

Bunts Sangha's
S. M. Shetty College of Science, Commerce & Management Studies, Powai
NAAC Accredited 'A' Grade
IMC RBNQ Certificate of Merit 2019
ISO 21001:2018 Certified

SEMINAR ON 'LOVE YOU ZINDAGI'



NSS Programme Officer



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Criterion 3 - Research, Innovations and Extension



PRINCIPAL

Bunts Sangha's S.M. Shetty College
of Science, Commerce & Management Studies
Powai, Mumbai-400 076.
Tel. 022-6132 7352
Email: college@smshettyinstitute.org

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Approval Form – seminar on 'LOVE YOU ZINDAGI'

Department: NSS UNIT & MENTAL HEALTH CLUB

Program: Seminar on 'LOVE YOU ZINDAGI'

Objectives: This Seminar helped the students to know about the basic knowledge on 'Suicide awareness and prevention'

Need: It is important for the students to take a knowledge about suicide awareness and prevention'.

Content: The NSS Unit of S.M. Shetty had organize a seminar on 'love you zindagi' for the NSS Volunteers in collaboration with Mental Health Club

Date: 23rd September 2021,

Cost/Budget: Nil / Not Applicable

Panelist: Ms. Natasha Mehta, Prof. John Menezes & Ms. Dhanalaxmi Kaunder

Proposed by: Mr. Shrinav Shyam & Mr. Ritesh Singh

Verified by: Prof. Vijay Vishwakarma

Date of Approval: 17th September, 2021



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Minutes of the meeting – seminar on 'love you zindagi'

Minutes of the meeting:

- To allot work to social media team and leaders.
- To discuss about the documentation work.
- To allot leaders to prepare for the WhatsApp message which would be send to other colleges to participate.
- To allot social media team start to work on the poster and brochure for the event and update the social media platform.



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Notice (WhatsApp Message) – seminar on 'love you zindagi'

"There is hope, even when your brain tells you there isn't."

Greetings to All 🙏

The *NSS UNIT* of Bunts Sangha's S.M.Shetty College of Science, Commerce and Management Studies, Powai Permanently Affiliated to University of Mumbai in collaboration with *Mental Health Club* is organising _A National Level Seminar_

LOVE YOU ZINDAGI

Living Life to the fullest

Join our panel discussion on Suicide Awareness and Prevention

Panelist :

Ms. Natashha K Mehta - Psychologist.

Prof. John Menezes- NSS Programme Officer.

Ms. Dhanalaxmi Kaunder- TY Bcom (Student)

📅 Date: 23rd September, 2021.

🕒 Time: 2pm onwards.

📍 Venue: Zoom Meeting.

All the participants will provided with E-Certificates

*Link for the webinar* 🖱

<https://us02web.zoom.us/j/84142525988?pwd=NXE1RXdLS0FpVXBHOG5yWXlFaEU5UT09>

Meeting ID: 841 4252 5988



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Passcode: 7VNZH9

One tap mobile

+16465588656,,84142525988#,,,,*715884# US (New York)

+16699009128,,84142525988#,,,,*715884# US (San Jose)

Dial by your location

+1 646 558 8656 US (New York)

+1 669 900 9128 US (San Jose)

+1 253 215 8782 US (Tacoma)

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

+1 346 248 7799 US (Houston)

Meeting ID: 841 4252 5988

Passcode: 715884

Find your local number: <https://us02web.zoom.us/j/84142525988>

For any queries Call:

Snehal Rai - 9082362400

Sushant Shetty - 7738813869

Shrinav Shyam- 81087 81685

Ritesh Singh- 9594193925



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Brochure: Seminar On 'love you zindagi'

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NATIONAL SERVICE SCHEME
In Collaboration with
Mental Health Club
Is Organising
A National Level Seminar
Love You Zindagi
Join our Panel Discussion on Suicide Prevention
Our Panelist:



MS. NATASHA MEHTA
(PSYCHOLOGIST)

PROF. JOHN MENEZES
(NSS PROGRAMME OFFICER)

