

DEPARTMENT OF PSYCHOLOGY
WORLD MENTAL HEALTH DAY CELEBRATION
2025-26

PERMISSION LETTER

Date: 8/10/2025

To,

The Principal,

C. P. & Berar College,

Nagpur.

Subject: Permission for Students to Participate in World Mental Health Day 2025 Programme

Respected Sir/Madam,

I respectfully request permission for the students of the Department of Psychology, C. P. & Berar College, Nagpur, to participate in the World Mental Health Day 2025 Programme organized by Cogni Souls Healthcare LLP, an initiative by LogicMax Enterprises Pvt. Ltd., on the occasion of World Mental Health Day.

The programme is scheduled to be held on 10th October 2025 at Radisson Blu Hotel, Nagpur. As part of the programme, our students will present insightful and innovative projects related to mental health, emotional well-being, psychological resilience, stress management, mental health awareness, and breaking the stigma associated with mental health.

Participation in this programme will provide students with a valuable opportunity to apply their academic knowledge in a practical and socially relevant context. It will also enhance their communication skills, creativity, teamwork, confidence, and understanding of mental health issues among youth.

The participation of our students will contribute meaningfully to the shared objective of promoting mental health awareness and emotional well-being among young people. It will also strengthen the Department's commitment towards community engagement and experiential learning.

I therefore kindly request you to grant permission to the concerned students and faculty members to participate in the said programme.

Thank you for your kind consideration and approval.

Yours faithfully

Principal's Approval:

☐ Permission Granted

Signature of Principal: _____

Date: _____

PRINCIPAL
C.P. & Berar E.S.'s. College
Nagpur

Dr. Jaya Golatkar

Head, Department of Psychology

C.P.&Berar E.S. College Nagpur

Report on World Mental Health Day 2025

Department of Psychology

Insightful and Innovative Mental Health Projects by Students of the Department of Psychology

Organized by: Cogni Souls Healthcare LLP

An Initiative by: LogicMax Enterprises Pvt. Ltd.

In collaboration with: Department of Psychology, C. P. & Berar College, Nagpur

Date: 10th October 2025

Venue: Radisson Blu Hotel, Nagpur

Introduction

World Mental Health Day is observed every year on 10th October to create awareness about mental health, promote emotional well-being, and encourage individuals and communities to address mental health concerns with greater understanding and sensitivity.

On the occasion of World Mental Health Day 2025, Cogni Souls Healthcare LLP, an initiative by LogicMax Enterprises Pvt. Ltd., organized a meaningful programme at Radisson Blu Hotel, Nagpur. The event provided an enriching platform for young minds to showcase their understanding, creativity, and innovative approaches towards mental health awareness.

Participation of the Department of Psychology

The Department of Psychology, C. P. & Berar College, Nagpur, actively participated in the programme. Students from the department presented insightful and innovative projects focusing on various aspects of mental health and emotional well-being.

The projects reflected the students' academic understanding as well as their ability to connect psychological concepts with contemporary issues faced by young people and society. Through creative presentations and innovative ideas, the students highlighted the importance of:

- * Mental health awareness among youth
- * Emotional well-being and psychological resilience
- * Stress management and coping strategies
- * Breaking the stigma associated with mental health
- * Promoting healthy interpersonal relationships
- * Encouraging help-seeking behaviour
- * Creating a supportive and empathetic environment for young people

Contribution Towards Mental Health Awareness

The participation of the students provided an excellent opportunity to translate classroom learning into practical and socially relevant initiatives. Their projects demonstrated that young people can

PHOTOGRAPHS OF THE EVENT



Emotional Intelligence through a creative tree model



A moment captured during the event



While receiving the prize

List of students who participated in the event

List of the Participated Students

Sr. No.	Name of the Students	Mob.No.	Sign.
01	Abhilasha Rewatkar	8600755286	
02	Jyoti Bisen	8962626122	
03	Neeta Kangali	8275733918	Mantahn
04	Mantahn Sonvne	9325756563	Mantahn
05	Sourabh Khobragade	8799820466	Shanti
06	Shruti Malokar	9022956508	
07	Prajwal Zingare	8177899862	
08	Avinash Talande	9404617541	
09	Vijaya Bhujade	8830013557	Vijaya
10	Akshy Bhange	8459204629	Akshy




PRINCIPAL
C.P. & Berar E.S's. College
Nagpur