



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 ASSOCIATION WITH MITHRA HOSPITAL

RESOURCE PERSON : Dr. AISHWARYA

TARGET AUDIENCE : M.COM STUDENTS

DATE 19/04/023

VENUE : PG- CLASS ROOM



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

Resource Person	Dr. Aishwarya. Mithra Hospital

Place of visit/ details of Industrial Visit place (if applicable):	Not Applicable
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 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.

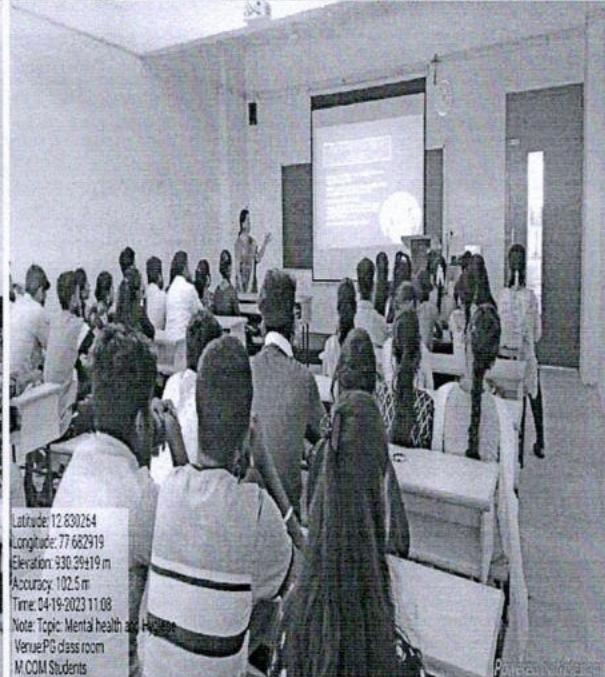
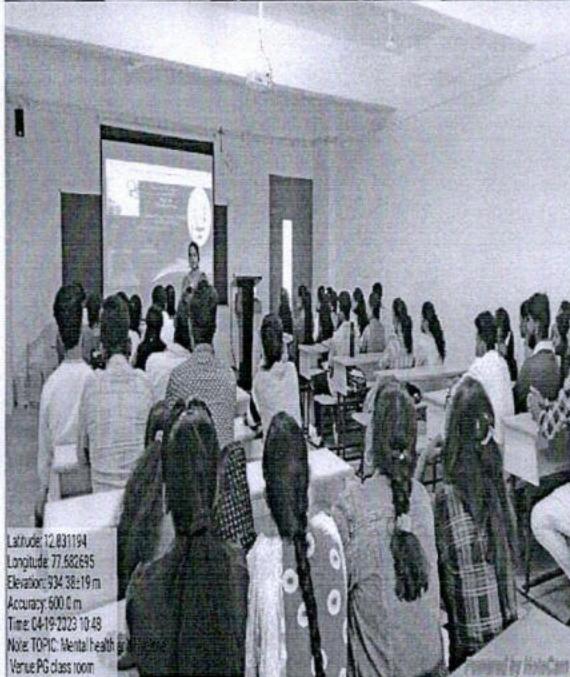
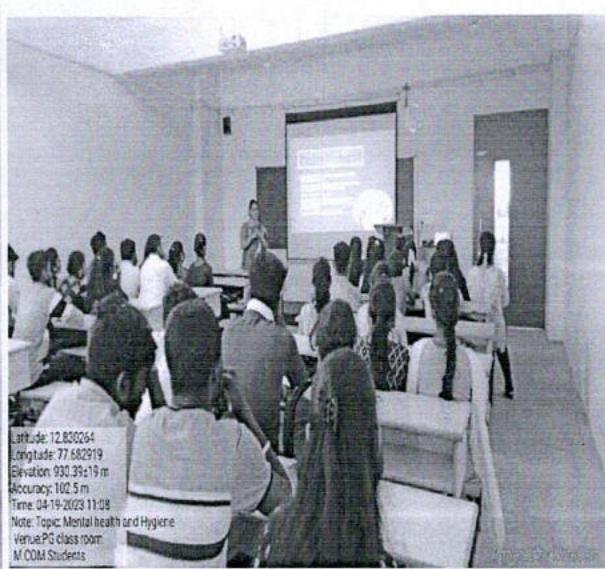
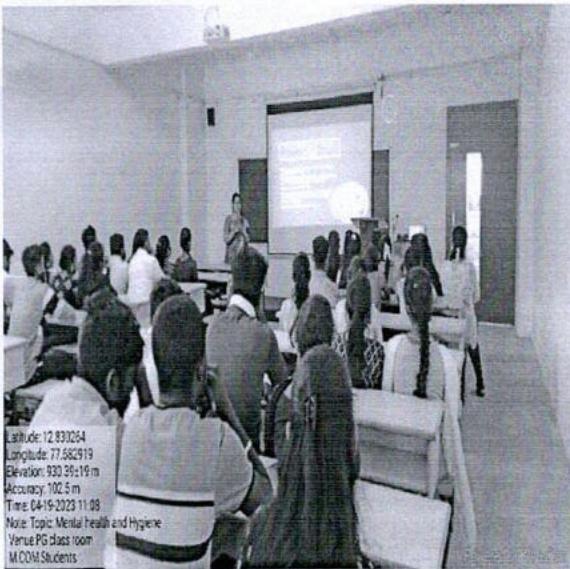
The second part of the session focused on promoting mental health hygiene. She highlighted the importance of self-care, stress management, and building resilience. The students were provided with practical tips on how to maintain good mental health hygiene, such as getting enough sleep, eating a healthy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





Rajya

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