

Date: 14/1/2026

**NOTICE FOR GUEST LECTURE**

All students are hereby informed you that Guest Lecture on “**Student Mental Health And Stress Management**” has been organized to create awareness about the mental health.

**Details of lectures are as follows:**

**Topic:** Mind Matters

**Guest Speaker:** Mrs. Sayali Ajay Chaudhari.

**Date:** 16/1/2026.

**Time:** 11:00 to 1:00

**Venue:** Seminar Hall.

All students are requested to attend the lecture and actively participate in the session, as it will be highly informative and beneficial

**Class Teacher /Event Coordinator**

**Polytechnic Coordinator**  
Vice Principal-w.e.f. 01/03/2025

**Director**

**Place: Talsande**

## **Program Agenda**

1. Welcome & Introduction (11:00 AM – 11:20 AM)
2. Session 1: Understanding Mental Health (11:20 AM – 11:50 AM)
3. Session 2: Stress & Time Management (11:50 AM – 12:20 PM)
4. Interactive Session (12:20 PM – 12:40 PM)
5. Practical Tips for Mental Well-being (12:40 PM – 12:55 PM)
6. Vote of Thanks (12:55 PM – 1:00 PM)

**D Y Patil Technical Campus Faculty Of**  
**Engineering &**  
**Faculty Of Management Talsande**  
**(Polytechnic Wing)**

REPORT

On

Guest Lecture

**“Student Mental Health And Stress  
Management”**

**By**

**Prof. Sayali Ajay Chaudhary**

**“Professor at Mahaveer Collage, Kolhapur”**

**Date: 16/01/2026**

**Department: Computer Department**

**Name of event: A Lecture on “Mind Matters” by Prof. Sayali Chaudhary**

**Venue: Seminar hall**

**Date: 16<sup>th</sup> Jan. 2026**

**About Speaker:**



Assistant professor at Mahaveer Collage Kolhapur. She is prominent figure in the department, recognized as a researcher, academician, and counselor specializing in psychological assessment, behavioral psychology, and counseling

***Sayali Ajay Choudhari***

***Assistant professor***

***Department of psychology***

***Mahavir Mahavidyalaya Kolhapur***

***Mental health professional***

Our Institute had organized a Special Speech on “**Mind Matters**” by **Prof. Sayali Ajay Choudhari** madam on **Friday, 16<sup>th</sup> Jan 2026**. The event was scheduled at 11:00 am on Seminar Hall, D. Y. Patil Technical Campus Building, Talasande, Kolhapur

Almost all students from first year to final year, Teaching and Non-Teaching staff of all department of our college D. Y. Patil technical campus (Polytechnic Wing), Talasande were attended this event.

During the lecture, the speaker discussed common issues faced by students such as stress, anxiety, peer pressure, academic pressure, and emotional challenges. Practical tips and techniques for maintaining mental balance were shared, including time management, positive thinking, relaxation methods, and the importance of communication and seeking help when needed.

Real-life examples and simple activities were included in the session to help students understand how to manage their emotions and stay mentally strong. The expert encouraged students to practice self-care, build healthy relationships, and avoid negative habits that affect mental well-being.

Finally program was over by following question answering round. All students gave good and positive feedback about this program.



**Speaker addressing the students**



**Students listening patiently**



**Discussed the real-life examples**



### Question Answer session