

EVENT REPORT 2023-2024

1) Understanding Mental Health - Breaking the Stigma (24/08/2023)

The first session of the webinar series, "Understanding Mental Health - Breaking the Stigma," marked an impactful beginning to a series aimed at educating and raising awareness about mental health issues. The session was conducted by the distinguished Mr. Babu Rangarajan, who shared his extensive knowledge and experience in the field of mental health.

The poster features the logos of KPR Institute of Engineering and Technology and the Centre for Human Excellence. It announces the Mental Health Club of KPRIET's 'EMPOWERING TEENS-I' series. The main title is 'Understanding Mental Health - BREAKING THE STIGMA', described as 'A series of webinar sessions to promote Mental Health'. It lists two resource persons: Dr. Babu Rangarajan, Clinical Psychologist, and Dr. Roja Ramani, Clinical Psychologist. The event is scheduled for 24 Aug. 2023, Thursday, from 7:00 to 7:30 PM via Zoom Meeting. Event coordinators are Divya V, Executive Director, and Harini, P/R Director. The poster also includes a QR code, meeting ID (834 8115 9479), and passcode (873335). Logos for G20 and other partners are at the bottom.

2) Coping with Stress and Anxiety in Teen Life. (25/08/2023)

The second webinar session in the series, "Coping with Stress and Anxiety in Teen Life," continued to build upon the foundation laid by the previous session. Mr. Babu Rangarajan returned to share his valuable insights, and the enthusiastic co-coordinators, Aishwarya and Harshavardhini, once again played a pivotal role in ensuring the success of the event.

KPR Institute of Engineering and Technology
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CENTRE FOR HUMAN EXCELLENCE

Great Place To Work Certified
MAY 2022 - MAR 2023
INDIA

Mental Health Club of KPRIET conducts
EMPOWERING TEENS- II
Coping With Stress and Anxiety in Teen Life
A series of webinar sessions to promote Mental Health

RESOURCE PERSON

MR. BABU RANGARAJAN
M.Sc. (PSY), M.Phil. (PSY), Ph.D. (PSY)
D.H.S.P.N.L., PGDIP (CPCL), DIPLOMA (CERT. NEW DELHI), M.Phil. (PUSA)
Clinical Psychologist
Head - Centre for Human Excellence
KPR Institute of Engineering and Technology

25.AUG.2023, FRIDAY
Meeting ID: 834 8115 9478
Passcode: 873335
7:00 to 7:30 PM
ZOOM MEETING

EVENT COORDINATORS
AISHWARYA K
P & D DIRECTOR
HARSHA YARDHINI G
MEMBER OF MHC

PRESIDENT
AHAMEDAFZAL M

kpriet.edu.in

3) Bullying and Cyber-bullying (26/08/2023)

The third session of the webinar series, focused on "Bullying and Cyberbullying," addressed a pressing issue affecting teenagers today. Mrs. Roja Ramani, a renowned expert in the field, provided valuable insights, and the session was skillfully hosted by the enthusiastic co-coordinators, Bavadarini and Tharunika.

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INDIA

Mental Health And Happiness Club of KPRIET
Conducts
EMPOWERING TEENS- III
Bullying and Cyber-Bullying
A series of webinar sessions to promote Mental Health

RESOURCE PERSON

MRS. ROJA RAMANI
M.Sc. (PSY), M.Phil. (PSY), Ph.D. (PSY)
D.H.S.P.N.L., PGDIP (CPCL), DIPLOMA (CERT. NEW DELHI), M.Phil. (PUSA)
Clinical Psychologist
Associate Head - Centre for Human Excellence
KPR Institute of Engineering and Technology

26.AUG.2023, SATURDAY
Meeting ID: 828 0499 3659
Passcode: 1234
7:00 to 7:30 PM
ZOOM MEETING

EVENT COORDINATORS
BAVADARINI S
DIRECTOR
EVENT COORDINATION
THARUNIKA L
VICE PRESIDENT
EVENT COORDINATION

PRESIDENT
AHAMEDAFZAL M

kpriet.edu.in

4) Building Resilience and Emotional Well-being (27/08/2023)

The third webinar session continued to promote the central theme of the series, addressing critical aspects of mental health. Mr. Babu Rangarajan's expertise, combined with the engaging coordination by Krishnaraja Shashantheni and Bishnu Thakur, enriched the understanding of resilience and emotional well-being.


