



ST FRANCIS DE SALES COLLEGE

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A FRANSALIAN INSTITUTE OF HIGHER LEARNING

PsyLight Club

Dept. of Psychology, Postgraduate Centre

Report on "Gran Mente 2020-World Mental Health Day Awareness Program"

Title	Gran Mente 2020-World Mental Health Day Awareness Program
Date of Event(s)	10.10.2020
Department / Association	PsyLight Club Dept. of Psychology Postgraduate Centre
Venue	Open Platform
Number of Participants	Session 1: 538 Session 2: 32

Resource Person(s) with qualification	NA
Books (if published)	NA

Place of visit/ details of Industrial visit place (if applicable):	NA
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Report:

PsyLight Club under Dept. of Psychology, Postgraduate Centre organizes World Mental Health Day Celebrations every year. For the year 2020, the department planned to have it in open platform due to covid-19 situation. There is always a need for awareness about mental health. With the motto it spread the importance of mental health, Gran Mente 2020-World Mental Health Day Awareness Program was organized on 10th October 2020 from 9.30 a.m onwards. The event was organized in two sessions. **Session 1:** The awareness program was facilitated by Prof. Mamatha K, Asst. Professor, Dept. of Psychology, Postgraduate Centre, SFS College. The event began at 9.30 a.m and concluded at 10.30 a.m.

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www.sfscollege.in



Positive Outcome:

Gran Mente 2020- World Mental Health Day Awareness Program intended to spread awareness about mental health and nurture the young minds for better future. The objective of the event was attained through the activities and competitions. Participants could reflect about themselves and also have clarity about their goal, visions and future. Self-Awareness, emotional maturity, social intelligence and conscious practice of mental health were the topics covered in the event. The awareness program was a success with the kind support of management and enthusiastic participants in promoting mental health and nurturing minds.



HEAD
Department of Psychology
PG Centre
St. Francis de Sales College
Bengaluru - 560100



PRINCIPAL
St. Francis de Sales College
Electronics City Post, Bangalore - 560 100.



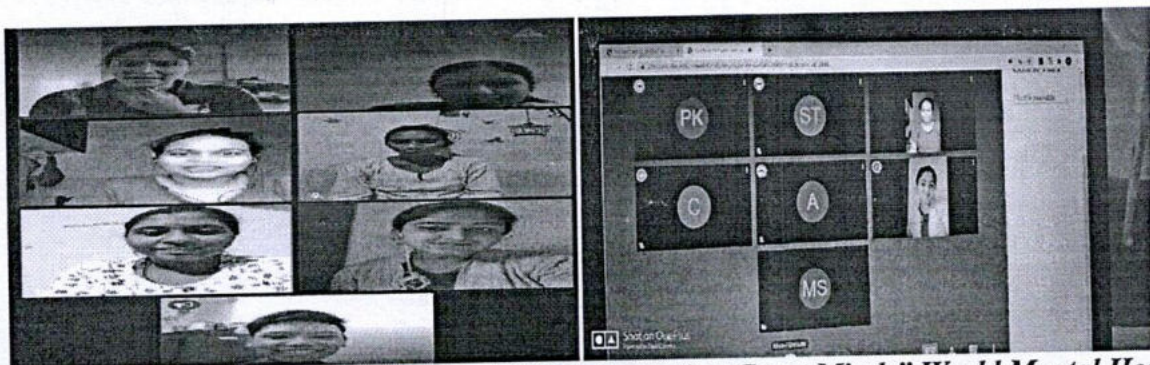
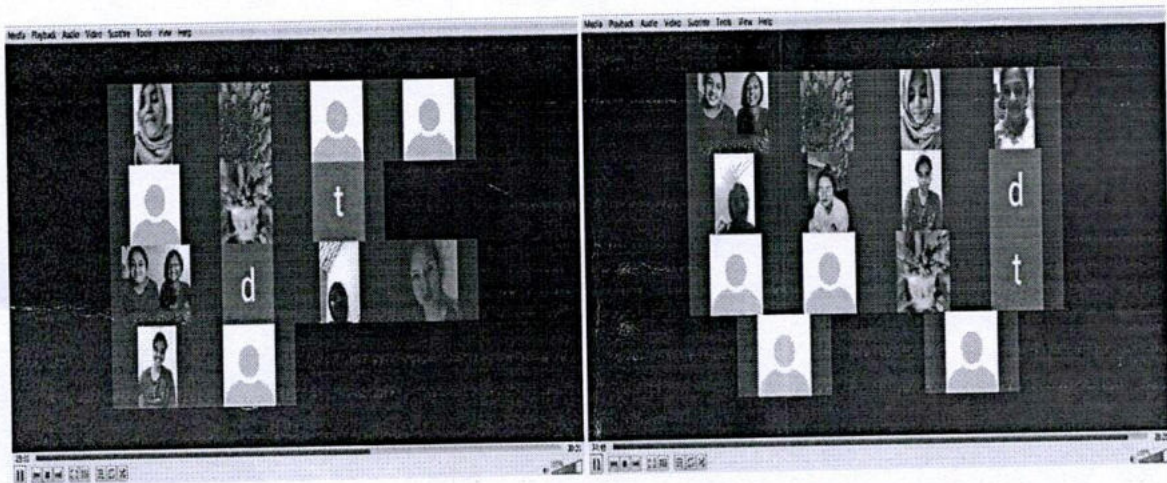
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PsyLight Club
Dept. of Psychology, Postgraduate Centre
"Gran Mente 2020- Nurturing Great Minds"
World Mental Health Day Awareness Program

