



Finolex Academy of Management & Technology, Ratnagiri

Internal Complaint Committee

A Talk on Mental Health

Internal Complaint Committee (ICC) of Finolex Academy of Management and Technology, Ratnagiri organized a talk on "Mental Health" on Monday 3rd April, 2023, at 3.30 p.m. Dr. Ratna Joshi (General and family physician, Ratnagiri) was the resource persons for the same.

Dr. Ratna Joshi elaborated the concept of mental health with special focus on sexual harassment and the COVID19 pandemic as the causes of mental stress. She also explained the need and various ways to overcome the mental stress and to be in good mental health.

Prof. Darshana Bapat introduced the programme by clarifying the objectives and responsibilities of Internal Complaint Committee. I/C Principal Dr. S. B. Kulkarni guided the audience. Prof. Vrinda Kulkarni presented the vote of thanks. Ms. Avaneer Athawale from S.E. Electrical anchored the programme. A total of 48 students attended the programme.



I/C Principal Dr. S. B. Kulkarni welcoming the guest



Dr. Ratna Joshi delivering her speech



Audience attending the session