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Mental Health And Happiness Club of KPRIET Conducts
EMPOWERING TEENS - IV
Building Resilience and Emotional Well-Being
A series of webinar sessions to promote Mental Health

RESOURCE PERSON


MR. BABU RANGARAJAN
M.B.A., M.B.A. (P&M), M.B.A. (P&M) (CERT. NEW DELHI), M.Phil. (P&M)
Clinical Psychologist
Head - Centre for Human Excellence
KPR Institute of Engineering and Technology

Meeting ID: 834 8115 9479
Passcode: 873335

27.AUG.2023, SUNDAY
7:00 to 7:30 PM
ZOOM MEETING

EVENT COORDINATORS

KRISHNARAJA SHASHANTHENI
MEMBER OF MHHC

BISHNU THAKUR
SECRETARY

PRESIDENT
AHAMEDAFZAL M

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5) Impact of Sleep on Teen Mental Health (28/08/2023)

The fifth session of the webinar series, centered on the "Impact of Sleep on Teen Mental Health," was a critical discussion that explored the relationship between sleep patterns and adolescents' mental well-being. The session featured Mrs. Roja Ramani, a recognized authority on the subject. The event was expertly hosted by the enthusiastic co-coordinators, Bhavadarshini and Tharunika.

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Mental Health and Happiness Club of KPRIET Conducts
EMPOWERING TEENS - V
Impact of Sleep on Teen Mental Health
A series of webinar sessions to promote Mental Health

RESOURCE PERSON


MRS. ROJA RAMANI
M.B.A., M.B.A. (P&M), M.B.A. (P&M) (CERT. NEW DELHI), M.Phil. (P&M)
Clinical Psychologist
Associate Head - Centre for Human Excellence
KPR Institute of Engineering and Technology

Meeting ID: 834 8115 9479
Passcode: 873335

28.AUG.2023, MONDAY
7:00 to 7:30 PM
ZOOM MEETING

EVENT COORDINATORS

BHAVADHARSHINI S
DIRECTOR
PLANNING & DEVELOPMENT

THARUNIKA L
VICE PRESIDENT
EVENT COORDINATION

PRESIDENT
AHAMEDAFZAL M

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6) Digital Detox - Balancing Technology Use for Teens (29/08/2023)

The sixth webinar session continued the series' commitment to addressing crucial aspects of teenage mental health. Mr. Babu Rangarajan's expertise, combined with the enthusiastic coordination by Vidula and Sibishree, enriched participants' understanding of the effects of digital technology on teenagers.

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Mental Health and Happiness Club of KPRIET Conducts
EMPOWERING TEENS - VI
Digital Detox
BALANCING TECHNOLOGY USE FOR TEEN WELLNESS
A series of webinar sessions to promote Mental Health
RESOURCE PERSON
MR. BABU RANGARAJAN
M.Sc (Psy), M.Phil (Psy), M.Psych (Coun), D.H.D.P.H., PPGP (Psy), JOURNALIST, NEW DELHI, INDIA (USA)
Clinical Psychologist
Head - Centre for Human Excellence
KPRIET Institute of Engineering and Technology
Meeting ID: 850 7831 0302
Passcode: 1234
29.AUG.2023, TUESDAY
7:00 to 7:30 PM
ZOOM MEETING
EVENT COORDINATORS
VIDULA S MEMBER OF MHHC
SIBISHREE M MEMBER OF MHHC
PRESIDENT AHAMEDAFZAL M
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7) Understanding and Managing Teenage Depression (30/08/2023)

The seventh session of the webinar series, focused on "Understanding and Managing Teenage Depression," delved into the critical issue of teenage depression and how it can be recognized and effectively managed. The session was led by Mrs. Roja Ramani, a well-regarded expert in the field. The event was adeptly hosted by the enthusiastic co-coordinators, Dineshkanna and Harshavardhini.

