



**Dr. Rafiq Zakaria Campus**

Maulana Azad Educational Trust's

**Y. B. CHAVAN COLLEGE OF PHARMACY**

(B. Pharm, M. Pharm & Research Centre)

ISO 21001:2018 CERTIFIED | NIRF-2022 ALL INDIA RANK 65<sup>TH</sup>

NAAC ACCREDITATION "A" GRADE WITH 3.23 CGPA SCORE

### Activity Report

**Type of activity:** Seminar on the occasion of World Mental Health Day

**Title of activity:** Seminar on "Mental Health Awareness"

**Objective of activity:**

- To raise awareness on mental health issues and to channelize efforts in support of mental health so as to achieve social development.

**Name of the organization committee:**

**Holistic Health Club** under AICTE SPICES in association with Health Aid Committee of the institute.

**Date and time:** 12/10/2022; from 11.00 am onwards

**Duration of the activity:** 120 minutes

**Expenditure Amount if any:** Rs.4500/-

**Target Students:** 200

**Mode of Session:** offline

**Program type:** Seminar

**About the activity:**

The Holistic Health Club under AICTE-SPICES in association with Health Aid Committee organized a seminar on "Mental Health Awareness" on the occasion of World Mental Health Day on 12th October 2022. The program began at 11.00 A.M in the YBCCP Auditorium. The Resource Person was Dr. Aziz Ahmed Quadri who is the Founder and Director of Dr. A.A. Quadri's Mental Health Centre, Aurangabad.

The program was conducted under the guidance of Dr. Syed Ayaz Ali (Health Aid Committee In charge). Dr. Marzooka Chishti (SPICES Coordinator), Mr. Mukhtar Khan (Activity In charge),

Dr. Furquan Khan (SPICES Co-coordinator), and Dr. Abubakar Bawazir (Convener & I/C Principal).

The program commenced with the felicitation of the spokesperson and a welcome address by the principal. Various areas like anger management, the harms of using a mobile phone, developing tolerability and being stable in adverse circumstances, keeping a positive attitude in failure, and the importance of spirituality in mental health were discussed. He discussed the objectives of mental health action plan and how to achieve it for overall development of self growth and society. The session was concluded by presenting the speaker with a certificate and a memento and later a vote of thanks by Dr. Syed Ayaz Ali.

### Benefit in terms of learning/skill/knowledge obtained:

- To create awareness on mental health issues in the population by informing the public about it, so as to facilitate early identification and treatment of such problems.
- To reduce the misconceptions and stigma, and encourage those suffering to seek help and find a support network.

### Feedback:

The students found the session to be informative, the mental health issues discussed by the speaker was considered to be very prevalent in today's techno savvy youths; the audience strongly agreed spirituality plays an important role in achieving sound mental health balance. The club members look forward to participate in such kind of activities in future.

### Flyer of the event

Dr. Rafiq Zakaria Campus  
Maulana Azad Educational Trust's  
**YB CHAVAN COLLEGE OF PHARMACY**

ISO 14001:2015   ISO 21001:2018   NIRF-2022 AIR 65th   NAAC "A" GRADE (CGPA 3.23)

**HOLISTIC HEALTH CLUB**  
UNDER AICTE - SPICES SCHEME  
IN ASSOCIATION WITH  
**HEALTH AID COMMITTEE**  
Organizes Seminar on

**ON  
12TH OCTOBER 2022,  
11:00 AM ONWARDS,  
AT  
AUDITORIUM  
YB CHAVAN COLLEGE  
OF PHARMACY,  
AURANGABAD**

**“Mental Health  
Awareness”**

**- ORGANIZING COMMITTEE -**

**DR. MARZOOKA CHISHTI**  
SPICES COORDINATOR

**DR. SYED AYAZ ALI**  
HEALTH AID COMMITTEE  
INCHARGE

**MR. MUKHTAR KHAN**  
ACTIVITY INCHARGE

**DR. FURQUAN KHAN**  
SPICES CO-COORDINATOR

**DR. ABUBAKAR BAWAZIR**  
CONVENER & I/C PRINCIPAL

Registration link: <https://forms.gle/32kbXo9XyDktWxTj9>

Activity In-charge- Mr. Mukhtar Khan

Coordinated by:

Dr. Ayaz Ali, Health Aid Committee In-charge

Dr. Marzooka Chishti, SPICES Coordinator

Dr. Furquan Khan, SPICES Co-coordinator

Dr. Abubakar Salam Bawazir, Convener & I/C Principal

*[Handwritten signature]*  
I/C Principal  
Y.B. Chavan College of  
Aurangabad



**Photos of the event:**



**The resource person Dr. A.A. Quadri enlightening the audience on Mental Health Awareness**



**The participants**



**Appreciation of the resource person at the hands of the convener, Dr. Abubakar Bawazir by presenting a memento and a certificate**