

RSET's



**Deviprasad Goenka Management College of Media Studies (DGMC)**  
RSET Campus, S. V. Road, Malad (w), Mumbai 400 064, Maharashtra, India

Notice: 1746/2025

4<sup>th</sup> Sept 2025

## **NOTICE**

### **Mental Health and Gratitude Session**

The **IQAC, Student's Council** and the **Women Development Cell** of DGMC is organising a **Workshop** on the topic “**Mental Health & Gratitude**” on the **15<sup>th</sup> Sept 2025** from **11am onwards** at the **Madhoprasad Saraf Seminar Hall**.

#### **Brief of the Workshop**

A guided workshop designed to help students build awareness about mental well-being, stress management, and the power of gratitude in everyday life.

#### **Key components:**

- Interactive discussion on mental health myths and realities
- Guided gratitude journaling activity
- Relaxation techniques (deep breathing, mindfulness practices, expressive art, etc.)

#### **About the Speaker**

**Dr, Krupa Gandhi**, a specialized Mental Health & Psychology professional and Homeopathy Doctor. She specializes in providing holistic healthcare solutions that aim to stimulate the body's innate healing mechanisms. With a deep understanding of human psychology and homeopathic principles and remedies.

We encourage all students to participate in this interactive event.



**Dr. Amee Vora**  
Principal



**The IQAC, WDC & Student's Council of DGMC**

*presents*

## **MENTAL HEALTH & GRATITUDE SESSION**

A GUIDED WORKSHOP DESIGNED TO HELP STUDENTS BUILD  
AWARENESS ABOUT MENTAL WELL-BEING & THE  
POWER OF GRATITUDE IN EVERYDAY LIFE.

*A Session by*

**DR. KRUPA GANDHI**



**11 am onwards  
15<sup>th</sup> September, 2025  
Madhoprasad Saraf Seminar Hall**