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Centre for HUMAN EXCELLENCE
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Mental Health and Happiness Club of KPRIET Conducts
EMPOWERING TEENS - VII
Understanding and Managing Teenage Depression
A series of webinar sessions to promote Mental Health
RESOURCE PERSON
MRS. ROJA RAMANI
M.Sc (Psy), M.Phil (Psy)
Clinical Psychologist
Associate Head - Centre for Human Excellence
KPRIET Institute of Engineering and Technology
Meeting ID: 834 8115 9479
Passcode: 873335
30.AUG.2023, WEDNESDAY
7:00 to 7:30 PM
ZOOM MEETING
EVENT COORDINATORS
DINESHKANNA E MEMBER OF MHHC
HARSHA VARDHINI G MEMBER OF MHHC
PRESIDENT AHAMEDAFZAL M
kpriet.edu.in

8) Teenagers and Substance Abuse (31/08/2023)

The eighth session of the webinar series, addressing the topic of "Teenagers and Substance Abuse," delved into the pressing issue of substance abuse among adolescents. The session was led by Mr. Dinesh, an expert in the field. The event was skillfully hosted by the enthusiastic co-coordinators, Nivethashree and Sudharsshini.

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INDIA

Mental Health and Happiness Club of KPRIET
Conducts
EMPOWERING TEENS - VIII
Teenagers and Substance Abuse
RECOGNIZING WARNING SIGNS
A series of webinar sessions to promote Mental Health

RESOURCE PERSON

MR. S. DINESH
Senior Clinical Psychologist
Bewell Hospital, Selayur
Tambaram, Chennai

Meeting ID: 834 8115 9479
Passcode: 873335

31.AUG.2023, THURSDAY
7:00 to 7:30 PM
ZOOM MEETING

EVENT COORDINATORS

NIVETHASHREE A
DIRECTOR-CREATIVE

SUDHARSHINI S
MEMBER OF MHH

PRESIDENT
AHAMEDAFZAL M

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9) Addressing Teen Anger and Aggression (01/09/2023)

The ninth session of the webinar series, which focused on "Addressing Teen Anger and Aggression," delved into an important aspect of adolescent mental health - understanding and managing anger and aggression. The session was led by Mr. Babu Rangarajan, an esteemed expert in the field, and was expertly hosted by the enthusiastic co-coordinators, Tharunika and Bavadarini.

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MAR 2022 - MAR 2023
INDIA

Mental Health and Happiness Club of KPRIET
Conducts
EMPOWERING TEENS - IX
Addressing Teen Anger and Aggression
A series of webinar sessions to promote Mental Health

RESOURCE PERSON

MR. BABU RANGARAJAN
MRUGAL, PONDICHERRY UNIVERSITY
Clinical Psychologist
Head - Centre for Human Excellence
KPR Institute of Engineering and Technology

Meeting ID: 834 8115 9479
Passcode: 873335

01.SEP.2023, FRIDAY
7:00 to 7:30 PM
ZOOM MEETING

EVENT COORDINATORS

THARUNIKA L
VICE PRESIDENT
EVENT COORDINATION

BAVADARINI S
DIRECTOR
EVENT COORDINATION

PRESIDENT
AHAMEDAFZAL M

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10) Body Image and Self-esteem in Teenage Years (02/09/2023)

The tenth session of the webinar series, focusing on "Body Image and Self-esteem in Teenage Years," tackled the complex and pertinent topic of body image issues that adolescents commonly face. The session was led by Mr. Babu Rangarajan, a seasoned expert in the field. The event was adeptly hosted by the enthusiastic co-coordinators, Tharunika and Devadharini.

