



Rotary 



Rotaract 

Club Project Report - RID 3030

Zone: 1

Club Name: Rotaract Club of VSPM Physio

Project Name: You Matter-Mental health awareness

Project Mode (Online/Ground): Online

Start Date: 09-10-20

End Date: 09-10-20

Venue: Zoom

Reporting Date: 11-10-20

Project In-charge: Akanksha Khatod

No. of People Benefitted From The Project: 237

Was Project done in collaboration with Rotary/Government body/others (If Yes, Mention the name of the collaborator): No

Description of Project in Detail

Club Report-2021

By Rtr. Simran Chachada

"Taking care of our mental health still matters even in-ESPECIALLY IN-the midst of global pandemic."

On the occasion of WORLD MENTAL HEALTH DAY this year, our club conducted a free webinar "YOU MATTER" for which we invited Dr. Sudhir Bhave sir, a renowned and experienced psychiatrist as our guest speaker. The webinar was organised on the zoom app. The webinar started at 7pm and was continued the interactive session till 8:35pm. With his amazing experiences and some inspiring examples he educated us about

- Importance of mental health
- Stress management in the times of COVID-19 pandemic.

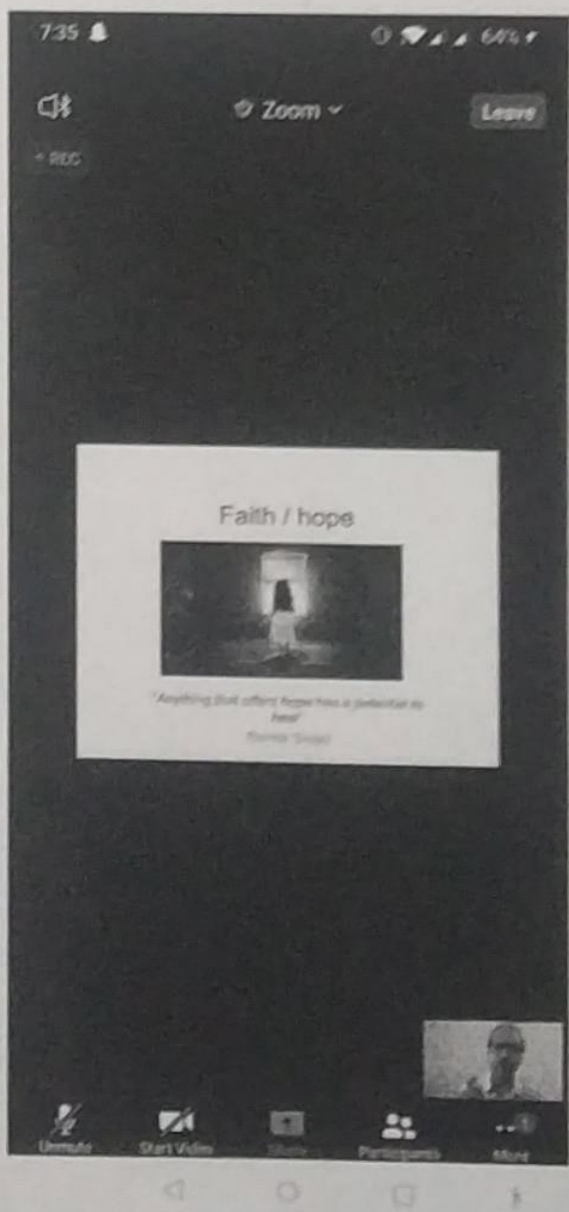
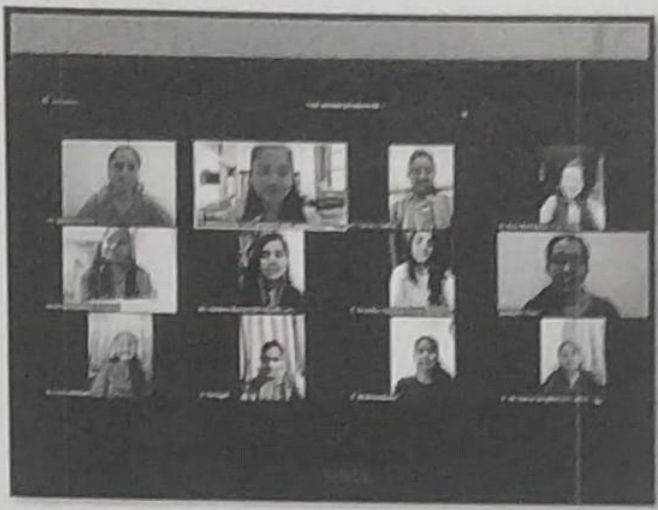
He made the session more interesting and understandable with the help of a power point presentation.

In addition to that, we held a short and crisp QnA session for the viewers.

On such an important day, with the very first event of Rotaract Club of VSPM Physios, a beautiful crowd of 237 people were benefited.

Apart from this, the ones who could not attend the webinar can get its benefits as the rotaractors have made it available on our Instagram account in the form of an igtv video.

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