MS. DHANALAXMI KAUNDER
(STUDENT)

Participants will be provided with E-Certificate
Date: 23rd September, 2021
Time: 2:00pm
Venue: Zoom Meetings
For Any Queries Contact:-

SNEHAL RAI- 9082362400 SUSHANT SHETTY- 7738813869
RITESH SINGH- 9594193925 SHRINAV SHYAM - 8108781685



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2 days ago

shettynssunit_b46



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Join our Panel Discussion on Suicide Prevention
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MS. NATASHA MEHTA
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RITESH SINGH-	9594193925	SHRINAV SHYAM - 8108781685

Liked by **__mansi.____** and **34 others**
shettynssunit_b46 There is hope, even when your brain tells you there isn't.... more
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Report – Seminar on 'Love you Zindagi'

Event: Seminar on 'Love you Zindagi'

Date: 23rd September 2021,

Objective: This Seminar helped the students to know about the basic knowledge on 'Suicide awareness and prevention'

Highlights: The NSS Unit of Bunts Sangha's S. M. Shetty College of Science, Commerce and Management Studies, Powai in collaboration with Mental Health Club had organized A National Level Seminar

The Seminar commenced with the Welcoming of our Panelist, Ms. Natasha Mehta (Psychologist) Prof. John Menezes (Programme office of Nss) and Ms. Dhanalaxmi (Student), Members of NSS Unit, and the participants from our College by our NSS Volunteer Ms. Beulah Sundararajan. It was followed by the introduction of our panelist. Later the session started with discussion about the importance of our mental health by explaining how we can help our loved ones in there fighting with depression and also panelist told us how to overcome with it, by talking to people by telling your feeling. Our Prof John Menezes sir told how as a teacher they can help student from over coming with anxiety and depression. Distinct questions were asked by the host Ms. Beulah Sundararajan to the panelists. At the end, our three-panelist told Mental health is importance in our life and then question and answer where also taken by our volunteer Ms Swati Shetty.

The Seminar ended with the Vote of Thanks by our NSS Ms. Mansi Choubey. There were around 175 participants in the webinar.



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Feedback – Seminar on 'Love you Zindagi'

LOVE YOU ZINDAGI

Questions Responses 147 Settings

Name of the participant (As required on certificate)

147 responses

Saloni Maliwal
Singh Ritesh
Varsha jain
Anchal Mishra
Badhai Kothari
Melita Celia Lewis
Tanushri Vaidya
Fathima mehrin umar
Vanraj Pardeshi