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Mental Health and Happiness Club of KPRIET
Conducts
EMPOWERING TEENS - X
*Body Image and Self-Esteem
in Teenage Years*
A series of webinar sessions to promote Mental Health

RESOURCE PERSON


MR. BABU RANGARAJAN
M.Phil (Engg.), M.Phil (Psy), M.Phil (Ed. Eval.)
& M.Phil (Psychology), UGC NET (Engg.), UGC NET (PSY) (NETA)
Clinical Psychologist
Head - Centre for Human Excellence
KPRI Institute of Engineering and Technology

02.SEP.2023, SATURDAY
7:00 to 7:30 PM
ZOOM MEETING

Meeting ID: 834 8115 9479
Passcode: 873335

EVENT COORDINATORS

THARUNIKA L
VICE PRESIDENT
(EVENT COORDINATION)

DEVAOHARINI
MEMBER
(MHHC)

PRESIDENT
AHAMEDAFZAL M

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11). Peer Pressure and Mental Resilience (03/09/2023)

The ninth session of the webinar series, which centered on "Peer Pressure and Mental Resilience," explored the influential role of peer pressure in teenage lives and the strategies for building mental resilience. The session was led by Mr. Babu Rangarajan, a distinguished expert in the field. The event was skillfully hosted by the enthusiastic co-coordinators, Anukarthika and Avinarasi.

The poster for the webinar "Peer Pressure and Mental Resilience" is presented in a vertical orientation. At the top, it features the logos of KPRI Institute of Engineering and Technology, Centre for Human Excellence, and Great Place To Work Certified. The text identifies the event as being conducted by the Mental Health and Happiness Club of KPRIET, under the "EMPOWERING TEENS - XI" theme. The resource person is Mr. Babu Rangarajan, a Clinical Psychologist and Head of the Centre for Human Excellence. The event is scheduled for 03 SEP 2023, SUNDAY, from 7:00 to 7:30 PM. The meeting ID is 834 8115 9479 and the passcode is 873335. The event coordinators are Anukarthika S. (Member of MHHC) and Avinarasi (Member of MHHC), with the President being AHAMEDAFZAL M. The KPRIET website is listed as kpriet.edu.in.

12) Supporting Friends with Mental Health Challenges (04/09/2023)

The twelfth session of the webinar series, titled "Supporting Friends with Mental Health Challenges," explored the important topic of providing assistance and understanding to friends who may be facing mental health issues. The session was led by Mrs. Roja Ramani, a respected expert in the field, and was skillfully hosted by the enthusiastic co-coordinators, Shalini and Sibishree.

The poster for the webinar "Supporting Friends with Mental Health Challenges" is presented in a vertical orientation. It features the same institutional logos as the previous poster. The event is conducted by the Mental Health and Happiness Club of KPRIET, under the "EMPOWERING TEENS - XII" theme. The resource person is Mrs. Roja Ramani, a Clinical Psychologist and Associate Head of the Centre for Human Excellence. The event is scheduled for 04 SEP 2023, MONDAY, from 7:00 to 7:30 PM. The meeting ID is 834 8115 9479 and the passcode is 873335. The event coordinators are Shalini (Member of MHHC) and Sibishree (Member of MHHC), with the President being AHAMEDAFZAL M. The KPRIET website is listed as kpriet.edu.in.

13) Balancing Extracurricular Activities and Mental Health(05/09/2023)

The thirteenth session of the webinar series, titled "Balancing Extracurricular Activities and Mental Health," addressed the critical issue of maintaining a healthy equilibrium between participating in extracurricular activities and safeguarding one's mental well-being. The session was led by Mr. Babu Rangarajan, a seasoned expert in the field, and was adeptly hosted by the enthusiastic co-coordinators, Harini and Sudharsshini.

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Mental Health and Happiness Club of KPRIET Conducts
EMPOWERING TEENS - XIII
Balancing Extracurricular Activities and Mental Health
A series of webinar sessions to promote Mental Health

RESOURCE PERSON
MR. BABU RANGARAJAN
M.Sc.(PSY), Ph.D.(PSY), M.Phil.(PSY), M.Phil.(HRD)
Clinical Psychologist
Head - Centre for Human Excellence
KPR Institute of Engineering and Technology

05.SEP.2023, TUESDAY
Meeting ID: 834 8115 9479
Passcode: 873335
7:00 to 7:30 PM
ZOOM MEETING

EVENT COORDINATORS
HARINI T
PR DIRECTOR
SUDHARSSHINI
MEMBER OF MHHC
PRESIDENT
AHAMEDAFZAL M

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14) Nurturing a Growth Mindset for Teen Resilience and Mental Health(06/09/2023)

The fourteenth session of the webinar series, titled "Nurturing a Growth Mindset for Teen Resilience and Mental Health," addressed the essential topic of fostering a growth mindset in teenagers to enhance their resilience and overall mental well-being. The session was led by Mr. Babu Rangarajan, a distinguished expert in the field, and was skillfully hosted by the enthusiastic co-coordinators, Bhavadharshini and Bhavatarini.

