



Maharashtra Education Society's MES Night College of Arts and Commerce Garware College Campus, Karve Road, Pune

Affiliated to Savitribai Phule Pune University, Pune

Recognised by Government of Maharashtra

Accredited by NAAC

'THE WAY OF FRIENDSHIP'

Organized by: MES Night College of Arts and Commerce & Centre for Psychological Counseling

Date: 14th February 2025 (Friday)

Time: 6:00 PM – 7:00 PM

Speaker: Megha Khare Palkar (Counselor)

Mode: Online Session

INTRODUCTION

On February 14, 2025, MES Night College of Arts and Commerce successfully hosted an insightful webinar titled "The Way of Friendship." Librarian Smita Raut introduced guest speaker Megha Khare Palkar. The webinar aimed to highlight the awareness & importance of good & bad friendship in both personal and professional life, focusing on emotional well-being, trust, and effective communication skills.

OBJECTIVES OF THE WEBINAR

- To understand the essence of true friendship and its impact on mental health.
- To explore effective ways of building and maintaining healthy friendships.
- To address challenges and misunderstandings in friendships.
- To discuss the psychological and emotional benefits of strong social connections.



KEY POINTS OF THE PROGRAM

1. Understanding Friendship: Megha Khare Palkar elaborated on the core values of friendship, including loyalty, trust, and mutual respect.
2. Building Stronger Bonds: The speaker provided practical tips on how to develop and sustain long-lasting friendships.
3. Conflict Resolution: Strategies for handling disputes and misunderstandings in friendships were discussed.
4. Role of Communication: The importance of open and honest communication in strengthening relationships was emphasized.
5. Digital Friendships: The impact of social media and online friendships was explored, including both positive and negative aspects

OUTCOMES

- Provided valuable insights into fostering meaningful relationships.
- Increased awareness among students about the psychological importance of friendships.
- Positive feedback from attendees, expressing interest in similar sessions in the future.
- Encouraged students to develop healthier, more supportive relationships.
- Strengthened the college's commitment to student well-being and emotional development.

The 'Ways of Friendship' webinar was an engaging and enriching experience for all participants. It provided a deeper understanding of friendship and its impact on personal growth.