Photo Gallery



Capturing Moments of "Gran Mente 2020- Nurturing Great Minds" World Mental Health Day Awareness Program



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PsyLight Club
Dept. of Psychology, Postgraduate Centre
"Gran Mente 2020- Nurturing Great Minds"
World Mental Health Day Awareness Program

List of Participants for the Seminar:

Timestamp	Name	Department	College/Institution	Email address	Mobile Number
08/10/2020 16:27:46	EKTA R.PAREKH	Psychology	Bangalore university	ektalwys@gmail.com	8088336739
08/10/2020 21:18:13	Madhu shree A chavan	Bsc(cjp)	Sfs	madhuchavan2002@gmail.com	9801215065
08/10/2020 21:19:03	Priyanka Kumari	Humanities	St. Francis De Sales Coll	pdas97786@gmail.com	7338472076
08/10/2020 21:35:48	Sujay Abraham Thomas	Humanities	St. Francis de sales Univ	suajythomas17@gmail.com	7829080103
08/10/2020 21:41:06	Kousalya.k	BA (SEP)	St.Francis de sales colle	Kausalyakumar00@gmail.com	9606090546
08/10/2020 21:48:31	Mona lakshmi S	BA (JPE)	St. Francis de sales	Monusadhak221@gmail.com	9498815109
08/10/2020 22:01:08	Tharun.B	Humanities	Sfs de sales college	tarunbalareddy@gmail.com	9538948734
08/10/2020 22:09:18	Shalat Mary Sabu	BA, JPE	St. Francis De Sales	Shalatmarysabu@gmail.com	9448053078
08/10/2020 22:20:59	Murali	B.sc(cjp)	St.francis degree college	rmuralikrishna272@gmail.com	08050799025
08/10/2020 22:53:58	Ashok Aakash Solomon	Humanities Department	St. Francis de Sales Deg	solomon119897@gmail.com	7899858364
08/10/2020 22:55:05	Beauty Kumari Dixit	Humanities	St Francis de sales colle	denfizzzz@gmail.com	7044061664