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Mental Health and Happiness Club of KPRIET Conducts
EMPOWERING TEENS - XIV
Nurturing a Growth Mindset for Teen Resilience
A series of webinar sessions to promote Mental Health

RESOURCE PERSON
MR. BABU RANGARAJAN
M.Sc.(PSY), Ph.D.(PSY), M.Phil.(PSY), M.Phil.(HRD)
Clinical Psychologist
Head - Centre for Human Excellence
KPR Institute of Engineering and Technology

06.SEP.2023, WEDNESDAY
Meeting ID: 834 8115 9479
Passcode: 873335
7:00 to 7:30 PM
ZOOM MEETING

EVENT COORDINATORS
BHAVADHARSHINI
P&D DIRECTOR
BHAVATARINI D
MEMBER OF MHHC
PRESIDENT
AHAMEDAFZAL M

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15) Mobile Addiction (07/09/2023)

The fifteenth session of the webinar series, titled "Mobile Addiction," addressed the growing concern of excessive mobile device usage and its impact on mental health. The session was led by Mrs. Roja Ramani, a distinguished expert in the field, and was expertly hosted by the enthusiastic co-coordinators, Divya and Tharunika.

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Mental Health and Happiness Club of KPRIET
Conducts
EMPOWERING TEENS - XV
Mobile Addiction
A series of webinar sessions to promote Mental Health
RESOURCE PERSON

MRS. ROJA RAMANI
Clinical Psychologist
Associate Head - Centre for Human Excellence
KPRI Institute of Engineering and Technology

Meeting ID: 834 8115 9479
Passcode: 873335

08 SEP 2023, SATURDAY
7:00 to 7:30 PM
ZOOM MEETING

EVENT COORDINATORS
DIVYA V
EXECUTIVE DIRECTOR
THARUNIKA L
VICE PRESIDENT
EVENT COORDINATION

PRESIDENT
AHAMEDAFZAL M

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16) Effective Expression of Emotion (10/09/2023)

The sixteenth session of the webinar series, titled "Effective Expression of Emotion," delved into the important topic of understanding and communicating one's emotions in a healthy and productive way. The session was led by Mrs. Roja Ramani, a respected expert in the field, and was effectively hosted by the enthusiastic coordinator, Tharunika.

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Mental Health and Happiness Club of KPRIET
Conducts
EMPOWERING TEENS - XVI
Effective Expression of Emotion
A series of webinar sessions to promote Mental Health
RESOURCE PERSON

MRS. ROJA RAMANI
Clinical Psychologist
Associate Head - Centre for Human Excellence
KPRI Institute of Engineering and Technology

Meeting ID: 834 8115 9479
Passcode: 873335

10 SEP 2023, SUNDAY
7:00 to 7:30 PM
ZOOM MEETING

EVENT COORDINATOR
THARUNIKA L
VICE PRESIDENT
EVENT COORDINATION

PRESIDENT
AHAMEDAFZAL

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17) Balancing School and Mental Health (11/09/2023)

The seventeenth session of the webinar series, titled "Balancing School and Mental Health," addressed the vital issue of maintaining a healthy equilibrium between academic demands and safeguarding one's mental well-being. The session was led by Mr. Babu Rangarajan, a seasoned expert in the field, and was skillfully hosted by the enthusiastic coordinator, Sathurnithy.

