



Shri Dhaneshwari Manav Vikas Mandal's  
**S.S.V.P. Homeopathic Medical College  
& Research Institute-Hatta**

(Recognised by Ayush Ministry New Delhi Govt. of  
Maharashtra & Affiliated by Maharashtra University of Health Sciences, Nashik)

**Dr. V.K. Patil**  
(President)

**Dr. Md. Hilal Abdul Hameed**  
(Principal M.D., F(OM)  
Call : 9970719120




**CIRCULAR**

Date: 03/03/2019

All the students are here by informed that **NSS Club of SSVP Homeopathic College and Research Institute** is going to organize Mental health awarness program on **05/03/2019**. Interested candidates can participate and make it a grand success. For further details contact **NSS Co-ordinator**.

Copy to:

- All the HODs
- IQAC
- Notice Board

  
PRINCIPAL  
S.S.V.P. Homeopathic  
College & R.I. Hatta  
Hingoli

**Address : Gut No.421, At. Hatta Tq. Basmath Dist. Hingoli - 431 705**  
**Contact No.: 9970719120**  
web : [www.ssvphmc.org](http://www.ssvphmc.org) ◆ Email ID : [svphomeopathichatta@gmail.com](mailto:svphomeopathichatta@gmail.com)



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### EVENT REPORT

Name of Activity	Mental health awarness program
Type of Activity	Social Awareness
Date	05/03/2019
Details of Participants	24
Resource person	DR MOH.HILAL
Coordinators	DR JAYESH AGARWAL
Organized by	NSS club
Description	<p>On March 5, 2019, the NSS club at SSVP Homeopathic College and Research Institute organized a crucial social awareness program focused on mental health. Recognizing the significance of mental well-being, NSS volunteers facilitated informative sessions, interactive workshops, and discussions to destigmatize mental health issues and promote understanding within the college community. The event aimed to raise awareness about the importance of mental health, reduce stigma, and provide resources for seeking support. By addressing this often-overlooked aspect of well-being, the NSS club demonstrated its commitment to holistic health education and fostering a supportive environment within SSVP Homeopathic College and Research Institute. This Mental Health Awareness Program played a vital role in contributing to a more informed and empathetic campus community, encouraging open conversations and promoting a culture of care and understanding around mental health concerns.</p>
Photo	

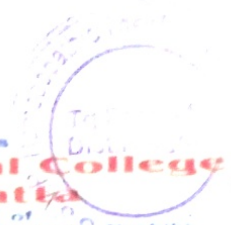
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Contact No.: 9970719120

www.svphmc.org

✦ Email ID : svphomeopathic@h



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*[Handwritten Signature]*  
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(Principal MD, HOM)  
Cell : 9970719120

## CIRCULAR

Date: 12/08/2019

All the students are here by informed that **NSS Club of SSVP Homeopathic College and Research Institute** is going to organize Stress Management by Yoga on **14/08/2019**. Interested candidates can participate and make it a grand success. For further details contact **NSS Co-ordinator**.

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(President)

**Dr. Md. Hilal Abdul Hameed**  
(Principal MD. 31094)  
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**EVENT REPORT**

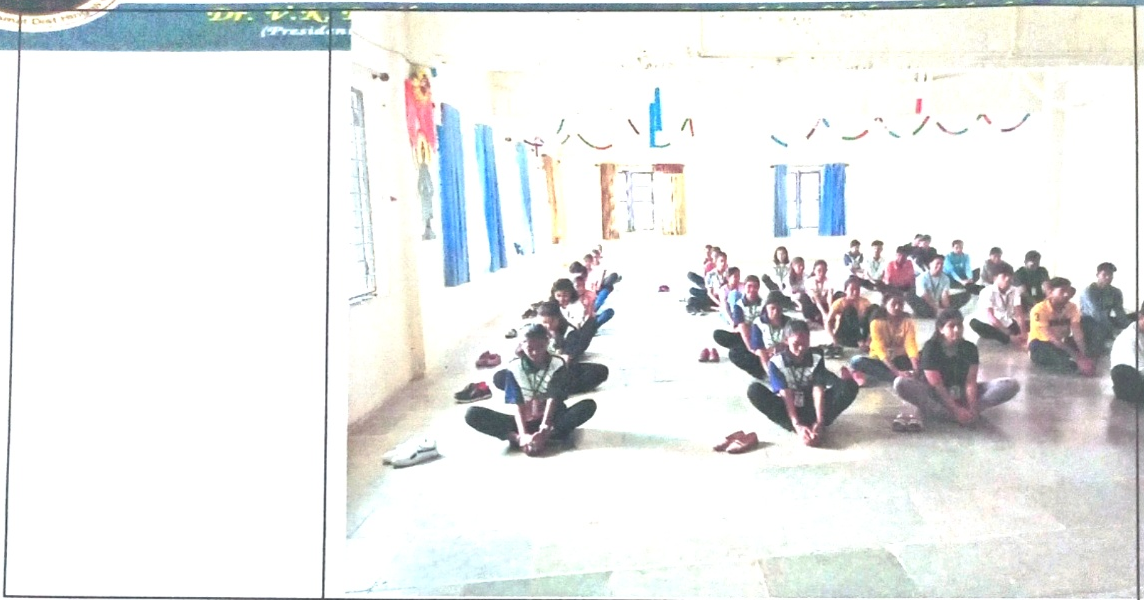
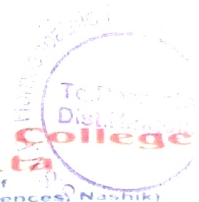
<b>Name of Activity</b>	Stress Management by Yoga
<b>Type of Activity</b>	Extension Activity
<b>Date</b>	14/08/2019
<b>Details of Participants</b>	36
<b>Resource person</b>	DR MOH.HILAL
<b>Coordinators</b>	DR JAYESH AGARWAL
<b>Organized by</b>	NSS club
<b>Description</b>	<p>On August 14, 2019, the NSS club at SSVP Homeopathic College and Research Institute conducted a meaningful extension activity focused on stress management through yoga. Acknowledging the prevalent challenges associated with academic and personal stress, NSS volunteers organized workshops and practical sessions to introduce effective yoga techniques for stress reduction. The event aimed to empower students, faculty, and the local community with practical tools to enhance mental well-being. By combining physical exercises, breathing techniques, and mindfulness practices, the NSS club demonstrated the holistic approach to stress management. This extension activity not only underscored the NSS club's commitment to the well-being of the college community but also provided valuable skills to cope with the demands of academic and daily life. The integration of yoga into stress management showcased the club's dedication to promoting comprehensive health and fostering a culture of balance and resilience within SSVP Homeopathic College and Research Institute.</p>
<b>Photo</b>	

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*[Signature]*  
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