

The following Capacity Development and Skill Enhancement activities are organized for improving students' capabilities:

LIFE SKILLS (YOGA, PHYSICAL FITNESS HEALTH AND HYGIENE)

Sr.No	Topic
1	National Service Scheme: World Heart Day (Activity
2	Poem writing Competition - on topic mental Health Awareness
3	World's Students Day
4	National Level Quiz Food for Thought
5	National Service Scheme: National Cancer Awareness Day (Online Quiz)
6	Self Defence workshop
7	Understanding Impact of Rehabilitation on Mental Health
8	Mental Health and Youth



NATIONAL SERVICE SCHEME

Report of the activity: World Heart Day (Activity) (Online)

Date : 27th to 29th September, 2021

The World Heart Federation have found that heart disease and strokes are the world's leading cause of death, killing 17.1 million people every year. Overeating, lack of exercise, unhealthy diets and high blood pressure, cholesterol and glucose levels, are all factors which can trigger heart disease and threaten our own lives, and those of loved ones. World Heart Day set up to drive home the message that heart problems can be prevented. This day is part of an international campaign to spread awareness about heart disease and stroke prevention.

Hence the NSS Unit of VPM's B.N.Bandodkar College of Science (Autonomous), Thane (W), had organized an activity in order to celebrate World Heart Day. This activity was of 3 days from 27th September to 29th September by online mode.

Volunteers took pictures and videos of while doing physical activities and exercises at their home. The activities are running, skipping, dancing, cycling, yoga, meditation, weight lifting, playing outdoor games, etc. The deadline to upload pictures was 29th September 2021. The pictures of the same were shared on social media to increase active participation in the future events. And sharing the photos on social media also accomplishes another important goal in encouraging more and more people towards physical activities.

Total 41 students participated in this activity among 24 were girls and 17 were boys. Among 41 participants, 37 were NSS volunteers in which 21 were girls and 14 were boys, volunteers.



**NSS UNIT OF
V. P. M'S B. N. BANDODKAR COLLEGE
OF SCIENCE (AUTONOMOUS), THANE
(WEST)**

ORGANIZING

**WORLD
HEART
DAY**

29th September

**This Is A College
Level Activity**





SPORTS



CYCLING



ACTIVITIES:-



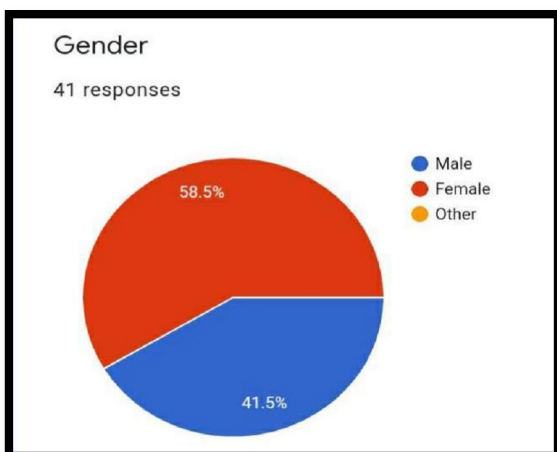
RUNNING

- Upload your photo and Short video of 15 to 20 seconds while performing any physical activity or sports.
- Quiz (link will be provided on 29th Sept)

Upload Your Photos Here:

[..Click Here..](#)





Dr. Ujjwala Gokhe
Dr. Akanksha Shinde
Dr. Prahlad Wagh
(NSS Programme Officers)

VPM 'S
B.N.BANDODKAR COLLEGE OF SCIENCE (Autonomous),THANE(W)



NATIONAL SERVICE SCHEME

**Report of Activity- Poem Writing Competition
(College Level)**

Date: 10th October, 2021.

“Mental Health” as everyone knows that it is important for every person. Mental health is "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.

On auspicious of 4th day of Navratri Fest, NSS unit of VPM's B. N. Bandodkar College Of Science (Autonomous) Thane (W) organized Poem Writing Competition on 10th October, 2021. The theme for Poem writing was “Mental Health Awareness”. This competition was for all the students of B.N. Bandodkar College. The Participants were asked to submit their Poem in the pdf format & they were asked to write the poem on the theme only and they were allowed to write poem in English, Hindi and Marathi. Plagiarized poems were disqualified. The last date of submission of Poem was 15th October, 2021. This Poems were judged by judge Former Cultural Co-ordinator Mr. Prakash Mali and top three winners were announced. The winners had received E- certificates.

Total 24 participants were participated in this competition among 14 were girls and 10 were boys.

DAY 4
POEM COMPETITION
THEME:
MENTAL HEALTH AWARENESS
10TH OCTOBER 2021



**THERE IS HOPE even when YOUR
BRAIN TELLS YOU THERE ISN'T.**

- To participate, upload a pdf of your poem on the given link.
- Language – English, Hindi or Marathi.
- Plagiarized poem will be disqualified.
- Link – [..Click Here..](#)



1st Prize Winner- Ms. Sanskruti Lotlikar (FYBSc Biotechnology)

Mental health awareness poem

Title- It's okay not to be okay

the unabashed air that flows
get a ride of it on your own
to light it up all alone
Is a reminiscence to the things we atone

zoning out in the hypothetical
trying to come out in actual run
brooding about something local
still mind lingering with spun

whether the depression
or the anxiety
the chaos so loud and wide
still no sound in the propriety

you blink you think
you cry you sigh
but then out of all
only you can do is try

it's okay to be drowned
with the fires all consumed
your own internal battle
fighting with the heart brittle

atrocious taboo of the screams
"no no honey, that's just bad dreams"
they said it's not okay to not be okay
entirety of these myths all day everyday

even the strongest of all
could be broken to fall
so it's okay to ask for a hand
and let your paranoias seek stand

don't let yourself into contrition
yesteryear was the cognition
there's no shame the feelings to portray
remember It's okay not to be okay

~S

POEM

• MENTAL HEALTH AWARENESS

मंजिल बहुत दूर है,
थकना मत!