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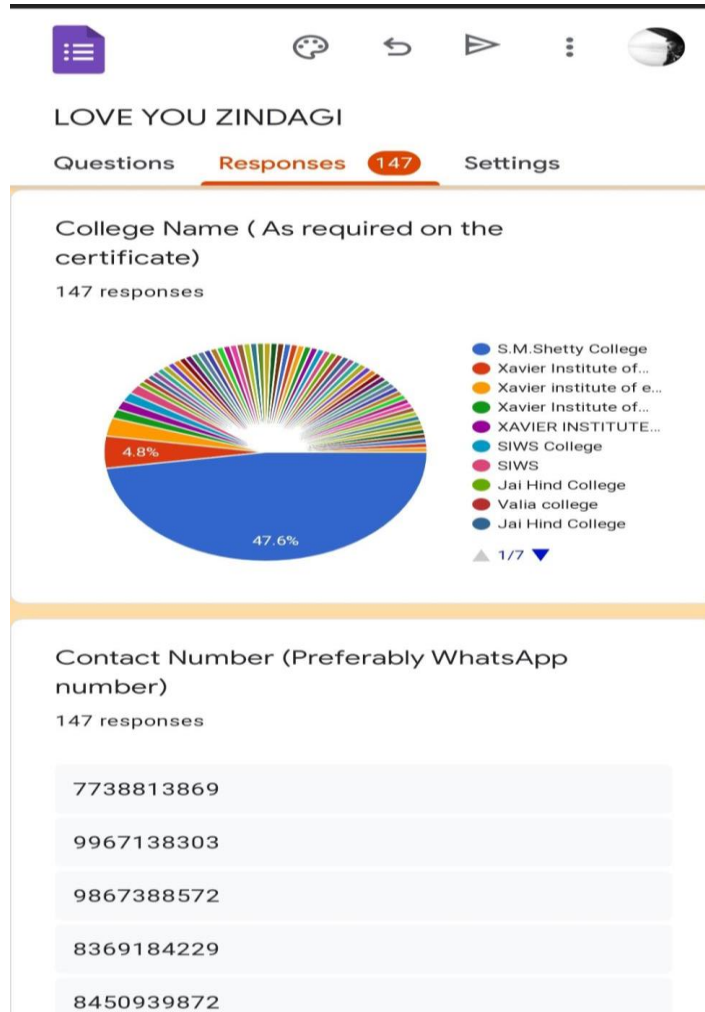
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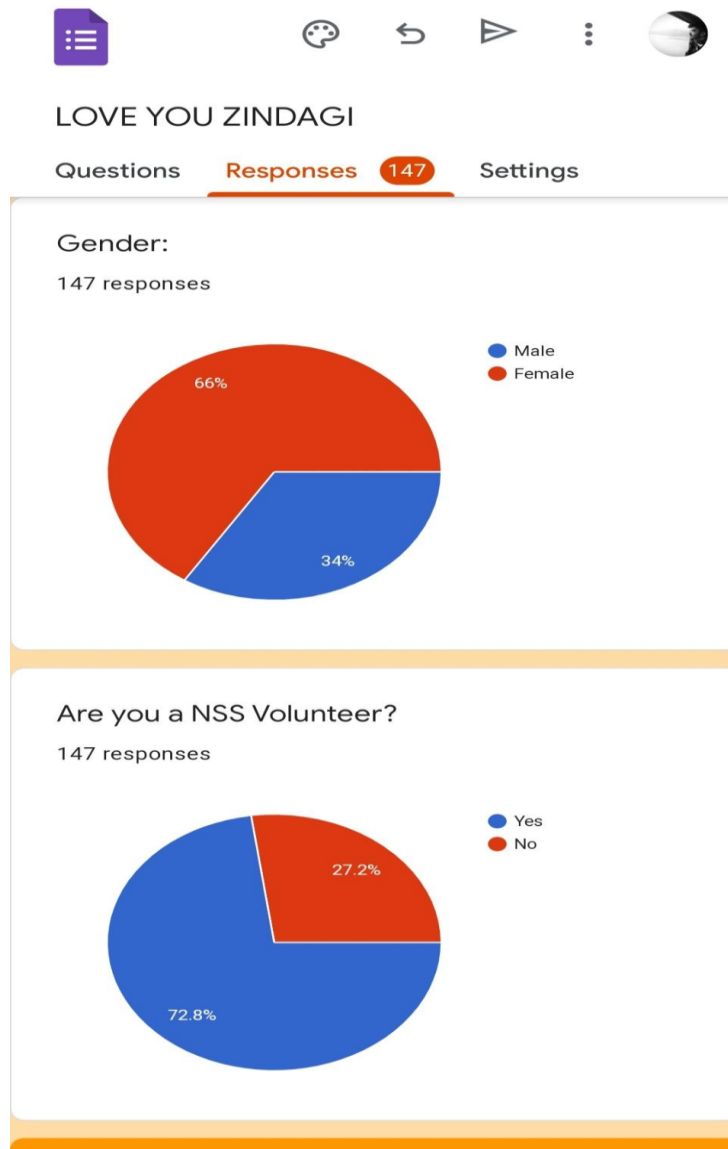
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