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Learn Beyond (Autonomous, NAAC 'A')

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Mental Health and Happiness Club of KPRIET Conducts
EMPOWERING TEENS - XVII
Coping with academic pressure
Balancing School and Mental Health
A series of webinar sessions to promote Mental Health

RESOURCE PERSON

MR. BABU RANGARAJAN
M.Sc.(Psy), M.Phil(Psy), M.Phill(Ed) Psy,
D.M.D.P.H., PH.D.(Psy), UNIVERSITY OF NEW DELHI, U.P.H.N.P.(USA)
Clinical Psychologist
Head - Centre for Human Excellence
KPR Institute of Engineering and Technology

ZOOM MEETING
Meeting ID: 834 8115 9479
Passcode: 873335

SCAN HERE FOR FREE CERTIFIED WEBINAR

DATE: 11 SEP 2023
TIME: 7:00 - 7:30 PM

EVENT COORDINATOR
SATHURNITHY
TREASURER

PRESIDENT
AHAMEDAFZAL M

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G20

18) Emotional Intelligence and Teen Mental Health (12/09/2023)

The eighteenth session of the webinar series, titled "Emotional Intelligence and Teen Mental Health," explored the essential topic of understanding and enhancing emotional intelligence to improve the mental well-being of teenagers. The session was led by Mr. Babu Rangarajan, a seasoned expert in the field, and was effectively hosted by the enthusiastic coordinator, Aishwarya.

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Great Place to Work Certified

Mental Health and Happiness Club of KPRIET Conducts
EMPOWERING TEENS - XVIII
Emotional Intelligence and Teen Mental Health
A series of webinar sessions to promote Mental Health

RESOURCE PERSON

MR. BABU RANGARAJAN
M.Sc.(Psy), M.Phil(Psy), M.Phill(Ed) Psy,
D.M.D.P.H., PH.D.(Psy), UNIVERSITY OF NEW DELHI, U.P.H.N.P.(USA)
Clinical Psychologist
Head - Centre for Human Excellence
KPR Institute of Engineering and Technology

ZOOM MEETING
Meeting ID: 834 8115 9479
Passcode: 873335

SCAN HERE FOR FREE CERTIFIED WEBINAR

DATE: 12 SEP 2023
TIME: 7:00 - 7:30 PM

EVENT COORDINATOR
AISHWARYA
VICE PRESIDENT
PLANNING & DEVELOPMENT

PRESIDENT
AHAMEDAFZAL M

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G20

SDG

UNDERSTANDING MENTAL HEALTH (05/09/2023)

On 5th September 2023, a virtual session titled "Understanding Mental Health to Promote Mental Health" was hosted by the Mental Health and Happiness Club of KPRIET and Gauri English Boarding Secondary School, Nepal. This event marked a significant moment of international collaboration and knowledge sharing, with Mr. Babu Rangarajan serving as the distinguished speaker. The session was coordinated by Bishnu Thakur, Secretary, and AhamedAfzal, President of the Mental Health and Happiness Club.

KPR Institute of Engineering and Technology
Learn Beyond


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MAR 2022 - MAR 2023

Mental Health and Happiness Club of
KPR Institute of Engineering and Technology &
Gauri English Boarding Secondary School, Nepal

Jointly organizing
Understanding Mental Health
To Promote Mental Health

RESOURCE PERSON


MR. BABU RANGARAJAN
M.Sc (psy), M.Phil (psy), M.Phil (CIP psy),
D.M.S.P.H., D.P.N.P.R.C.P.S.I., DISSENT NEW DELHI, MPH (USA)
Clinical Psychologist
Head - Centre for Human Excellence
KPR Institute of Engineering and Technology

Gauri English Boarding
Secondary School, Nepal

05.SEP.2023
4:00 PM (IST)

HOSTED BY
BISHNU THAKUR
SECRETARY
AHAMEDAFZAL
PRESIDENT

kpriet.edu.in

G20



MINDCHEMY

The Mental Health and Happiness Club of KPRIET, in collaboration with the Rotaract Club of Saibaba Colony, orchestrated an extraordinary event with a global impact. This groundbreaking effort aimed to cultivate widespread mental health awareness among students, teachers, parents, and professionals through an uninterrupted 36-hour Mental Health Webinar Marathon.