संघर्ष करते रहना,
हार मान ना मत!

रूकावटे बहुत आएंगी,
रुकना मत!

बहुत लोग मीलेंगे सफर में,
अपना साथ छोड़ना मत!

मंजिल मिलेगी एक दिन जरूर,
उम्मीद तोड़ना मत !

मंजिल नहीं मिली तो क्या हुआ,
सिखना छोड़ना मत!

दरवाजे बहुत खुले हैं,
उदास होना मत!

सफलता मिलेगी एक दिन जरूर,
कोशिश करने से भागना मत!

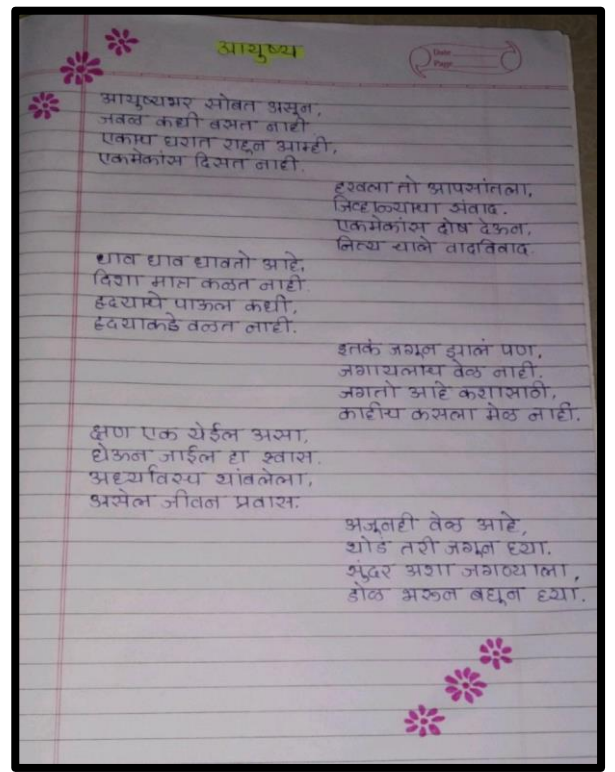
जित गए सफर में तो,
जश्न करना रुकना मत!

हार गए तो हिम्मत रखना,
पर बिखरना मत!

2nd Prize Winner- NSS Volunteer Ms. Sanjana Yadav (SYBSc MS)

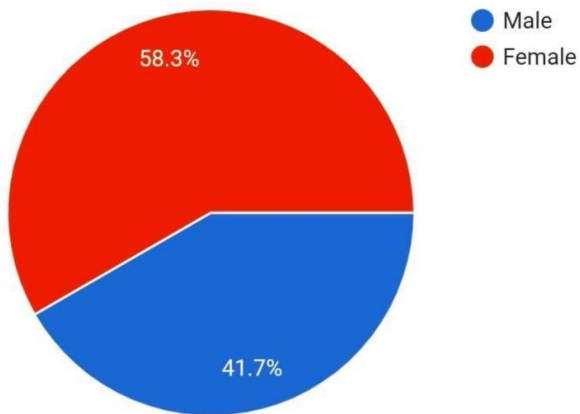
3rd Prize Winner- NSS Volunteer Ms. Roshani Khalane (SYBSc

IT)



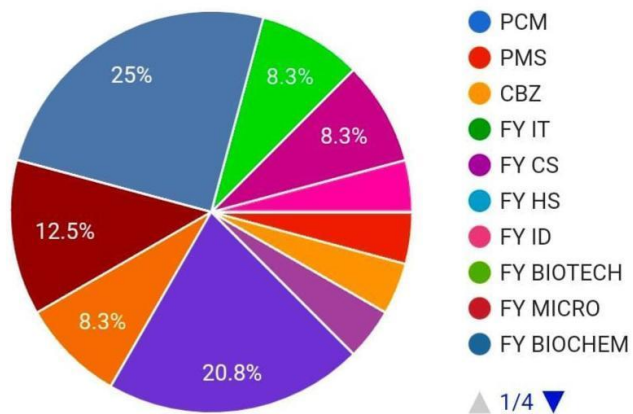
Gender

24 responses



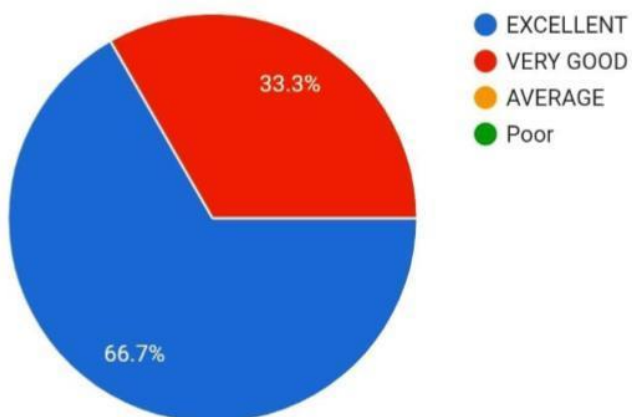
DEPARTMENT / SUBJECT GROUP

24 responses



FEEDBACK

24 responses



Dr. Ujjwala Gokhe
Dr. Akanksha Shinde
Dr. Pralhad Wagh
(NSS Programme Officers).

