



ST FRANCIS DE SALES COLLEGE

Permanently Affiliated to Bangalore University || AICTE Approved | Electronic City, Bengaluru - 100

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A FRANSALIAN INSTITUTE OF HIGHER LEARNING

Title	A Skill Development session on Mental Health and Hygiene
Date of Event(s)	19/04/23
Department/Association/Cell/Committee	Akroya
Venue	PG- Class Room
Number of Participants	55
Target Audience	M.com students
Resource Person	Dakshina U. Kanthy Counsellor SFS College
Event Coordinator	Dr. Thanapackiam

The objective of the Program:

A session on mental health and hygiene was held for m.com students on 19th April, 2023 in the Post graduate class room. Both III and I semester students were assembled for the session. The session was aimed at raising awareness and providing insights on the importance of mental health and hygiene in promoting overall wellbeing. The guest speaker for the session was Dakshina U. Kanthy

Counsellor SFS College who is an experienced mental health professional cum educationist with extensive experience in the field of mental health.

Report

The session began at 10.30 am, and the speaker was introduced and welcomed by the event Co-ordinator Dr. Thanapackiam, department of commerce. First part of the session focused on providing an overview of mental health. The presenter defined mental health and emphasized its importance in promoting overall wellbeing. The presenter discussed various mental health conditions, their causes, and symptoms. The audience was encouraged to seek help if they

experience any signs or symptoms of mental health conditions.

The second part of the session focused on promoting mental health hygiene. She highlighted the importance of self-care, stress management, and building resilience. The students were provided with practical tips on how to maintain good mental health hygiene, such as getting enough sleep, eating a healthy diet, exercising regularly, and engaging in activities that bring joy and pleasure.

The final part of the session focused on seeking help. The guest speaker discussed various resources available for individuals experiencing mental health conditions, such as therapy, support groups, and medication.

The outcome of the program:

In conclusion, the session on mental health and hygiene was informative and insightful. The presenter provided valuable information on understanding mental health, promoting mental health hygiene, and seeking help. The audience left the session with a better understanding of mental health and the importance of taking care of their mental health. The session was a success, and the attendees expressed their gratitude to the presenter and the organiser for the valuable insights shared.

Report Prepared by:

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Report Verified by:

[Signature]

