

ST FRANCIS DE SALES COLLEGE

University Affiliated to De La Salle University (DLSU) - Manila

A FRANSIAN INSTITUTE OF HIGHER LEARNING

HEALTH CLUB

Presents

Promoting

THE MENTAL WELLBEING AMONG THE STUDENTS



15 DECEMBER
2021

Venue : Business LAB



ST FRANCIS DE SALES COLLEGE

Permanently Affiliated to Bangalore University | AICTE Approved

Electronic City, Bengaluru - 100

Recognized by MAAC with 'B++' Grade | Recognized under section 20 & 120B of the UAC Act | An ISO 9001: 2015 Certified Institution

A FRANSALIAN INSTITUTE OF HIGHER LEARNING

REPORT ON SEMINAR - PROMOTING THE MENTAL WELLBEING AMONG THE STUDENTS -

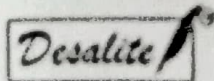
Title	" PROMOTING THE MENTAL WELLBEING AMONG THE STUDENTS - "
Date of Event(s)	15 TH DECEMBER 2021
Department / Association	HEALTH CLUB
Venue	BUSINESS LAB
Number of Participants	120
Target Audience	170
Resource Person(s) with qualification	Mrs. Dakshina U Kanthy Asst. Professor, Dept. of Psychology.
Books (if published)	-
Place of visit/ details of Industrial visit place (if applicable):	-

[Signature]
COORDINATOR
Health Club
St. Francis de Sales College
Bengaluru - 560100

[Signature]
COORDINATOR
Best Practices Cell
St. Francis de Sales College
Bengaluru - 560100

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

Electronics City P.O., Bengaluru - 560 100
Tel : 080-27830065 / 27834611, Fax: 080-27832299, Email: principal@sfscollege.in
www.sfscollege.in



Objectives:

There is no health without mental health. Mental health promotion involves actions to strengthen the policy environment and the use of strategic communication for network building, enhanced mental health literacy, and behavior change. Mental health promotion interventions improve overall wellbeing and are delivered in the settings where people live, work, learn, and thrive. These include school and workplace mental health programs, early childhood interventions, women empowerment, anti-discrimination programs, and other interventions that address the social determinants of mental health.

Introduction:

Seminar on "Promoting the mental wellbeing among the students" was conducted on 15th December 2021, at 12:30 pm to BSC and BBA final year students. In order to create the stability of mind among the students. Students are facing the many stresses, so they need to overcome with their stresses.

The resource person spoke first about what is mental well being, it is Coping with normal stresses, Meeting your learning potential, emotions are very important in ones life Learning to recognise and regulate emotions, students are very much prone to emotions they should know hoe to manage the emotions. Develop empathy for others, empathy is other thing which everyone should know to think by standing in others place, Understanding relationships, resource person explained the significance relationship and how to maintain a healthy relationship. She also informed the students to establish and build positive relationships , so that we will be being connected to the community and friends, which in turn helps to share the thoughts and being free minded.

Resource person also spoke about why is it important to stay stable mentally and how its affects our physical health she explained it is as important as physical well-being and it Affects your work and increases productivity if the person is mentally fit and fine. Then resource person directly moved how it is necessary for students , it equips students with the essential skills and information to navigate through the stressors and emotional challenges associated with college life. It Improves academic performance. Which also includes Positive outcomes including better income, better relationships, better mental health and increased longevity, which everyone requires.