REPORT OF WORLD'S STUDENTS DAY
Department Of Human Science

Name of activity	World's Students Day
Objectives of the activity (maximum 40 words)	<ul style="list-style-type: none"> • To make them aware about importance of hygiene • To make participants to share their views on world's student day, on former president A.P.J Abdul Kalam & World Hand washing day
Organizing department	Department of Human Science
Collaborative institute	DLLE, Interdisciplinary Science
Date (DD / MM / YYYY)	14/10/2021, Friday.
Venue	VPM's B.N. Bandodkar college of science, Thane. (Online Google Meet)
Mode	Online Mode
Details of Resource person (name, designation, institution)	1. Dr. Capt. Moses Kolet (Principal) 2. Dr. Moitreyi Saha 3. Dr. Vinda Manjramkar Speakers – 1. Afiya Ghawte (FYBSc - Biotechnology) 2. Sakshi Mishra (FYBSc - Biochemistry) 3. Sohit Yadav (FYBSc - PCM) 4. Muktai Chavan (SYBSc – HS) 5. Manasi Salvi (FYBSc - HS) 6. Alina Desai (FYBSc - HS) 7. Sakshi Ashikari (TYBSc - HS)
Key Participants	Degree students of B.N. Bandodkar college of science

Remarkable outcomes/ key take-away messages (max. three)	<ul style="list-style-type: none"> Participants got to know about the views of Dr. APJ Abdul Kalam
Details of participants	
Total Number	42
Outsiders	Nil
In-house	42
Additional information	Students later reported the positive feedback about the lecture

Name of Coordinator: Dr. Vinda Manjramkar.

Teacher in-charge: Ms. Supriya Damle

VPM'S B.N. Bandodkar College of Science, Thane, Autonomous
 Re-accredited "A" grade by NAAC (3rd Cycle); ISO 9001:2015 certified; Best College Award, University of Mumbai; "Milestone Merit Leadership" Award; Ramkrishna Bajaj National Quality Certification Award; Supported under FIST 'O' Level; Funded under STAR College scheme of DBT; College with Potential for Excellence (CPE), BEQET Special Citation Award of NCOM.

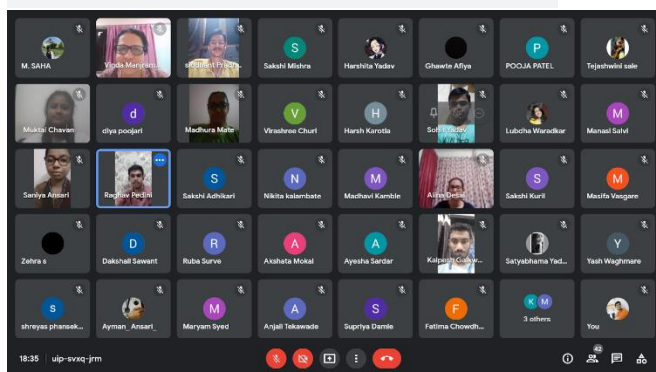
On the Auspicious Occasion of World Students' Day
 Department of Lifelong Learning and Extension (DLLE), Department of Human Science and Interdisciplinary Science
HAS ORGANIZED A VERY ENLIGHTENING PROGRAM ON
LEGEND HONORABLE PRESIDENT A. P. J. ABDUL KALAM
Presenters of the program:

 Afiya M. Ashraf Ghawte FY BSc-Biotechnology	 Alina Desai FY BSc-Human Science
 Sakshi Maksudan Mishra FY BSc-Biochemistry	 Muktai Ravindra Chavan SY BSc-Human Science
 Sohit Pramod Yadav FY BSc-PCM	 Manasi Salvi FY BSc-Human Science
 Sakshi Vikas Adhikari TY BSc-Human Science	

~PRESENTERS WILL BE SPEAKING ABOUT
**WORLD STUDENTS' DAY, FORMER
 PRESIDENT A. P. J. ABDUL KALAM AND
 WORLD HANDWASHING DAY**
 --: Venue :-
 Online Platform: Google Meet
[Click Here to Join](#)
 Date- 14 October 2021 (Thursday)
 Timing- 06:00 PM IST
 ~ Feedback link will be uploaded at the end of the program

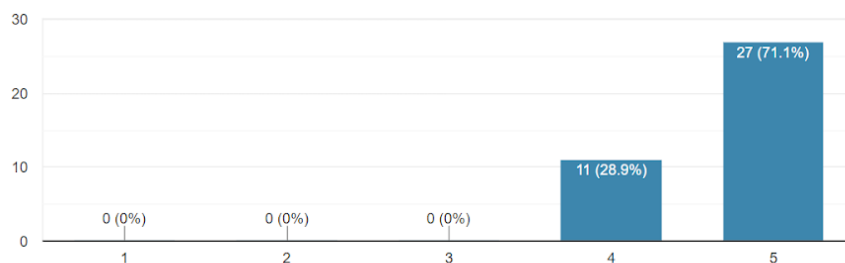
UNDER THE GUIDANCE OF :
 Vinda Manjramkar
 Co-ordinator of DLLE and Incharge of HS

Dr. Moses Kolet
 Incharge Principal



How will you rate the entire session? (5 is highest and 1 is lowest)

38 responses



VPM's B N Bandodkar College of Science (Autonomous) Thane

Department of Biochemistry

JEEVIKA CLUB

REPORT ON NATIONAL LEVEL QUIZ

Food For Thought

on the occasion of

WORLD FOOD DAY- 16th OCTOBER 2021

Department of Biochemistry had organized National Level Quiz on the occasion of World Food Day which is celebrated on 16th October every year to commemorate the date of the founding of the United Nations Food and Agriculture Organization in 1945. It has since been observed every year in more than 150 countries, raising awareness of the issues behind poverty and hunger. World Food Day has adopted a different theme each year in order to highlight areas needed for action and provide a common focus. This year (2021) the theme is “Safe food now for a healthy tomorrow”.

