



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.

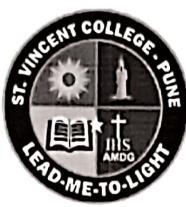
Event Details

- **Date:** 17th & 18th 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 DhairyDa and Certified REBT Practitioner who has facilitated over 5,000 sessions.



Day 2: Wednesday, 18th February 2026

- **9:00 AM – 10:00 AM- Yoga and Well-being**
 - **Resource person:** Ms. Savita Sandeep Khanapure, Certified Yoga Teacher & Evaluator from the Yoga Certification Board, Ministry of Ayush.
- **10:00 AM: 11:30 AM – Laughter Therapy**
 - **Resource person:** Mr. Makarand Tiloo, 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



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