



**A SESSION ON MENTAL HEALTH AND WELL BEING "TAKE A BREAK**

Event No	LAC001
Organizing Department	Library Advisory Committee
Associate Dept.   NSC	Library Advisory Committee
Date	29/11/2023
Time	03:20 PM to 04:10 PM
Event Type	Seminar
Event Level	NSC
Venue	1 year ECE
Total Participants	65
Faculty - Internal	2
Students - Internal	63

**Related SDG**



**Resource Persons**

Sl	Type	Name	Designation	Company	Email	Phone
1	Resource Person	Rtr Vinodh Kanna	District Trainer Designate	Rotaract club of Comito	rtrvinodhkannaa3201@gmail.com	xxxxxxxxxx
2	Resource Person	Rtr Gopika	District Trainer Designate	Rotaract Club of Sparks	uthradam2001@gmail.com	xxxxxxxxxx

**Involved Staffs**

Sl	Name	Role
1	Seethalakshmi V	Convenor
2	Meena S	Co-convenor

**Outcome**

Participants might set personal goals related to their mental health and well-being, whether it's establishing a self-care routine or seeking professional help if needed.

**Event Summary**

The Library advisory committee of KPRIET is organizing a session on "Mental health and Wellbeing- Take a break for first year ECE students in their library hour from 3.30 to 4.15 at their classroom. The conveners for the event are Dr V Seethalakshmi, Head LAC and Dr S Meena, Member LAC. The advantage of the session are **Increased Awareness:** Participants may gain a better understanding of mental health, recognizing the importance of emotional well-being and the impact it has on overall health. **Reduced Stigma:** Discussions around mental health help reduce the stigma associated with mental health issues. This can encourage individuals to seek help without fear of judgment. **Coping Strategies:** The session may cover various coping strategies and techniques to manage stress, anxiety, and other mental health challenges. This could include mindfulness exercises, relaxation techniques, or cognitive-behavioral strategies. **Communication Skills:** Improved communication skills can result from discussions about mental health. This includes being able to express one's emotions and actively listen to others. **Community Building:** Sessions focused on mental health often create a sense of community and support among participants. This can be crucial for individuals feeling isolated or struggling with mental health issues. **Goal Setting:** Participants might set personal goals related to their mental health and well-being, whether it's establishing a self-care routine or seeking professional help if needed. **Educational Impact:** Participants may leave the session with a greater knowledge of mental health disorders, their symptoms, and the importance of early intervention.

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