The Quiz was Online and was open to all age groups for participation. The motive of Quiz was to encourage students to look beyond their textual knowledge and learn in an innovative way. Quiz focused on various topics related to Food Production, Processing, Safety, management etc. The quiz had four levels of difficulty. The first two levels were simple MCQ type questions, each of 1 or two marks while level three and four included questions of 4 or 5 marks where participants had to use their

VPM'S B.N. Bandodkar College of Science (Autonomous) Thane
NAAC is accredited A grade College, Best College Award, University of Mumbai, Recipient of DBT W level Grant from DBT, BIRDA commendation certificate, Recipient of grant for DBT Star College Scheme, Selected as College with Potential of Excellence (CPE), ISO 9001:2015 Certified, Recipient of Jigar Janshiksha Award of Govt. of Maharashtra.

DEPARTMENT OF BIOCHEMISTRY
JEEVIKA CLUB
on the occasion of 'WORLD FOOD DAY'
organizes National level
QUIZ COMPETITION
'Food for Thought'
16th October 2021
All hungry brains can click here !

E-CERTIFICATE WILL BE ISSUED TO PARTICIPANTS WHO QUALIFY THE PASSING CRITERIA

RULES :

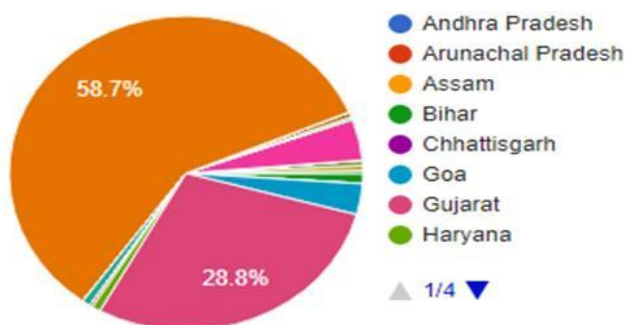
- It is FREE for all
- Competition will be online
- Anyone can participate !
- Questions are in English language
- Total 50 marks : 50% is passing
- No negative marking
- No Time Limit
- Link for the quiz will be active from 15th to 17th Oct 2021

Four levels of Quiz
Quick Bites
1 mark * 9 Qs
Think a Bit
2 marks * 5 Qs
Take the Challenge
4 marks * 4 Qs
Almost There Champion!
5 marks * 3 Qs

For any queries mail us at bnbbiochem@gmail.com

Sayali Daptardar
I/c Head

Dr. Moses Kolet
I/c Principal



brains to solve some puzzles, guess the food brands using emojis etc. This made the quiz very interesting and was loved by all.

People from all over the country showed enthusiastic participation. The total of 378 responses received were from states of Maharashtra, Gujarat, Tamilnadu, Goa, West Bengal, Bihar, etc.

Almost 63% of participants found the quiz excellent way to learn new concepts about the food, while 23% found it a good brush up to the knowledge. Many agreed to have enjoyed answering although they found the quiz bit difficult.

More than 90% of the respondents were interested in attending more such events organized by the department. All of them appreciated quiz and gave a very positive comments about the same.

Outcome of the Activity:

Suggestions or Comments
378 responses

It was good 🍌
BEST WISHES....
Good to give work for brain
It was an overall good learning
No Comments
KEEP PROVIDING US SUCH KNOWLEDGE 🍌
Hints for the toughest ones ☐jk
Good job :)
It was nice quiz.

Suggestions or Comments
378 responses

Exciting games Very interesting
Enjoyed And Learned
Please put up more riddles & puzzle they are fun to solve
It is very good knowledge full quiz
Good would like it more often
It was really good to learn in such ways .
I am a very hard work for this quiz.
It was fun!

Suggestions or Comments
378 responses

Amazing effort taken by the department for students ... It's always amazing and intresting to learn while having fun so its perfect example relaxing time with this amazing quiz!!
This is really a good concept to make an quiz interesting. But personally from my opinion this quiz was moderate.Though some of the questions was tough and some was easy.so, overall my experience with this quiz was moderate.But thanks to the faculty who provides such amazing quizzes.I would love to solve them again.
IT WAS GOOD
good
I hope next time I 'll do better
I WILL LOVE TO ATTEND MANY MORE QUIZ LIKE THIS ONE
IT WAS GOOD TO ATTEND SOMETHING OTHER THAN DAILY ACTIVITIES

- Respondent's knowledge regarding food was enhanced beyond academics.
- Participants developed interest in subject areas of Food Science and Biochemistry.
- The quiz challenged the Competitive abilities of the respondents thereby giving them a competitive edge over others.

VPM'S B. N. BANDODKAR COLLEGE OF SCIENCE (AUTONOMOUS), THANE (W)



NATIONAL SERVICE SCHEME

Report of the activity- National Cancer Awareness Day (Online Quiz)

Date: 7th November, 2021.

