



**ST FRANCIS DE SALES COLLEGE**

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

Reaccredited by NAAC with 'B++' Grade || Recognised under section 2(f) & 12(b) of the UGC Act || An ISO 9001: 2015 Certified Institution

**A FRANSALIAN INSTITUTE OF HIGHER LEARNING**

## **MENTAL HEALTH AND HYGIENE**

**IN ASSIOCATION WITH MITHRA HOSPITAL**

**RESOURCE PERSON : Dr. AISHWARYA**

**TARGET AUDIENCE : M.COM STUDENTS**

**DATE 19/04/023**

**VENUE : PG- CLASS ROOM**



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<b>Title</b>	A session on Mental Health and Hygiene
<b>Date of Event(s)</b>	19/04/23
<b>Department/Association/Cell/Committee</b>	PG Department along with MOU cell
<b>Venue</b>	PG- Class Room
<b>Number of Participants</b>	55
<b>Target Audience</b>	M.Com students

<b>Resource Person</b>	Dr. Aishwarya. Mithra Hospital

<b>Place of visit/ details of Industrial Visit place (if applicable):</b>	Not Applicable
<b>Event Coordinator</b>	Dr. Thanapackiam

## The objective of the Program:

A session on mental health and hygiene was held for m.com students on 19<sup>th</sup> 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 Dr Aishwarya, Mithra Hospital who is an experienced mental health professional cum educator with extensive experience in the field of mental health.



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## **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.

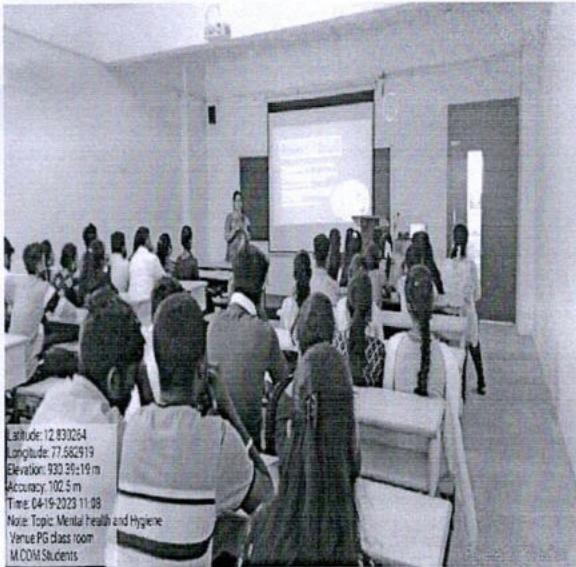
The second part of the session focused on promoting mental health hygiene. She highlighted the importance of self-care, stress management, and building resilience. The students were provided with practical tips on how to maintain good mental health hygiene, such as getting enough sleep, eating a healthy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

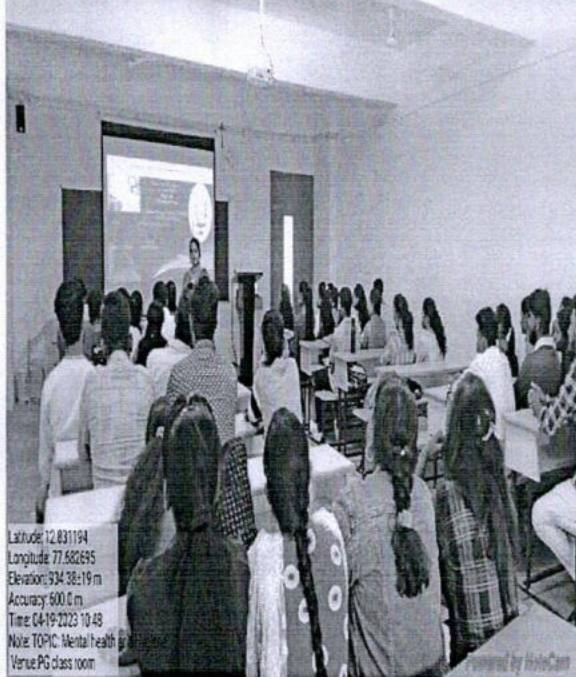




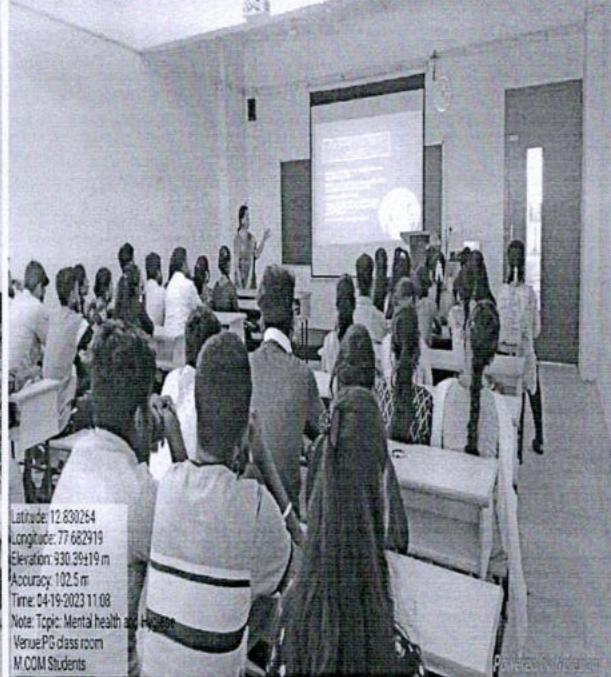
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Longitude: 77.682919  
Elevation: 930.39±19 m  
Accuracy: 102.5 m  
Time: 04-19-2023 11:08  
Note: Topic: Mental health and Hygiene  
Venue: PG class room  
M. COM Students



Latitude: 12.830264  
Longitude: 77.682919  
Elevation: 930.39±19 m  
Accuracy: 102.5 m  
Time: 04-19-2023 11:08  
Note: Topic: Mental health and Hygiene  
Venue: PG class room  
M. COM Students



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Note: TOPIC: Mental health and Hygiene  
Venue: PG class room



Latitude: 12.830264  
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Elevation: 930.39±19 m  
Accuracy: 102.5 m  
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*Rayya*

**PRINCIPAL**  
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