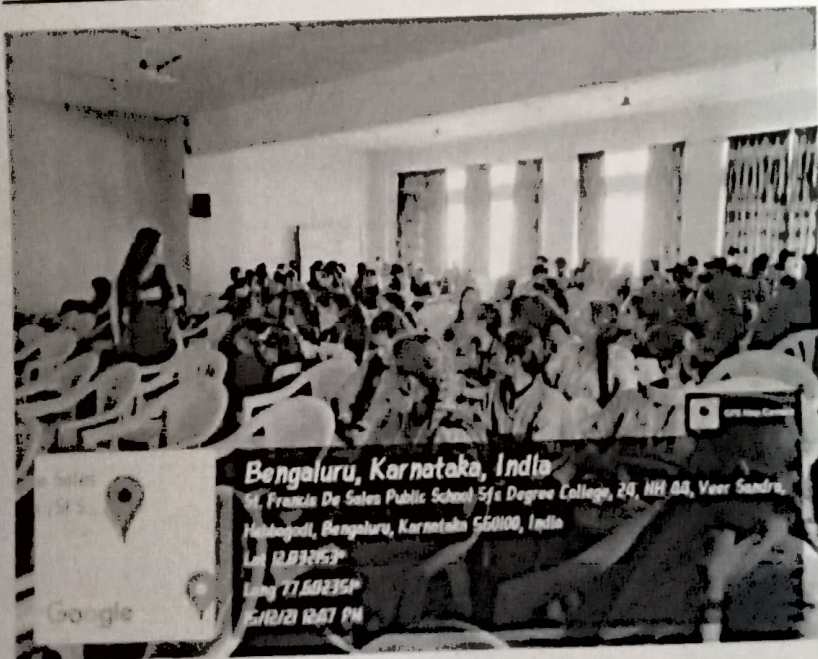
The resource person also explained about how to enhance the stability of mind she gave the idea that we have to value ourselves treat yourself with kindness and respect, make time

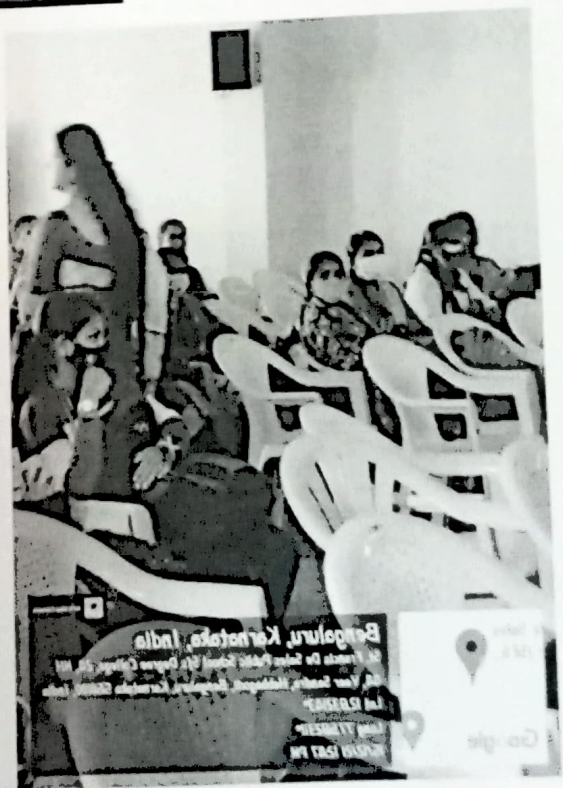
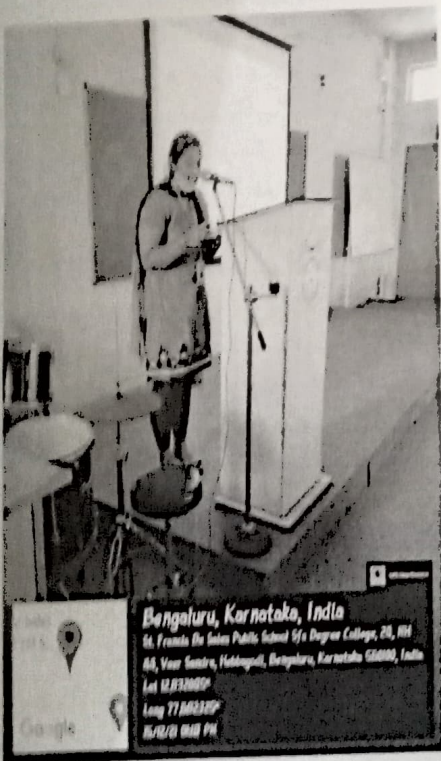
for hobbies. We should Take care of our body, eating nutritious meals, avoid habits, exercise and sleep well , we should be Surrounded ourself with good people, build strong family and social connections , find time and energy to help someone in need. Most importantly we should learn how to deal with stress, practice good coping skills such as a nature walk, exercise, having a pet or journal writing.