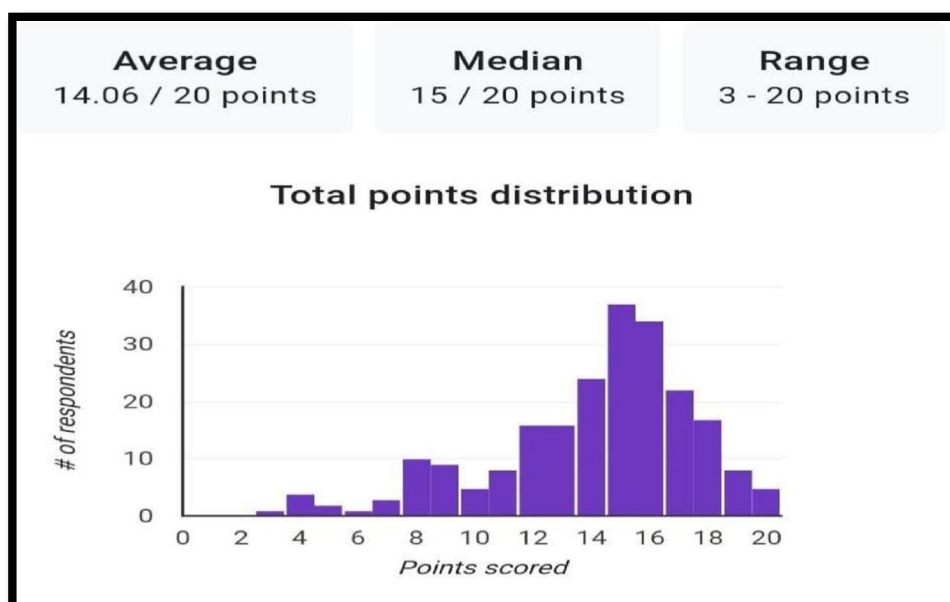
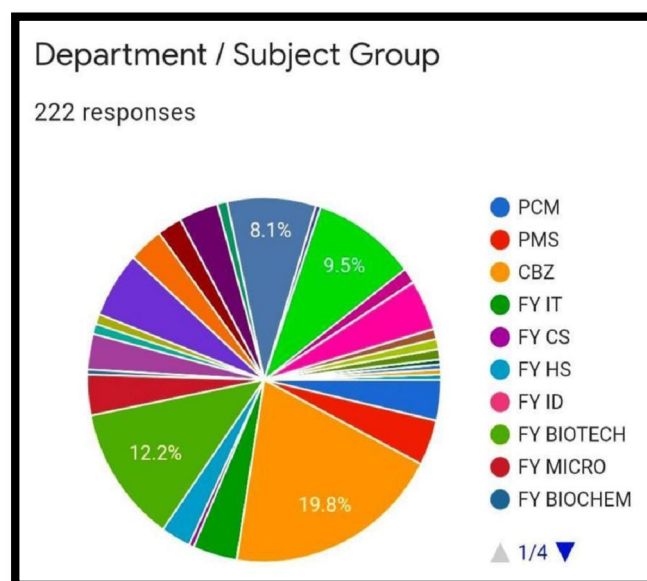
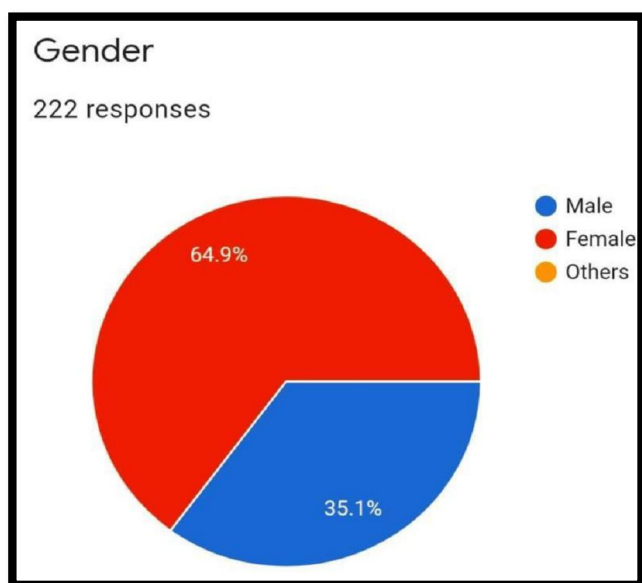
Time: 10:00 a.m. to 7:00 p.m.

November 7 is observed annually as National Cancer Awareness Day in India to raise awareness about cancer, of which 1.1 million cases are reported in the country each year. National Cancer Awareness Day was first announced in September 2014 by then Union Health Minister Dr Harsh Vardhan, with November 7 chosen for the occasion to coincide with the birth anniversary of Nobel laureate Marie Curie, who was born on this date in 1867, and whose works led to the development of radiotherapy to treat cancer. When abnormal growth of cells occurs in the body it results in cancer and invades other tissues also. It can affect almost any part of the body. Cancer is also known as malignancy.

National Cancer Awareness Day highlights the cancer disease across the country to reduce the risk of cancer and to provide knowledge measures to tackle this disease, and knowledge of the probable symptoms not be neglected. The day also highlights the significance of increased awareness about cancer prevention and early detection for the general public.

NSS Unit of VPM's B.N. Bandodkar College of Science (Autonomous), Thane (w), had organized an online quiz on topic 'National Cancer Awareness Day' in order to spread awareness about cancer on 7th November, 2021.

This quiz was for all the students of Bandodkar College of Science. Total 222 participants were participated, among 144 were girls participants and 78 were boys participants. Among these participants, 207 were NSS volunteers in which 135 were girls volunteers and 72 were boys volunteers. The duration of this quiz was 10:00 a.m. to 7:00 p.m.



Dr. Ujjwala Gokhe

Dr. Akanksha Shinde

Dr. Pralhad Wagh

(NSS Programme Officers).

VPM'S B. N. BANDODKAR COLLEGE OF SCIENCE (AUTONOMOUS), THANE (W)



NATIONAL SERVICE SCHEME

Report of the Activity- Self Defence Workshop (Offline)

(College Level)

Date: 18th December, 2021.

Time: 2:30 p.m. to 5:30 p.m.

Self-defence helps to prepare for unexpected situations and also helps to develop increased mental and physical health. Self Defence is the method by which one can protect oneself with one's own strength. Self defence is needed by both genders in this time as mob attacks are a common thing.

NSS Unit of VPM's B.N. Bandodkar College of Science (Autonomous) Thane (w) organized Self Defence Workshop on 18th December, 2021 in Patanjali Auditorium in order to guide the volunteers about self defence. The programme began at 2:30 p.m.

The chief guest of the programme was Mr. Sanjay Athavale Sir. He is an International Coach of Self Defence. He has completed his Bachelor's of Arts in Political Science, Diploma in Marketing Management. He is Senior Black Belt Champion in Karate. From 1984 to 2004 he worked as Assistant Commissioner of Sales Tax/Sales Tax Officer, Class 1, Government of Maharashtra. He was an All India Karate Kudokan Open Champion: Silver Medalist. He is Self Defence Trainer of Navy Commandos. He is a Founder President of Maharashtra Budokan Karate Association.

