



The Poona Jesuit Schools' Society's  
**ST. VINCENT COLLEGE**  
(Affiliated to Savitribai Phule Pune University)  
Behind Mira Society, Off Shankarseth Road,  
Pune - 411 037.  
Website : [www.svcpune.edu.in](http://www.svcpune.edu.in)

ID.No.: PU/PN/C/024/1970  
Senior College Code: 072  
Jr. College Index No.: J-11.15.006  
UDISE No.: 27250512402  
Tel.: +91 020-29511658, +91 9561482301  
Email: [stvincent2004@gmail.com](mailto:stvincent2004@gmail.com)

## Notice

### Psychology Workshop on Mental Health and Well-being

#### "Healing through Expression"

Explore the transformative power of self-expression in this curated two-day workshop. Featuring experts in **Expressive Art Therapy, Laughter Therapy, Yoga and Well-being, Stress Management, and Mindfulness**, our speakers will guide you through psychological and spiritual healing. Discover creative pathways to release stress, cultivate inner balance, and move from merely surviving to vibrantly thriving.

#### Event Details

- **Date:** 17<sup>th</sup> & 18<sup>th</sup> February 2026
- **Time:** 9:00 AM to 01:30 PM
- **Venue:** St. Vincent College Auditorium

#### Program Schedule

##### Day 1: Tuesday, 17th February 2026

- **9: 00 AM- 10:30 AM – Introduction to Mental Wellness, Stress and Stress Management**
  - **Resource person:** Dr Ivan Netto, Consultant Psychiatrist, Parmar Plaza Clinic, Pune, Former Professor – B. J. Government Medical College, Sassoon General Hospital and MIMH, Pune
- **10:30 AM – 12:00 PM- Everyday Well-being: Thriving Not Just Surviving**
  - **Resource person:** Dr. Anuja Kulkarni, Consultant Psychologist, Trainer, and Co-Founder of Jidnyasa Assessment & Counselling.
- **12:00 PM- 01:30 PM– Mindfulness Practices for Mental Clarity and Inner Balance**
  - **Resource person:** Ms. Aishwarya Kale, Therapy Head & Executive Manager at DhairyaDa and Certified REBT Practitioner who has facilitated over 5,000 sessions.



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**Day 2: Wednesday, 18th February 2026**

- **9:00 AM – 10:00 AM- Yoga and Well-being**
  - **Resource person:** Ms. Savita Sandeep Khanpure, Certified Yoga Teacher & Evaluator from the Yoga Certification Board, Ministry of Ayush.
- **10:00 AM: 11:30 AM – Laughter Therapy**
  - **Resource person:** Mr. Makarand Tilloo, Certified Laughter Yoga Trainer and renowned Marathi stage artist; recipient of the 'Pride of Pune' award.
- **12:00 PM – 1:30 PM Expressive Art Therapy**
  - **Resource person:** Ms. Pratiksha Shinde, Certified Expressive Arts Therapy Practitioner.

*Dear Faculty members, we cordially invite you to be a part of the workshop.*

*AB Adsule*

Dr. Anil Adsule  
Principal  
St. Vincent College, Pune  
Pune



*Fr. Anish K. SJ.*

Fr. Anish. K. SJ.  
Director  
St. Vincent College,