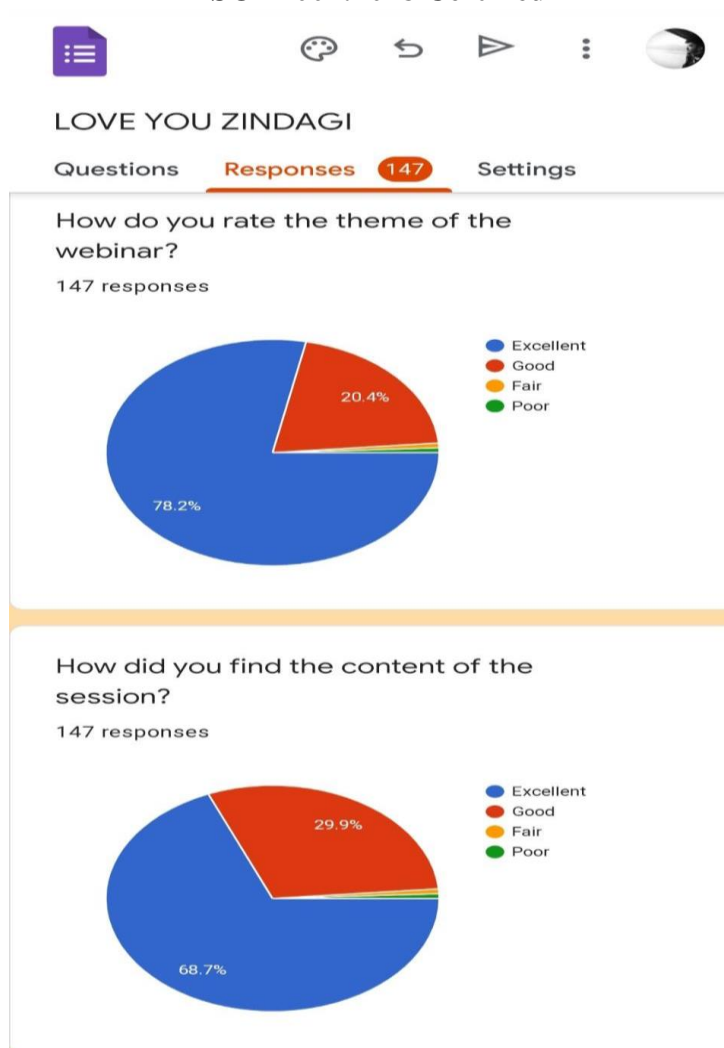
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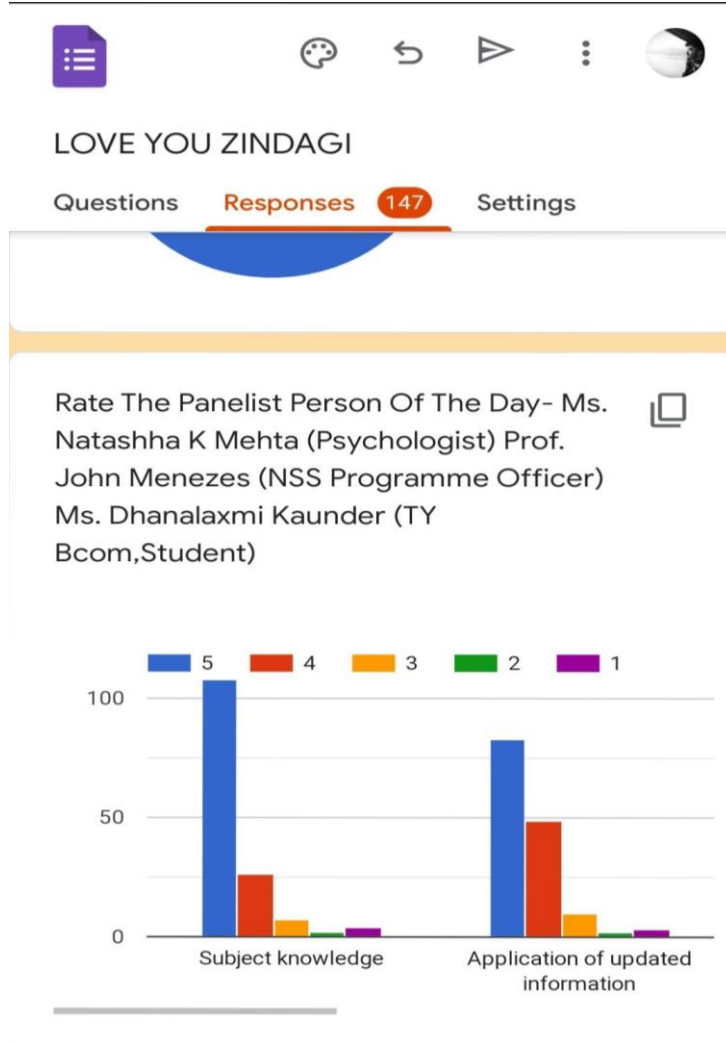
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Dijay Krishnarajama