The dignitaries present in the programme were Principal Dr. Moses Kolet Sir, Chief Guest Mr. Sanjay Athavale Sir, Ms. Ankita Pandey (Black Belt Champion in Karate, Studying (currently in 4th year) Integrated 5 Years Course Bachelors of Legal Science in TMC Law College Thane(w)), NSS Programme Officers Dr. Ujjwala Gokhe Mam & Dr. Pralhad Wagh Sir, Dr. Moitreyee Saha Mam (Vice Principal, HOD of Botany Department), NCC Officer Dr. Bipin Dhumale Sir, Cultural Coordinator Dr. Kiran Pariya Sir, Dr. Anita Goswami-Giri Mam (Associate Professor of Chemistry Department) & Mr. Sudhir Bhonsale Sir (Assistant Professor of Foundation Course).

The anchor of the programme was Ms. Misbah Khan (SY BSc CZ). Principal Dr. Moses Kolet Sir addressed and welcomed all the dignitaries and he felicitated the chief guest Mr. Sanjay Athavale Sir. Principal Sir talked about the importance of learning self defence in life and guided all the students regarding physical and mental fitness.

Chief Guest Mr. Sanjay Athavale Sir guided all the students about the importance of self defence, and also asked the students to do meditation, yoga, etc. regularly. he shared few techniques of self defence that can help the students in their day to day life such as heel palm strike, elbow strike, alternative elbow strike, etc. & he also talked that self defence training helps the students to enhance their skills such as confidence level, set strong verbal boundaries, maintain a non confrontational stance, improve focus, overall fitness and toned muscles.

Then Dr. Ujjwala Gokhe Mam (NSS PO) talked about an advantages of learning self defence. And then NSS Joint Secretary Mr. Omkar Vishwakarma (SY BSc Biotechnology) proposed a vote of thanks towards an end of programme and offered his regard to everyone. Total 71 volunteers were present in the programme among them 47 were girls volunteers and 24 were boys volunteers. The programme ended at 5:30 p.m. by playing National Anthem.



**V.P.M'S B.N. BANDODKAR COLLEGE
OF SCIENCE (AUTONOMOUS),
THANE (W)**



NSS
NATIONAL SERVICE SCHEME
organizing a workshop on
SELF DEFENCE

CHIEF GUEST:

MR. SANJAY ATHAVALE

*An international coach of martial arts
and our alumini*



DATE : 18th December, 2021

TIME : 2:30 pm to 5:30 pm

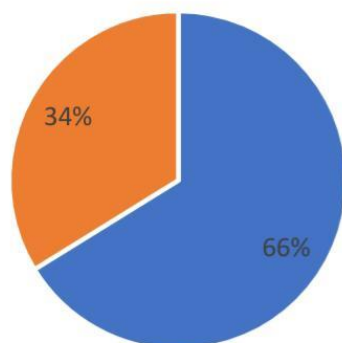
VENUE : Patanjali Auditorium,
B.N. Bandodkar college





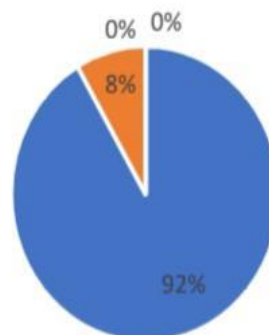
Gender 71 Responses

■ Girls ■ Boys



Feedback How would you like to rate this programme? 71 Responses

■ Excellent ■ Very Good ■ Good ■ Average



Dr. Ujjwala Gokhe

Dr. Akanksha Shinde

Dr. Pralhad Wagh

(NSS Programme Officers).

VPM's B. N. Bandodkar College of Science (Autonomous), Thane.
Department of Life Long Learning (DLLE) along with department of Human Science and interdisciplinary sciences Under Organized a webinar on

Topic : “Understanding Impact Of Rehabilitation On Mental Health”

Date : 29th January, 2022.

Time : 11. 00 am to 12.30 pm.

The Department of life long Lifelong Learning along with the department of Human Science and Interdisciplinary science under of VPM’s B. N. Bandodkar College of Science (Autonomous), Thane organized a webinar on “Understanding the Impact of Rehabilitation on Mental Health”.

The session was arranged on 29th January from 11. 00 a.m. to 12:30 p.m. and was conducted by the students of Human Science along with DLLE.

The session was hosted by Miss Sakshi Adhikari . She began the session by welcoming all the dignitaries, staff and students followed by welcoming the guest and speaker of the session “Mr. Kasthuri Rengan”. He began with explaining the definition and need for psychosocial rehabilitation. He explained the philosophy, goals , methods, process and all the essentials required for psychosocial rehabilitation. He mentioned about institution based and community based setting. He also explained the half way and long stay homes. All the doubts of the participants were solved at the end of the session and participants learner a lot about the working of a rehabilitation center. In this way the session came to an end followed by the Vote of thanks.

Registration for the webinar was free. The session was attend by 48 participants and it was held on Google Meet. After the completion of the webinar the students received E-certificates for attending the session through a feedback form.

Poster:

**V.P.M.'s B.N. BANDODKAR COLLEGE OF SCIENCE
(AUTONOMOUS), THANE (W) 400 601**

Re-accredited 'A' grade by NAAC (3rd Cycle); ISO 9001:2015 certified; Best College Award, University of Mumbai; "Milestone Merit Leadership" Award; Ramkrishna Bajaj National Quality Certification Award; Supported under FIST 'O' Level; Funded under STAR College scheme of DBT; College with Potential for Excellence (CPE); BEQET Special Citation Award of NCQM.



