



DECCAN EDUCATION SOCIETY'S

Shri. Navalmal Firodia Law College, Pune

(Permanently Affiliated to Savitribai Phule Pune University ID No. PU/PN/LAW/207/2004)

Recognised u/s "2 (f) & 12 (B) of UGC Act 1956 "

(Approved by Bar Council of India) NAAC Accredited : B++ ,ISO 9001:2015 certified

Outward No. 1378/25-26

Date: 27:01:2026

To,
Principal/Directors
Higher Education Institutions under DES

Subject: - Invitation for Mental Wellness Training Workshop – For Me and the Teacher in Me

Dear Principal/HOD of DES Units,

The Deccan Education Society is committed to the holistic well-being of our academic community. We take great pleasure in inviting you to an empowering wellness workshop titled: **"Mental wellness – For Me and the Teacher in Me."**

In the demanding landscape of modern education, maintaining personal resilience is as vital as academic excellence. This session is designed to provide you with the tools to flourish both personally and professionally.

Highlights of the Workshop

1. Defining Mental Fitness: Shifting the focus from "coping" to building proactive mental strength and agility.
2. Stress Management & The Healthy Bounce-Back
3. Practical techniques to navigate burnout and develop a "resilient recovery" mindset after challenging days.
4. The Teacher as a Mentor: Strategies to identify mental health needs in students and guide them toward their own mental fitness.

Event Details:

- Date: 31.01.2026
- Time: 11:00 am to 1:00 pm
- Venue: DES SNFLC

Kindly send two faculty members from your unit for the training program via the form link below –

<https://surveyheart.com/form/697855229bf14a885b2f4aa8>

Your well-being is the foundation of our students' success. We look forward to seeing you there as we invest in the person behind the profession.

Looking forward to your positive response!

Warm regards,

Dr. Sunita Adhav
Principal

DES's Shri Navalmal Firodia Law College, Pune.

