### Activity Report Of Expert Talk On "Psychological Health - Impulsive Behaviour and its consequences "



Organized by , Sandip Foundation's Sandip Institute of Technology and Research Center Womens' Grivance Committee Aim: To Create awareness about Psychological Health - Impulsive Behaviour and its consequences etc.

#### **Objective:**

1. To Create awareness about Psychological Health.

Name of the Program: "Psychological Health - Impulsive Behaviour and its consequences"

Venue: Mechanical Seminar Hall

Conducted By: Members of Womens' Grivance Committee

Name of the resource Person: Mr. Sharma Vishal

Audience: TE, BE Girls Students and Sandip Foundation's Ladies Staff

#### **Outcomes:**

- 1. Audiance understood the different Psychological Health issues.
- 2. Dissicussion on Psychological Health and its consequences and effects on work and day to day life.
- 3. Discussion on healthy work environment to keep stress free life to avoid Psychological problems.

## Event Photos





# Date:-

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Psychological Health - Impulsive Behaviour

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