**UNDERSTANDING IMPACT OF
REHABILITATION ON MENTAL HEALTH**

ORGANIZED BY DEPARTMENT OF
HUMAN SCIENCE, DLLE &
INTERDISCIPLINARY SCIENCE

Date: 29th January 2022

Time: 11am - 12:30pm

Platform: Google meet

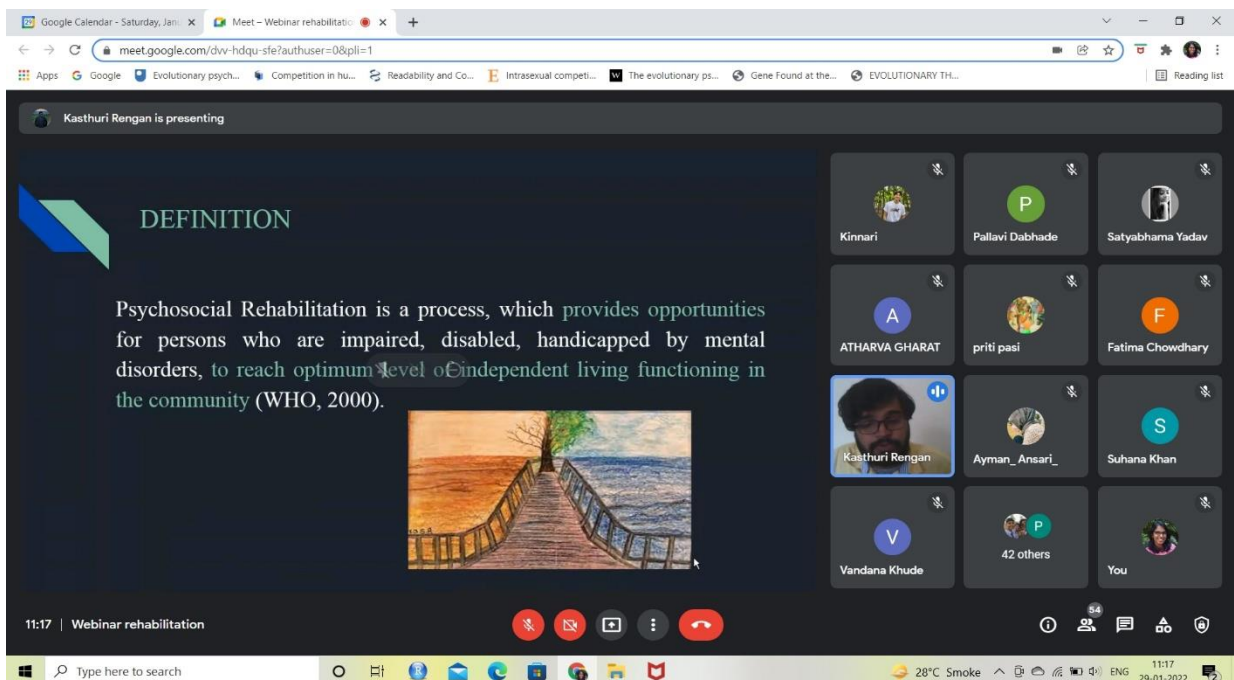
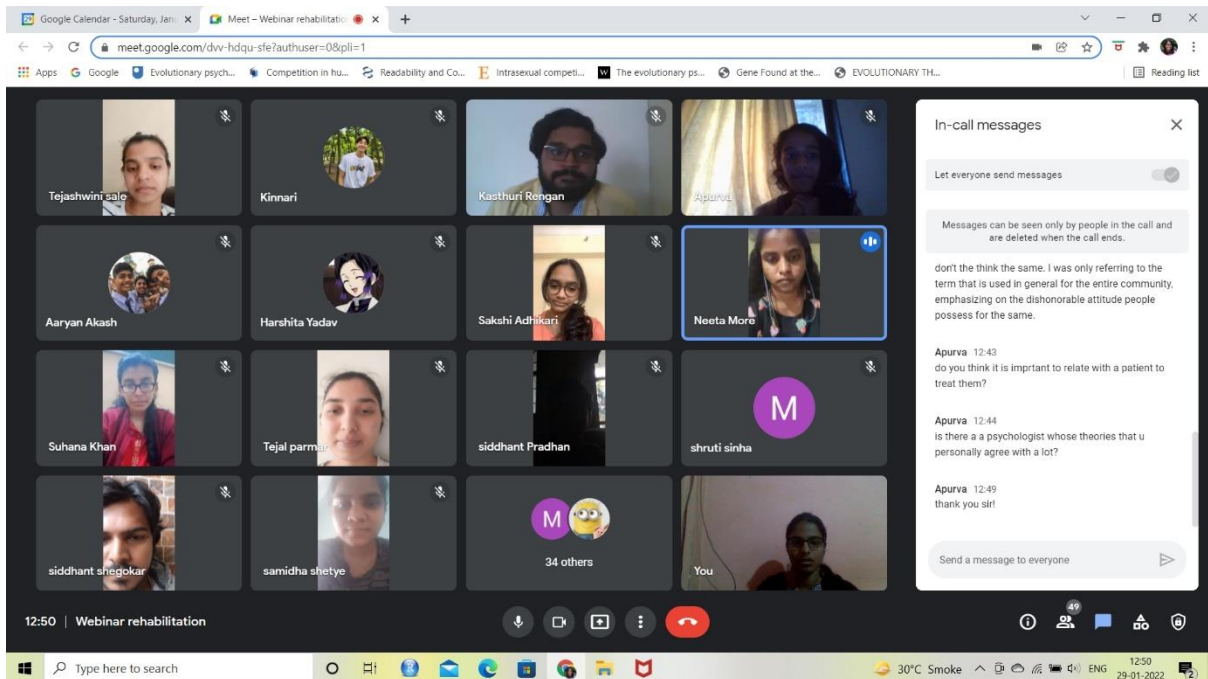


KASTHURI RENGAN

Rehabilitation counselor

**[Click here
to join the meet](#)**

Stills from the lecture :



