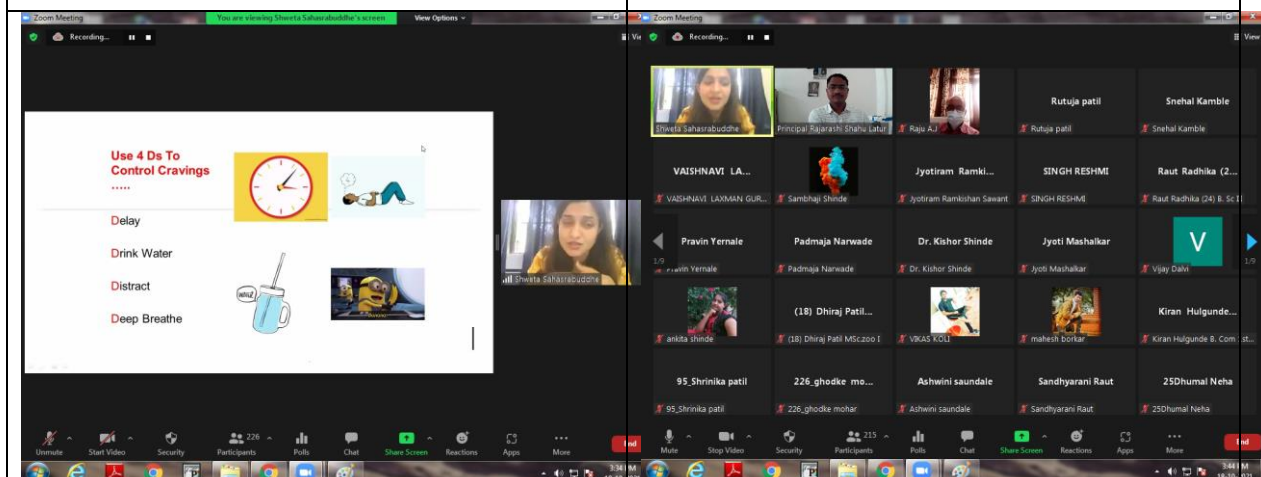


### C) Screenshots/Geotagged Photographs:



Dr Juhi Deshmukh Savitribai Phule Pune University, Pune conducting the workshop

Dr Juhi Deshmukh Savitribai Phule Pune University, Pune discussing the holistic health



Miss Shweta Sahastrabudhe clarifying doubts of the participants


Participants at Workshop on 'A Review of Mental Health of Young Adults during the Pandemic'

### D) Link of Video of the programme if any

NIL

## E) Copies of Brochure Prepared for the Program

**Shiv Chhatrapati Shikshan Sanstha's  
Rajarshi Shahu Mahavidyalaya (Autonomous), Latur  
Internal Quality Assurance Cell Organizes  
Workshop on 'A Review of Mental Health of Young Adults  
during the Pandemic'  
Monday, 18 October 2021      Time: 2.00 PM**



