

Mental Health of Youth 2017-18

On 07/12/2017 during the NSS special winter camp at Datyane, Prof.S.A.Raravikar delivered lecture on "Mental health of Youth" for this programme 140 students and 4 teachers were present, in her lecture to the youth she told that Youth age is the critical phase of life, is a period of major physical, physiological, psychological, and behavioural changes with changing patterns of social interactions and relationships. Youth is the window of opportunity that sets the stage for a healthy and productive adulthood and to reduce the likelihood of health problems in later years. A myriad of biological changes occur during puberty including increase in height and weight, completion of skeletal growth accompanied by an increase in skeletal mass, sexual maturation and changes in body composition. The succession of these events during puberty is generally consistent among the adolescents often influenced by age of onset, gender, duration, along with the individual variations. These changes are also accompanied by significant stress on young people and those around them, while influencing and affecting their relationships with their peers and adults. It is also an age of impulsivity accompanied by vulnerability, influenced by peer groups and media that result in changes in perception and practice, and characterized by decision making skills/abilities along with acquisition of new emotional, cognitive and social skills. On this occasion Principal Dr.S.V.Patil, Vice-Principal R.H. Thakare and NSS programme Officer Dr.D.S.Borade, Prof. P.V.Ransure, Smt.Dr.K.M.Ahire, Prof.V.K.Chavan along with the non-teaching staff like Shri. Arun Pawar, Shri.Bhaskar Halde was present.



NSS Programme Officer

NSS Programme Officer
Arts, Science and Commerce College
Ozar (Mig), Tal.Niphad, Dist.Nashik



Principal
PRINCIPAL

Arts, Science and Commerce College
Ozar(Mig), Tal.Niphad, Dist. Nashik-422 208



Prof.S.A.Raravikar delivered lecture on “Mental health of Youth”

NSS Programme Officer
Arts, Science and Commerce College
Ozar (Mig), Tal.Niphad, Dist.Nashik

PRINCIPAL
Arts, Science and Commerce College
Ozar(Mig), Tal.Niphad, Dist Nashik-422 208