



**SHRIMATHI DEVKUNVAR NANALAL BHATT  
VAISHNAV COLLEGE FOR WOMEN (AUTONOMOUS)**

OWNED AND MANAGED BY CORK INDUSTRIES CHARITIES TRUST  
(Affiliated to the University of Madras and Accredited with 'A+' Grade by NAAC)  
Chromepet, Chennai - 600 044.

**MENTAL HEALTH DAY EVENT**

**REPORT**



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COLLEGE FOR WOMEN (Autonomous)**

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Chromepet, Chennai- 600 044.



**The Management, The Principal and The Student's Union  
cordially welcome you all for**

**CULTIVATING MIND WITH POSITIVITY**

**RESOURCE PERSON**



**Dr.B.Damodaran. Ph.D.  
Associate Professor of Psychology  
MAHER deemed to be university.**



**07 FEBRUARY 2025**



**8:30 AM**



**MAIN AUDITORIUM**

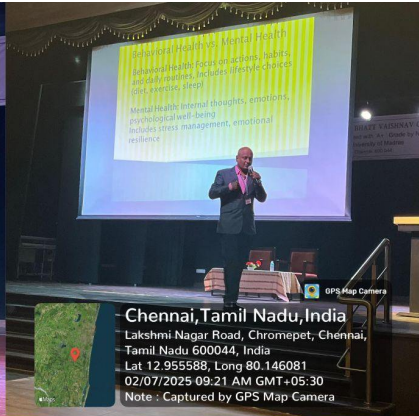
On 7th February 2025, an impactful event was held to mark Mental Health Day. The main highlight of the event was a talk given by Dr. B. Damodaran, Ph.D., an Associate Professor of Psychology at MAHER deemed to be university, who addressed the students of Aided and Shift 1 in the main auditorium. Dr. Damodaran's talk focused on the topic, "Cultivating Mind with Positivity."

In addition to the insightful talk, the event also featured various interactive sessions where participants could engage in discussions and share their personal experiences. These sessions created a supportive environment, allowing attendees to connect with one another and gain a deeper understanding of mental health issues. The event concluded with a heartfelt message emphasizing the importance of continuous efforts to break the stigma surrounding mental health and promote a culture of empathy and understanding.

Dr. Damodaran's talk was particularly well-received by the students, as it provided them with practical advice and encouragement to prioritize their mental health. The event emphasized the significance of mental health in overall well-being and encouraged participants to prioritize their mental health. Overall, the event was a resounding success, fostering a sense of community and highlighting the importance of mental health awareness and support.



Chennai,Tamil Nadu,India  
Lakshmi Nagar Road, Chromepet, Chennai,  
Tamil Nadu 600044, India  
Lat 12.955609, Long 80.146086  
02/07/2025 08:58 AM GMT+05:30  
Note : Captured by GPS Map Camera



Chennai,Tamil Nadu,India  
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Tamil Nadu 600044, India  
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Note : Captured by GPS Map Camera



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Tamil Nadu 600044, India  
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Note : Captured by GPS Map Camera



Chennai,Tamil Nadu,India  
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Tamil Nadu 600044, India  
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Note : Captured by GPS Map Camera



Chennai,Tamil Nadu,India  
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Tamil Nadu 600044, India  
Lat 12.955592, Long 80.146082  
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Note : Captured by GPS Map Camera



Chennai,Tamil Nadu,India  
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Note : Captured by GPS Map Camera



Chennai,Tamil Nadu,India  
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Chennai,Tamil Nadu,India  
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