Outcome of the activity

The students learnt how to keep themselves with stable mind, how the stable mind improves their relationship, and creates the positivity in them. Students also learnt the significance of their hobbies, time spending , how the liquor affects ones life. Get help when you need it, it is a sign of strength.

Photos of the Event





Nayana K.V.

SL.N
O

NAME

1 Anju Angelina D

2 ADARSH SHIVAN

3 ABRAGAM ROSARIO J

4 AKASH K

5 APARNA SURESH

6 BHARATH B

7 BHAVANA G

8 BHAVANA M

9 Bhoomika B S

10 CARMEL FASTINA.J

11 CHAITHRA S

12 DEEPAK.H.L

13 DARSHAN .N

14 DIVYA K

15 GANGOTHRI N

16 GAYATHRI.A

17 GOPI V R

18 GUNASHREE .C

19 HARIPRIYA K

20 HARSHITHA G

21 HARSHA B

22 HARSHTHA G

23 KIRAN L

24 KEERTHANA L

25 KEERTHI S REDDY

26 KEERTHI S

27 KOUSALYA .K

28 MAHESH C

29 MANOJ KUMAR .N

30 MONIKA. K

31 MONIKA MANI .S

32 MONIKA R

33 NAVEEN KUMAR K

34 PRASHANTH D

35 PRIYANSI B

36 PRAGULA PRABHASH

37 PRIYANKA P

38 RANGASWAMY P

39 ROJA L

40 SALMAN B

41 SANDHYA B

42 SHREEDHARA S

43 SIMRAN R H

44 SNEHA V.M

45 SWATHI.M

46	SWATHI.K
47	K THAMAI KANNAN
48	THANUSHREE B
49	THENMOLI B
50	VIMAL SOPHIYA
51	YASHASWINI K S
52	ABHIRAJ KULKARNI
53	AHALYA V
54	AMAL JACOB
55	ANANDHI R
56	ANGEL R
57	ALWIN JOHN STALIN
58	A.PRIYATHANA SHERIN
59	ARNOLDO.A.STEINHERR
60	ASHWINI.V
61	BINDHU.S
62	BOOMIKA.G
63	Bhoomika S
64	BHUMIKA.B.PATIL
65	BHUVANA.TS
66	CHANDINI KUMARI
67	CHANCHAL VAISHNAV
68	DEEKSHA.K
69	DEVIKA.M
70	FIRDOUS KOUSER.N
71	EPHRAIM P SAMUEL
72	HARINI R
73	HASEEBA AFREEN I
74	HEMALATHA.V
75	JANANI J
76	JANANI JUDIYA
77	JOHNSON S
78	KANISH KUMAR
79	KANMANI.K
80	KRUTHIKA.MR
81	KUSHBOO KUWAR R
82	LAKSHMI C
83	LALNUNZUALI
84	LIYA LAZAR
85	MANOJ NELSON
86	M.AKASH
87	MRUDHULLA SHREE R
88	NAVEEN KUMAR DA
89	NAVIN KUMAR K
90	NANDHINI V
91	NAVYASHREE S
92	POOVIZHI D
93	PAVITHRA.R
94	POOJA MALLIK
95	PAVITHRA.R
96	PRIYA SHREE S

97	PRIYA M
98	PRIYANKA RATHANSIGH RAJPUT
99	PUNITH M
100	RAMYA.M
101	RAKSHIDHA DEVI B
102	RAKSHITHA.S
103	RAKESH R
104	ROSHINI J
105	RITU J
106	SAHANA MOHAN NAMBIAR
107	SAMYUKTHAA R
108	SANDHYA.S
109	SANKALPA R
110	SHAISTHA
111	SHALINI R
112	SHRADDHA D
113	SHUBHA SHREE H
114	SINDHU L
115	SUCHITHRA H
116	SUMA MARY ANAND
117	SUMATHI.S
118	VIDYA N
119	VIKRAM K R
120	SADHUM AKSHITHA
121	SOWANDARYA R
122	LAVANYA B
123	SONALI KHATUM
124	SUJI S
125	M KAVYA
126	CHARMIE D
127	ANU PRIYA.M