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 "Importance of Mental Health"

Event Title	***Sensitization Program on "Importance of Mental Health"***
Category(GL/workshop/conference/invited talk/seminar/FDP)	Sensitization Program
Department/Cell/Club	PG Department of Social Work & Unnat Bharat Abhiyan Cell
Date	01/03/2025
No. of Resource Person	1
No. of Participants	35

Resource Person Profile

Mr. Dinesh

Assistant Manager (APOLLO Pharmacies limited)

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REPORT

The program commenced with a Welcome Address, providing an introduction and overview of the day's activities focused on promoting mental health. Following this, the Felicitation of Chief Guest honored Mr. M. Dinesh Babu (MBA), Assistant Manager at Apollo Pharmacies Limited, The session aimed to raise awareness about mental health challenges, particularly stress management among women. The resource person discussed common stressors such as work-life balance struggles, family responsibilities, financial pressures, health concerns, and societal expectations. Various stress management techniques were introduced, including self-care practices like exercise, healthy eating, and quality sleep, as well as mindfulness strategies such as deep breathing, meditation, prayer, and journaling.

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PHOTOS

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LIST OF VOLUNTEERS

1. Yogalakshmi
2. Suriya
3. Vinodhini
4. Jeyalaxmi
5. Santhiya
6. Chrislin Dinisha
7. Mahalakshmi
8. Sushmitha
9. Roshini
10. Sooriya
11. Avanthika
12. Keerthana