Timestamp	Name	Department	College/Institution	Email address	Mobile Number
08/10/2020 22:55:05	Beauty Kumari Dixit	Humanities	St Francis de sales colle	denfizzzz@gmail.com	7044061664
08/10/2020 23:11:36	Ummeh Kulsum	BA SEP	St Francis de sales colle	Ummekul877@gmail.com	9789109537
08/10/2020 23:53:47	EKTA R.PAREKH	Psychology	Bangalore university	ektalwys@gmail.com	8088336739
09/10/2020 08:55:03	Thekkanath Steffi Josep	Psychology	St. Francis De Sales Coll	sj7763608@gmail.com	9428048777
09/10/2020 09:08:28	M pradeepa	Bsc Cjp	St. Francis de sales colle	Pradeepamarisamy2002@gmail.com	9810466003
09/10/2020 10:01:03	Swaha Swarnali	BA(JPE)	St. Francis De Sales Coll	swaha2128@gmail.com	9606876848
09/10/2020 11:00:00	M pradeepa	Bsc Cjp	St. Francis de sales colle	Pradeepamarisamy2002@gmail.com	9810466003
09/10/2020 13:13:04	Kusuma.v	BSC(cjp)	College	aamaroyal234@gmail.com	7899460699
09/10/2020 18:20:22	Anjitha Santhosh	Commerce	St. Francis De sales	anjisanjay98@gmail.com	9385916963
09/10/2020 18:21:54	Ashwini N	Pg	St. Francis de sales colle	ashuu7978@gmail.com	7353321697
09/10/2020 18:23:51	Charleen Roca	Comm	St. Francis de sales colle	Charleen001@gmail.com	9407614833

Inbox - mamatha1580@gmail.co X Gran Mente-Registrations - Goc X IP and Research details 19-2020 X

docs.google.com/spreadsheets/d/1J1RS2p5XXwn0tUFGK3vEL6laNF7cYzBluhDgJm7nDTw/edit#gid=425425407

IP and Research details 19-2020

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08/10/2020 22:55:05

	A	B	C	D	E	F
1	Timestamp	Name	Department	College/Institution	Email address	Mobile Number
353	10/10/2020 09:30:39	Anusha M	BA SEP	Sfs	anumadesh518@gmail.c	8073078941
354	10/10/2020 09:30:41	Dharunvijay	Bsc.cjp	College	dharunvijay0118@gmail.i	8825507533
355	10/10/2020 09:30:43	Vikas Reddy	Bsc (cjp)	St francis de sales colleg	Vikasreddy2243@gmail.c	07904304164
356	10/10/2020 09:30:49	Tensila anthony	BBA	Sfs college	Tensilaanthony126@gme	6360497261
357	10/10/2020 09:30:55	J UMAMAHESWARI	English	SFS DEGREE COLLEGE	umamahibala2014@gma	9052341579
358	10/10/2020 09:31:07	S.Balaji	Bcom	St.Francis de sales Colle	slvb2711@gmail.com	9080270660
359	10/10/2020 09:31:55	Hari Prasad R	BA(sep)	SFS	Prashanthkulli2000@gm	7829248863
360	10/10/2020 09:31:55	Sreeja S Prakash	BA (SEP Vth SEM)	Sfs college	sreejajeetu99@gmail.cor	7338168447
361	10/10/2020 09:31:57	Renushree	Commerce	Sfs college	30renusri@gmail.com	8903255006
362	10/10/2020 09:31:59	Nidhi shukla	BBA	Sfsp	Nidhishukla5384@gmail.	9900287183
363	10/10/2020 09:32:03	Sreeja S Prakash	BA (SEP Vth SEM)	Sfs college	sreejajeetu99@gmail.cor	7338168447

