

Centre For Liberal Arts (CFLA) KPR Institute of Engineering and Technology



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| Event No. | : | 6 |
| Date | : | 06.05.2022 |
| Platform | : | Zoom Meeting |
| Type of Event | : | Workshop |
| Title of the Event | : | Workshop on “ Positive Thinking ” |
| In Association with | : | Centre for Human Excellence |
| Resource Person | : | Mr Babu Rangarajan, Head & Associate Head, Centre for Human Excellence, KPRIET |
| Convener | : | Dr Vanitha S, Head / CFLA |
| Coordinator | : | Ms. Kalpana T, Students Counsellor, CFLA |
| No. of Participants | : | 200+ II-year students (Academic year 2021-2022) & Mental Health Club Students |

Outcome:

The program has been organized by the Centre for Liberal Arts in association with Centre for Human Excellence, KPRIET. It is planned as a part of term course “**Emotional Intelligence and Stress Management**”

The speaker of the session is Dr. Babu Rangarajan, Head, Centre for Human Excellence, KPRIET. This session initially starts with creating awareness to the students about the importance of mental health wellbeing. This session provides insights about the role of mental health in leading an effective life. Additionally, this session also showers light to the areas of psychiatric disorders and how to help and prevent people with psychiatric issues.

The event is started with the welcome address given by Dr. Vanitha S, Head/ CFLA. The students from II-year Emotional Intelligence and Stress Management short term students and mental health club members are participated in the event. The program was attended by 200+ students. The session outcome and feedback received from the participants denotes that the session is highly helpful in applying with the real time situations. The resource person clarified their doubts as well. The session ends with vote of thanks delivered by Ms. Kalpana, Students Counsellor.

Centre for Liberal Arts
in association

with

Centre for Human Excellence and Mental Health Club



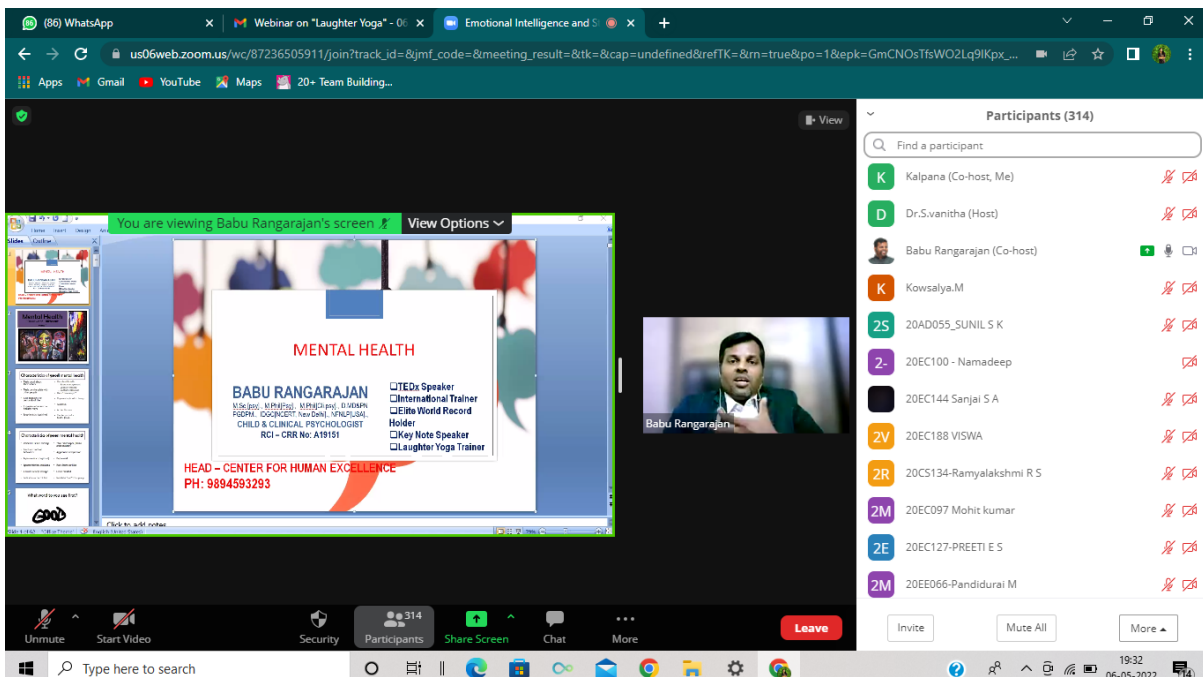
Mr. Babu Rangarajan
Head,
Centre for Human Excellence
KPRIET

organize webinar on
**"Importance of
Mental Health & Wellbeing"**

TIME: 07.30PM TO 08.30PM
PLATFORM: ZOOM MEETING
Date : **06.05.2022**

Join Zoom Meeting
<https://us06web.zoom.us/j/87236505911?pwd=OWZhR0xoWmc1WHRzZzdMMEMt3cFpXQT09>

Meeting ID: 872 3650 5911
Passcode: 286244



FEEDBACK:

This session provides the impact of mental health in one's life.

This session is really helpful and it provides us the strategies to build better mental health.

It also helps us in identifying and ignoring the negative effects of thought process and establishing a positive life style.

ATTENDANCE: 200+ II-year students (Academic year 2021-2022)