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Event Report

Event Name: International Youth Day 2025

Date of the Event: 12th August 2025

Duration of the Event: 10:30 AM to 12:30 P.M.

Venue: Smart Classroom, SOL

Name of the Event Coordinator: Miss Deepti Dattatray Chavan, Assistant Professor, SOL, Sandip University, Nashik.

Objective of the Program:

The objective of the programme was to commemorate *International Youth Day* by addressing the pressing issues related to the mental health of youth and fostering youth leadership skills. The session aimed to:

- Create awareness about mental health challenges faced by the younger generation.
- Provide guidance on stress management, emotional well-being, and resilience building.
- Encourage the development of leadership qualities among youth for societal and personal growth.
- Inspire participants to take proactive steps in creating a supportive environment for mental wellness.

Outline of the Program

- **Inauguration & Welcome:** The session commenced with a formal welcome address by the Dean Dr. Sharvari Vaidya Ma'am, highlighting the theme and relevance of International Youth Day.
- **Keynote Session:** Conducted by Colonel Rajeev Singh Sir, focusing on "*Mental Health of the Youth and Youth Leadership*". The Colonel shared valuable insights from his professional and personal experiences, covering:
 - The importance of mental health awareness.
 - Strategies for managing academic and career-related stress.
 - Leadership traits essential for young individuals to become responsible citizens.
- **Interactive Session:** Participants engaged in a Q&A session with the resource person, discussing real-life scenarios and solutions.
- **Vote of Thanks:** Delivered by Siddharth Wagh and Rutuja Ghodke, expressing gratitude to the guest speaker, organizing team, and participants.

Participants

The programme was attended by:

- Students from various academic streams.
- Faculty members and administrative staff.
- Total number of participants: **140**

Outcome of the Programme

- Enhanced understanding of the mental health challenges faced by youth in today's fast-paced world.
- Equipped students with practical strategies for emotional regulation, time management, and maintaining a positive mind-set.
- Encouraged participants to adopt proactive leadership roles in academic and community settings.
- Strengthened the sense of peer support and communication within the student community.

Conclusion

The International Youth Day programme successfully achieved its objectives by sensitizing participants to the importance of mental health and inspiring them to take charge as future leaders. The insights shared by Colonel Rajeev Singh were impactful, offering both practical guidance and motivational perspectives. The event reinforced the message that youth, as the backbone of the nation, must nurture their mental well-being and leadership skills to contribute positively to society.





Miss.Chavan Deepti Dattatray