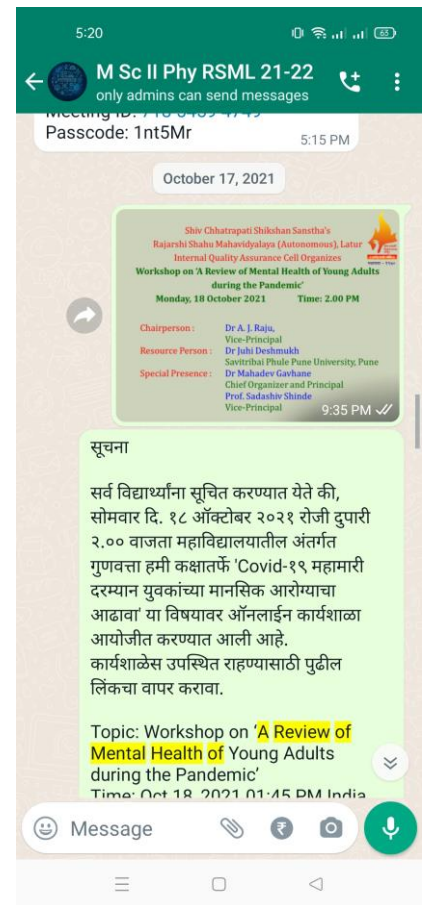
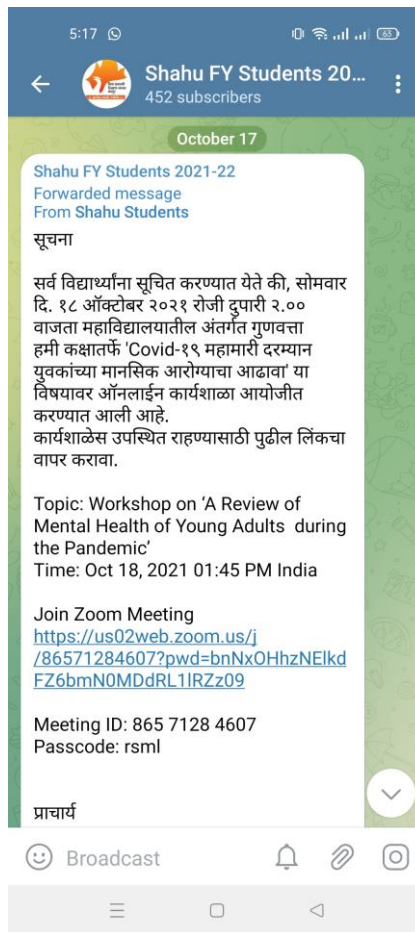
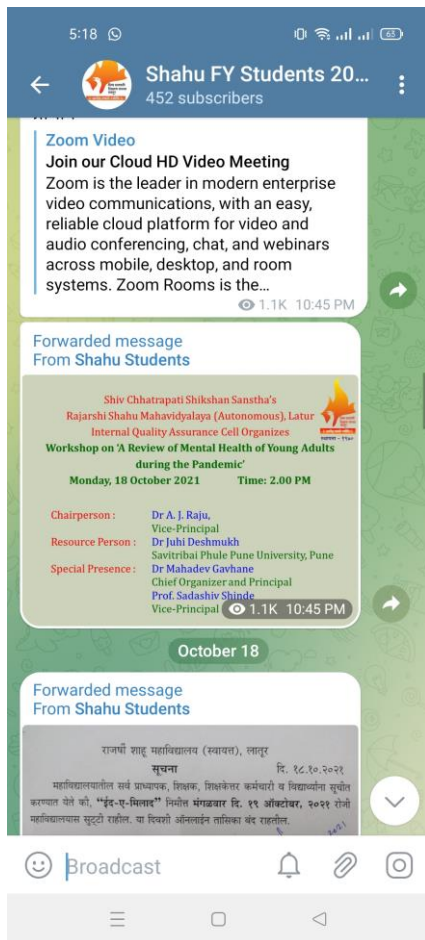
**Chairperson :**      Dr A. J. Raju,  
Vice-Principal

**Resource Person :**      Dr Juhi Deshmukh  
Savitribai Phule Pune University, Pune

**Special Presence :**      Dr Mahadev Gavhane  
Chief Organizer and Principal  
Prof. Sadashiv Shinde  
Vice-Principal



## F) Any Other Publicity Material





Shiv Chhatrapati Shikshan Sanstha's  
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the Pandemic'

Monday, 18 October 2021

Time: 2.00 PM

Minute to Minute Program

Timing	Activity	Person
2.00 pm	Welcoming Guests & participants	Dr Abhijit Yadav
2.05 pm	Welcome Address/Concept Note	Dr A. J. Raju, Vice-Principal
2.15 pm	Introduction of Resource Person	Dr Abhijit Yadav
2.17 pm	A Review of Mental Health of Young Adults during the Pandemic	Dr Juhi Deshmukh Savitribai Phule Pune University, Pune
2.45 pm	Filling of questionnaire	Dr Juhi Deshmukh and Team
3.00 pm	Q and A Session	Dr Juhi Deshmukh and Team
3.25 pm	Vote of Thanks	Dr Abhijit Yadav Assistant Professor of Physics



Dr Mahadev Gavhane

Principal and Chief Organizer

**PRINCIPAL**  
Rajarshi Shahu Mahavidyalaya  
(Autonomous), Latur