

Guest Lecture By Dr. Chari And Seema Pagey on Personality Development and Awareness on Mental Health

Guest Lecture Report

A guest lecture on “Awareness on Mental Health and Personality Development” was organized by department of chemistry, Sevadal Mahila Mahavidyalaya on 12th Sept.2025 at 11.30 am in Room No. 110 (Seminar Hall). The session aimed to create awareness about the importance of mental health in daily life and to provide insights into building a strong and positive personality.

Guest speaker Dr. Suresh Chari, Corporate Soft Skill Trainer and Motivator, Nagpur has taken a lecture on topic “ Personality Development” and Dr.(Mrs.) Seema Pagey, Psychologist, Nagpur has given lecture on “Awareness on Mental Health”. Total around 140 students from UG and PG attended this Program.

The Speaker Dr. Suresh Chari shared practical tips for personality development, including effective communication, self-confidence, goal setting and time management. Interactive activities and real-life examples made the session engaging and thought provoking.

Second guest speaker Dr.(Mrs.) Seema Pagey, highlighted the significance of recognizing mental health challenges such as stress ,anxiety and depression, and encouraged students to adopt healthy coping strategies. The lecture emphasized the role of self-awareness, emotional balance and resilience in achieving both personal and academic success. The lecture concluded with question and answer session where students clarified their doubts and shared their experiences. The event was highly appreciated by the participants, as it helped them to understand that mental well-being is as important as physical health and that continuous personality development is essential for growth.

Hon’ble Principal Prof. N.S. Dhoble and all the faculty members of chemistry department attended the program. The program was conducted as well as vote of thanks was proposed by Prof. Priyadarshani Chahande, Head, Department of Chemistry.



Digital Banner of the Guest lecture



Hon'able Principal Mam Welcoming Dr Seema Pagey



Dr Deshpande welcoming Dr Chari Sir



Students at the Lecture



Staff and students during the lecture





The Principal Mam Saying some few words about the Event



Dr Seema Pagey Mam Delivering her lecture



Dr Chari delivering his lecture on Personality Development