Scheduled from 9:00 am on October 6th, 2023, to 9:00 pm on October 7th, 2023, the marathon unfolded through Zoom online meetings and was simultaneously broadcasted on the KPRIET YouTube Channel. The event drew strength from the World Mental Health Day 2023 theme, "Mental Health is a Universal Human Right," resonating with the significance of mental health as a fundamental aspect of every individual's well-being.

The involvement of 175+ active coordinators and the participation of 12 distinguished speakers from various countries underscored the global reach and impact of this initiative. "Transform Minds, Transform Lives" was the guiding principle of this endeavor, emphasizing the pivotal role of mental health awareness in shaping a healthier, more resilient, and compassionate society. This event showcased the power of collective action and collaboration to promote the cause of mental health on a global scale.

KPRIET Institute of Engineering and Technology
Kalam's World Records
THE MINDCHEMISTS

Mental Health and Happiness Club of KPRIET & Rotaract Club of Saibaba Colony
Jointly organizes
mindchemy
Transform Minds, Transform Lives

A groundbreaking **World record** endeavor designed to foster widespread mental health awareness among Students, Teachers, Parents, and Professionals through a continuous **36-hour Mental Health Webinar Marathon**

Date & Platform
9:00 am , 6th Oct 2023 to 9:00 pm , 7th Oct 2023 & Zoom Online meet and KPRIET Youtube Channel

World Mental Health Day 2023 Theme: **"Mental Health is a Universal Human Right"**

Zoom Platform
Meeting ID : 831 0982 1832 Youtube Live **KPRIET online** Scan Here : 
Passcode : KPRIET

6th October

S.NO	IST TIME	WEBINAR TOPICS	RESOURCE PERSONS
	8:30 AM	Inauguration Ceremony	
1	09.00am	Understanding teenage brain development and its impact on mental health	Mrs. Roja Ramani, Clinical Psychologist, KPRIET Coimbatore
2	10.00am	Recognizing signs of depression in teens	Mr. Babu Rangarajan, Clinical Psychologist, KPRIET Coimbatore
3	11.00am	Substance Abuse Prevention and Education for Teens	Mr. Dinesh, Senior Clinical Psychologist, Clinical Lead, Bewell Group of Hospital, Chennai
4	12.00pm	Anxiety in adolescents: Strategies for coping	Ms. Karthikayani Murugan, Clinical Psychologist, KMCH and Mounam Counselling Centre Coimbatore
5	01.00pm	Suicide prevention and intervention for teens	Mr. N Gnanamankandan, Senior Consultant Clinical Psychologist Neuro Foundation Salem
6	02.00pm	Teenage anger management Strategies	Ms. Sumitha Manivelan, counsellor, DPS Sharjah UAE
7	03.00pm	Building resilience in youth	Ms. Annu Chelladurai, Edupreneur - Founder - Career Counsellor/Mentor, iPercept - Foresight Inspired, Bangalore
8	04.00pm	Promoting emotional well-being in the classroom	Ms. Meethi Sijj, Counselling Psychologist, DPS MODERN INDIAN SCHOOL, Qatar
9	05.00pm	Work-Life Balance Strategies	Mr. Riaz Mohideen, Teacher in psychology Cum School Counsellor, The Indian Community School, Senior Branch, Kuwait.
10	06.00pm	Effective communication with teens	Ms. Shruti Chatterjee, Psychologist and Counsellor, Amity University, Dubai
11	07.00pm	Supporting Your Child's Emotional Development	Mr. Babu Rangarajan, Clinical Psychologist, KPRIET Coimbatore
12	08.00pm	Building Emotional Intelligence at Work	Ms. Lifna Puvanahdi, School Counselor, Birta Public School, Doha, Qatar
13	09.00pm	Depression: Signs, Symptoms, and Treatments	Mr. Arun Selvaraj, Consultant Clinical Psychologist, Sneha Mind Care Centre, Tirunelveli, Tamil Nadu India
14	10.00pm	Building Healthy Habits for Well-being	Mr. K G Vignanth Blapu, PG Programmes Coordinator and Assistant Professor, Dept. of Psychology, Kristu Jayanti College, Bengaluru
15	11.00pm	Sleep Hygiene for Better Mental Health	Ms. Hema V., Clinical Psychologist, AGAM - The Mind Care Centre, Coimbatore.