Form responses 1 Sheet1 Explore

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08/10/2020 22:55:05

	A	B	C	D	E	F
1	Timestamp	Name	Department	College/Institution	Email address	Mobile Number
524	10/10/2020 11:18:14	Arun.r	Bcom	Sfs college	Arun.kd.925@gmail.com	9916341418
525	10/10/2020 11:25:17	Mahesh.J	B.com	St Francis De sales Colle	maheshkshatriya.j2001@	9866803663
526	10/10/2020 11:28:00	Thousif Ur Rehman.i	BBA	St Francis De sales colle	thousifurrehmani@gmail.	8056386332
527	10/10/2020 11:35:12	Monisha.S	Commerce	St francis de sales colleg	monisha.yadhava.131@x	7829174977
528	10/10/2020 11:35:33	Monisha.S	Commerce	St francis de sales colleg	monisha.yadhava.131@x	7829174977
529	10/10/2020 11:38:32	Priya.S	B.com	SFS	priyasathya3003@gmail.	8971605989
530	10/10/2020 12:11:05	Dr. JAGDEESH PRASAD	Education	Shree Rishikul B ed colle	jgkarwasara@gmail.com	09414380442
531	10/10/2020 15:09:06	Dr jitendra patidar	govt college rampura nee	govt college rampura nee	patidarj79@gmail.com	7415863844
532	10/10/2020 15:47:03	KASHFAQ AHAMED	BCA	C.ABDUL HAKEEM COL	ashfaque184@gmail.com	8870943351
533	10/10/2020 18:42:39	Jyoti singh	BSc	St. Francis de sales colle	jsingh71678@gmail.com	09113618030
534	10/10/2020 19:12:55	Janardhanwar Parthiv	B.sc CIP 3th com	SFS COLLEGE	janardh006@gmail.com	0052758824

Form responses 1 Sheet1 Explore

NOTE: As the event was conducted in open platform. Participants list has been given based on the total number participants registered for the event.



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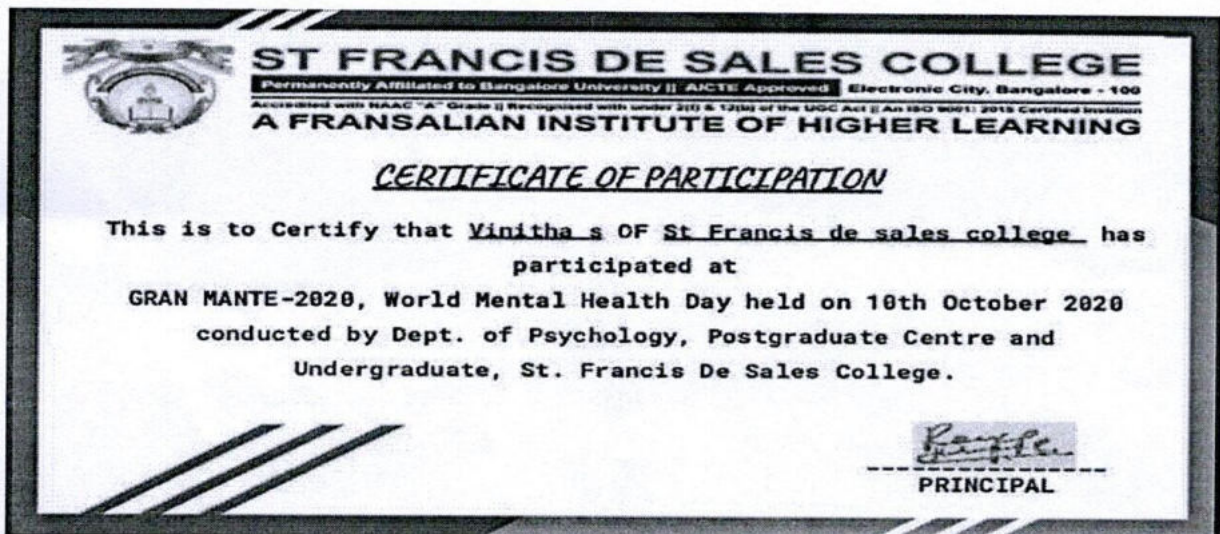
Dept. of Psychology, Postgraduate Centre

"Gran Mente 2020- Nurturing Great Minds"

World Mental Health Day Awareness Program

Supporting Documents:

Samples of the Certificates given to the participants:



NOTE: E-Certificates were generated after filling the feedback form by the participants

Name of the Reporter:

Prof. Mamatha K
Asst. professor
Dept. of Psychology
Postgraduate Centre
St. Francis De sales College

SIGNATURE OF THE
REPORTER

Head of the Department
St. Francis De Sales College
Electronic City, Bengaluru - 560 100.

PRINCIPAL
St. Francis de Sales College
Electronic City Post, Bangalore - 560 100