NSS Programme Officer

John Menezes

NSS Programme Officer

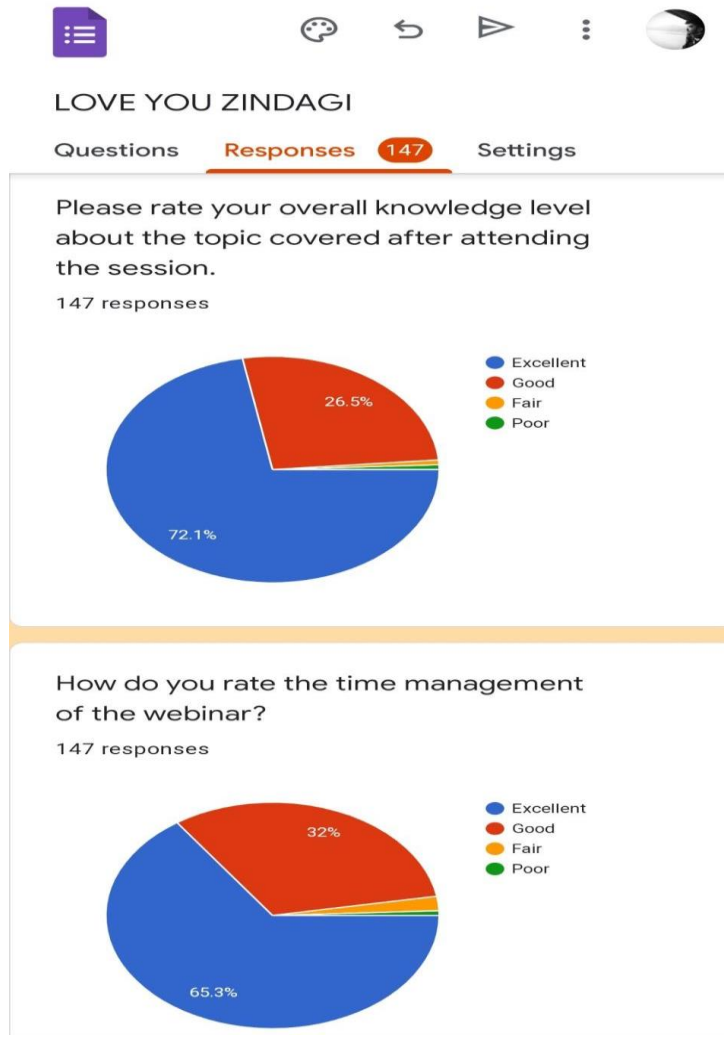
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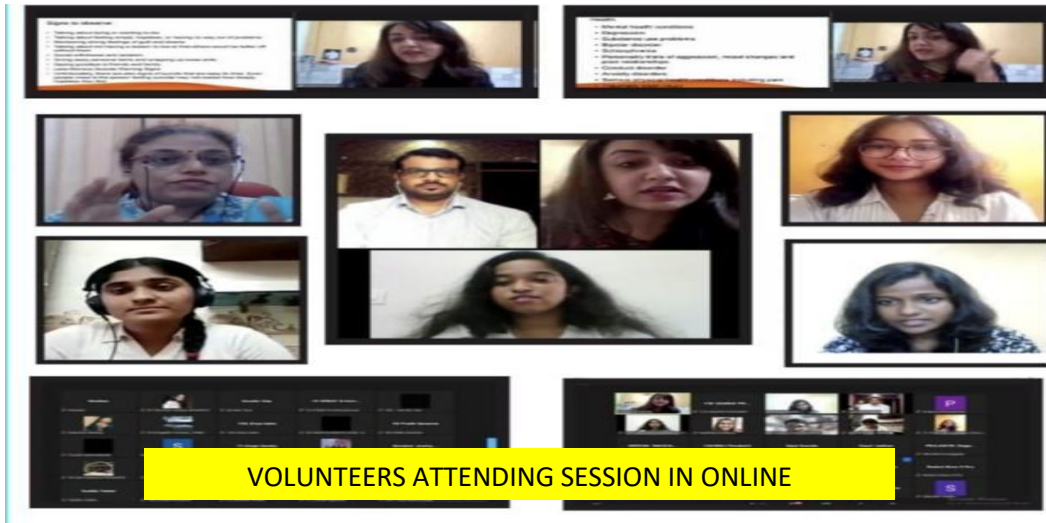
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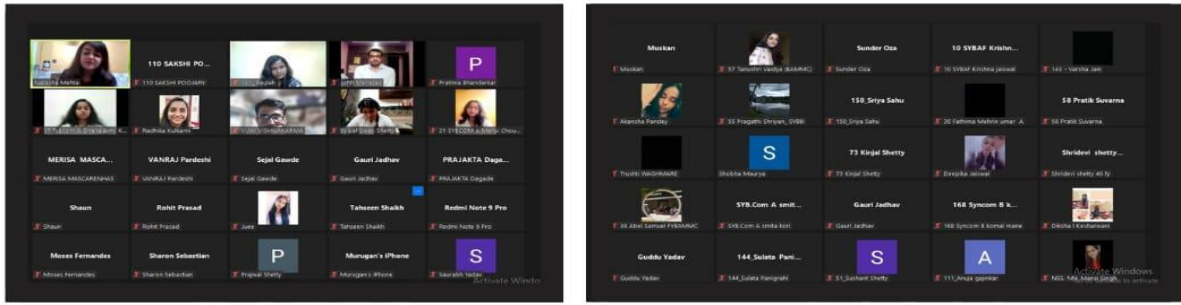
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Health