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16	12.00am	Understanding and Managing Stress in Adulthood	Ms. D. Ayushi, Consultant Clinical Psychologist, Buddha Clinic, Chennai
17	01.00am	Building Resilience and Emotional Strength	Dr. Raja Kamarah Raja Mohd Khalid, AMN / Registered Counselor, Psychology Development Division, PSD Malaysia
18	02.00am	Effective Communication Skills for Better Relationships	Ms. Nadiya T.K, Psychologist, Pace British School, UAE
19	03.00am	Coping with Anxiety	Ms. Nazreen Bahar, Head of Inclusion, DPS, Sharjah, UAE
20	04.00am	Boosting Self-Esteem and Self-Confidence	Mr. Babu Rangarajan, Clinical Psychologist, KPRIET Coimbatore
21	05.00am	Anger Management Techniques	Mr. Babu Rangarajan, Clinical Psychologist, KPRIET Coimbatore
22	06.00am	Building resilience: Coping Strategies for educators	Mr. Babu Rangarajan, Clinical Psychologist, KPRIET Coimbatore
23	07.00am	Social Media Addiction: Navigating the Digital Social World	Mr. Babu Rangarajan, Clinical Psychologist, KPRIET Coimbatore
24	08.00am	Bullying awareness and prevention for teens	Mrs. Roja Ramani, Clinical Psychologist, KPRIET Coimbatore
25	09.00am	Coping with Academic Pressure	Ms. Kavita Sarvesh, Psychologist, Head of Psychology dept. FAIPS-DPS Kuwait
26	10.00am	Dopamine Diet: Strategies for Breaking free from digital Addiction	Mrs. Roja Ramani, Clinical Psychologist, KPRIET Coimbatore
27	11.00am	The impact of Internet Addiction on Mental Health	Dr. Thamilselvan Palanichamy, Assistant Professor, Department of Psychology, PSG CAS, Coimbatore
28	12.00pm	Art and Creative Therapies for Emotional Expression	Ms. K. Thamarai Selvi, Counselling Psychologist, DPS Monarch International School, Qatar.
29	01.00pm	Mindfulness for Student Wellbeing	Dr. Nafess Sultana, Senior Specialist Counsellor, Higher Colleges of Technology, Dubai, UAE
30	02.00pm	Exam Anxiety and Test-Taking Tips	Ms. Reema Raheja Counselling psychologist, DPS Monarch International School, Qatar.
31	03.00pm	Stress Management for Students	Mr. Kishore Kumar S, Consultant Clinical Psychologist, Neurofoundation, Salem
32	04.00pm	Dealing with Classroom Behavior Challenges and Mental Health	Ms. Reenal Delcy D'Souza, Social Worker/ Child Protection Officer, St. Mary's Private High School, Ras al Khaimah, UAE
33	05.00pm	Mindfulness and Stress Reduction Techniques for Educators	Ms. Jasmine Jose, Counsellor at Edison international academy
34	06.00pm	Internet Safety for Kids	Ms. Susan Matthew, Guidance Counsellor, Ministry of Education, UAE
35	07.00pm	Teen Parenting	Ms. Aniketha Hanikaran, School Counsellor, Birla Public School, Doha, Qatar.
36	08.00pm	Laughter Yoga to strengthen Mental Health	Mr. Babu Rangarajan, Clinical Psychologist, KPRIET Coimbatore
37	09.00pm	Valedictory Function	

Programme Designed by
Mr. Babu Rangarajan **Mrs. Roja Ramani**
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Mental Health and Happiness Club

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Rotaract Club of Saibaba Colony

President Rtr: Ramya Krishnaveni	Secretary Admin Rtr: Aswin k velusamy	Secretary Communication Rtr: Gokhul Ganesan	Immediate Past President Rtr: IPP: Krupassankar U	President Special Aide & Special Projects Chair Rtr: Srihartha.C.U
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