Feedback analysis :-



Mental Health and Youth

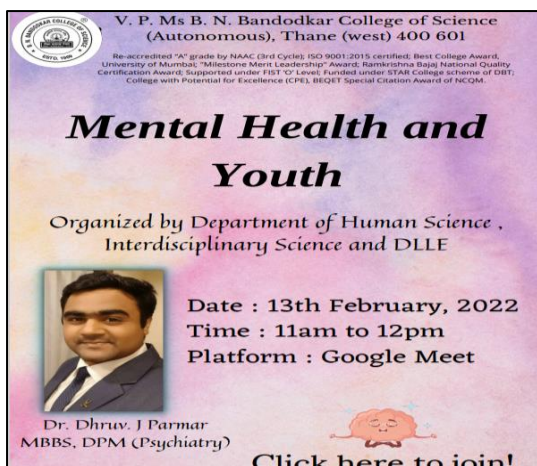
Name of activity	Mental Health and Youth
Objectives of the activity (maximum 40 words)	This Session is all about getting aware of mental health and taking treatment at right time if needed.
Organizing department/s	Department of lifelong learning and extension(DLLE)
Collaborative institute	Human science
Date (DD / MM / YYYY)	13/02/2022
Venue	Google meet
Mode	Online
Details of Resource person (name, designation, institution)	Dr. Dhruv J. Parmar - MBBS, DPM Dr. Vinda Manjramkar - DLLE Co-ordinator
Key Participants	Students of DLLE and Human science

Remarkable outcomes/ key take-away messages (max. three)	<ul style="list-style-type: none"> Students got information regarding mental health, psychiatric disorders, mood disorders, anxiety. The session was very informative
Details of participants	
Total Number	55
Outsiders	
In-house	55
	Faculty members: 05 students: 50
	Male: female: others:
Additional information	Positive feedback of speaker and session was given by students.

Name of Coordinator - Dr.Vinda Manjramkar (DLLE Co-ordinator)

Teacher in-charge: Ms. Komal Kadam

Two Geo tagged photos:




V. P. Ms B. N. Bandodkar College of Science
(Autonomous), Thane (west) 400 601

Re-accredited 'A' grade by NAAC (3rd Cycle) ISO 9001:2015 certified, Best College Award, University of Mumbai, "Milestone Merit Leadership Award, Ramkrishna Bajaj National Quality Certification Award, Supported under FIST 'O' Level, Funded under STAR College scheme of DBT, College with Potential for Excellence (CPE), BEQET Special Citation Award of NCQM.

Mental Health and Youth

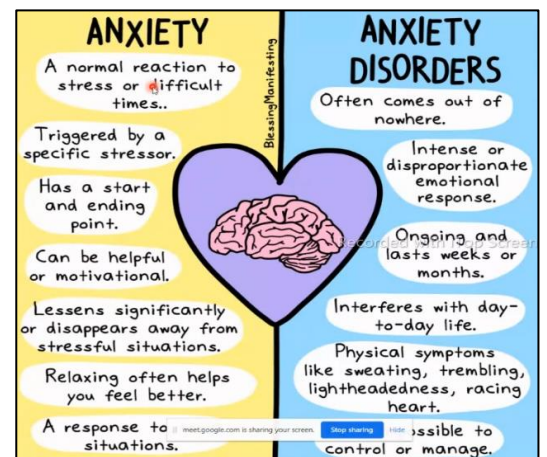
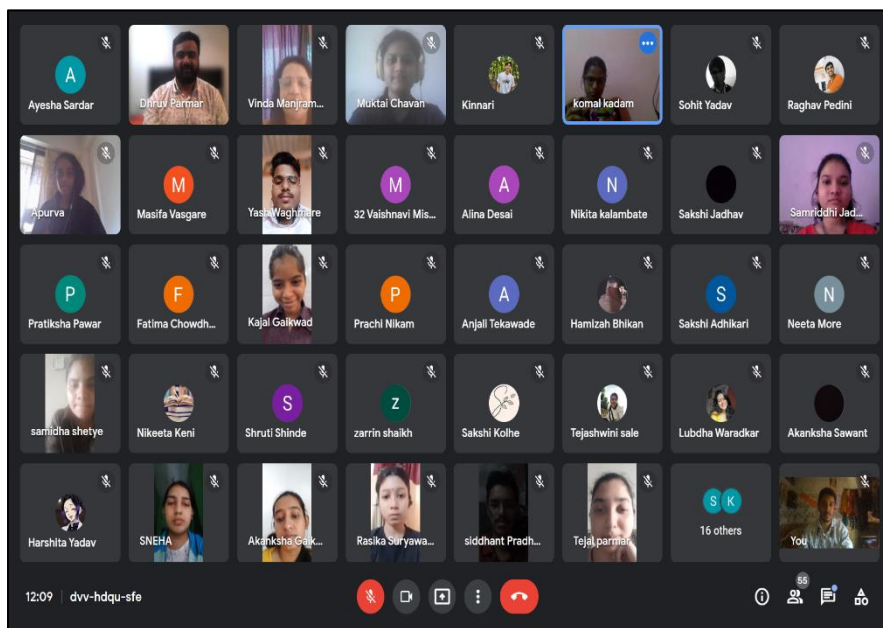
Organized by Department of Human Science ,
Interdisciplinary Science and DLLE



Date : 13th February, 2022
Time : 11am to 12pm
Platform : Google Meet

Dr. Dhruv. J Parmar
MBBS, DPM (Psychiatry)

[Click here to join!](#)



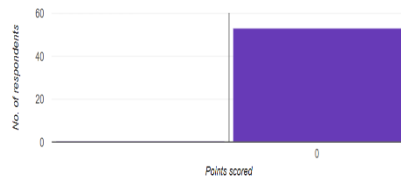
Insights

Average
0/0 points

Median
0/0 points

Range
0-0 points

Total points distribution



Please give your impressions about following

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