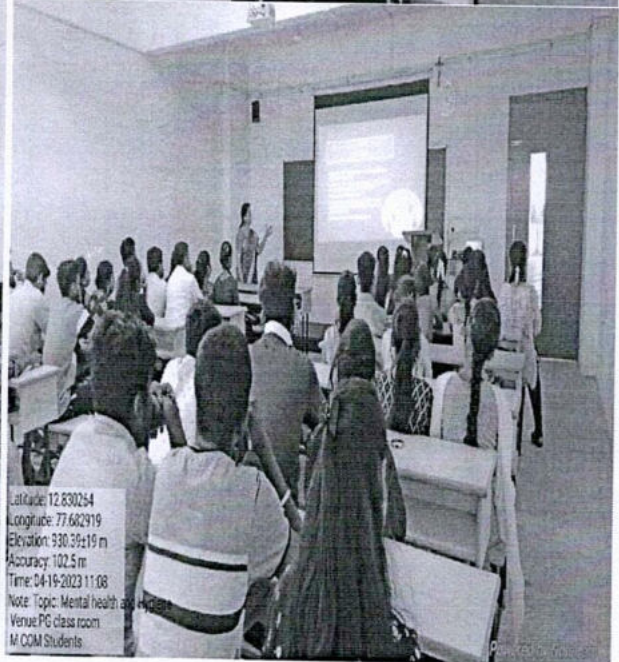
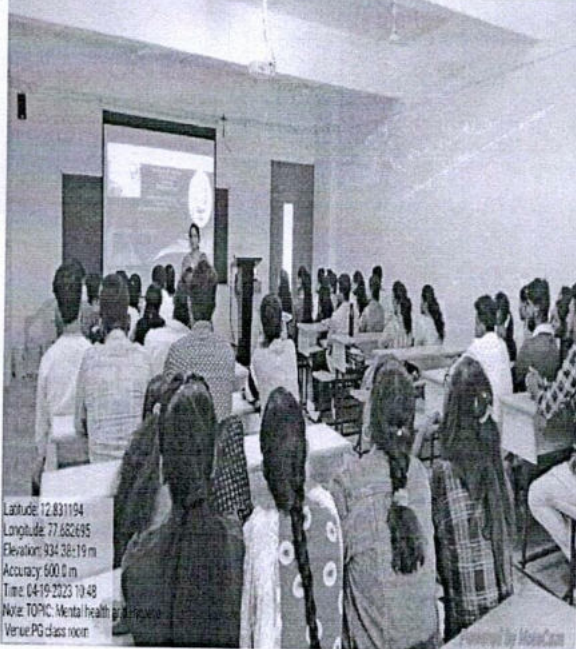
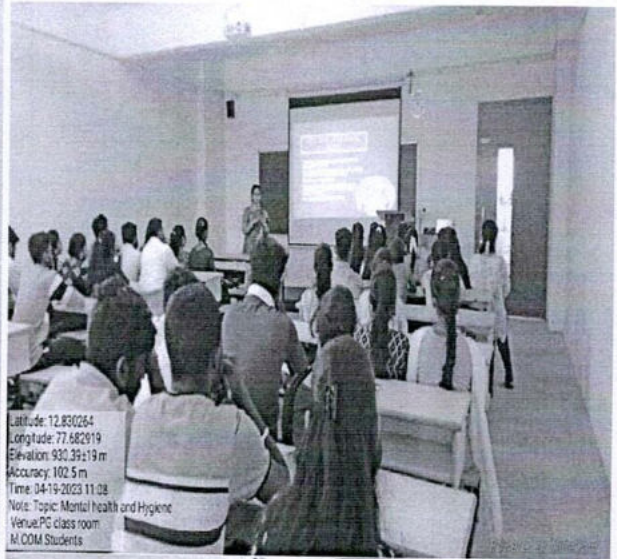
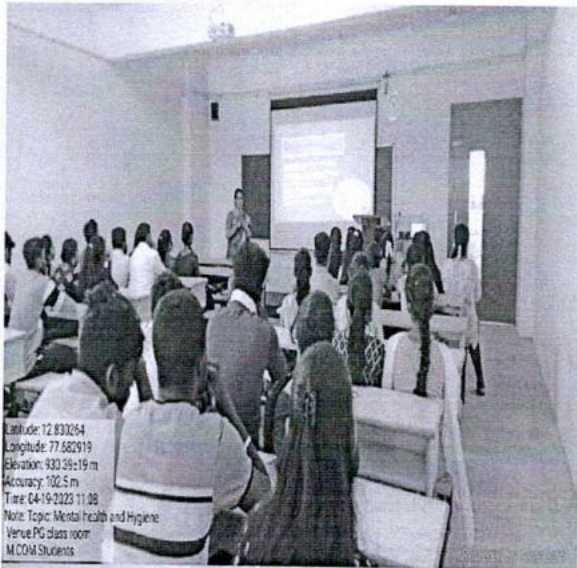
COORDINATOR
Desalite Skill Development Cell
St. Francis de Sales College
Bengaluru - 560100

Report Approved by:

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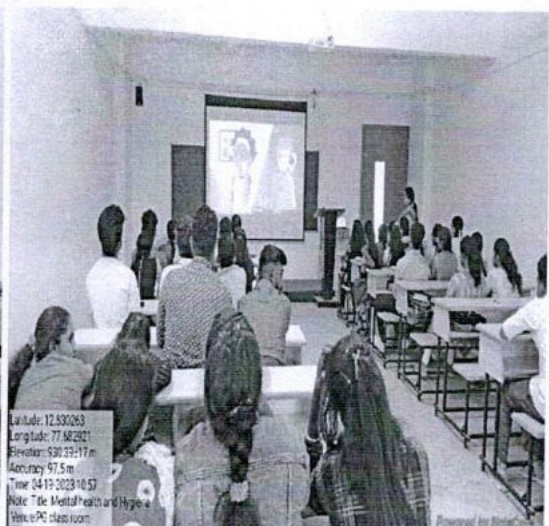
PRINCIPAL
St. Francis de Sales College
Electronics City Post, Bangalore - 560100

Geo Tagged Photos:





Latitude: 12.831913
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Elevation: 934.99131 m
Accuracy: 245.7 m
Time: 04-19-2023 11:15
Note: Topic: Mental health and Hygiene
Venue: PG class room
M.COM Students



Latitude: 12.830263
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Elevation: 930.23117 m
Accuracy: 97.5 m
Time: 04-19-2023 10:57
Note: Topic: Mental Health and Hygiene
Venue: PG class room

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