



**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.

**Sensitization Program on "Promoting Mental Health Well-Being and Stress Management And
Awareness Among Homemakers In Nelvoy"**

Event Title	Sensitization Program On " Promoting Mental Health Well-Being And Stress Management And Awareness Among Homemakers In Nelvoy ”
Category(GL/workshop/conference/invited talk/seminar/FDP)	Sensitization Program
Department/Cell/Club	PG Department of Social Work and Unnat Bharat Abhiyan Cell
Date	01/03/2025
No. of Resource Person	1
No. of Participants	35

Resource Person Profile

Mr. Dinesh Babu

Assistant Manager

Apollo Pharmacies Limited



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REPORT

The session, led by Mr. M.Dinesh Babu (MBA), Assistant Manager at Apollo Pharmacies Limited, aimed to address the stress and mental health struggles faced by housewives. The event began with the mobilization of community members and by 10.30 AM, the session was underway. The resource person elaborated on the various stressors affecting women, including work-life balance, family responsibilities, financial pressures, health concerns, and societal expectations. He also spoke about the mental health challenges faced by homemakers. Effective stress management techniques were discussed, such as self-care practices like exercise, healthy eating, and quality sleep. Mindfulness methods, including deep breathing, meditation, prayer, and journaling, were highlighted as tools to alleviate stress. The importance of social support through family, friends, and women's groups was emphasized, along with the benefits of seeking professional help when necessary. Engaging in hobbies like reading, music, gardening, or art was also encouraged to promote relaxation. Introduced the 5D Stress Management Technique—Delay, Distract, Deep Breathe, Decide, and Discuss along with the practice of counting numbers backward to manage stress. Keerthana addressed common myths and facts about mental health to dispel misconceptions. At 12:50 AM, games were organized for both children and homemakers, followed by a prize distribution, concluding the event on a positive and engaging note.



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PHOTOS





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LIST OF VOLUNTEERS

1. Suriya T
2. Avanthika G
3. Roshini G
4. Soorya. P.V
5. Jeyalaxmi R
6. Sushmitha Suresh Kumar