- Mental health conditions
- Depression
- Substance use problems
- Bipolar disorder
- Schizophrenia
- Personality traits of aggression, mood changes and poor relationships
- Conduct disorder
- Anxiety disorders
- Serious physical health conditions including pain
- Traumatic brain injury

Signs to observe:

- Talking about dying or wanting to die
- Talking about feeling empty, hopeless, or having no way out of problems
- Mentioning strong feelings of guilt and shame
- Talking about not having a reason to live or that others would be better off without them
- Social withdrawal and isolation
- Giving away personal items and wrapping up loose ends
- Saying goodbye to friends and family
- Less Obvious Suicide Warning Signs
- Unfortunately, there are also signs of suicide that are easy to miss. Even people close to the person feeling suicidal may not realize how deeply hopeless they feel.



INTERACTIVE SESSION

Dijay Krishnaswama
NSS Programme Officer

John Denezis
NSS Programme Officer

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Thank You Letter – Seminar on 'Love you Zindagi'

SMS/

23rd September, 2021

To,
Ms. Natasha Mehta
Prof. John Menezes
Ms. Dhanalaxmi Kaunder
S.M Shetty Degree College,
Powai.

Dear Sir/madam,

It was truly a pleasure to have you with us as our panelists for Seminar 'love you Zindagi' organized by NSS UNIT our college in collaboration with Mental Health Club.

On behalf of our college, we'd like to thank you for the generous gift of your time, making people aware and also giving us your precious opinion and various other information. Your time and dedication made this webinar successful.

With Regards,

Thanking you,

Yours faithfully,

Dr. Sridhara Shetty

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