

INSTITUTE INNOVATION COUNCIL

Pt. Ravishankar Shukla University, Raipur [C.G.] 492010

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Report-“Mental Health and Mental Well-being Program”

The one-day program on mental health and well-being in the Electronics Department on 09th March 2024 aimed to raise awareness and promote a supportive environment for mental health among students and faculty members. Expert talking by Ms Mamta has taken place about importance of mental health in academic and professional settings along with some other scholars from psychology department of PRSU. They have given some Presentation on common mental health challenges after that workshop and Q&A session for clarifications. In Small group discussions facilitated by mental health professionals' students and faculties of department were sharing personal experiences and coping mechanisms. They suggested some Stress Management Techniques, Mindfulness and relaxation exercises and Workshop on stress reduction strategies along with Practical tips for maintaining mental well-being.

Feedback and Follow-up: Participants were encouraged to provide feedback on the program, and a follow-up email was sent with additional resources and information on ongoing mental health initiatives and council cells opened up in Psychology Department.

Conclusion: The one-day program on mental health and well-being in the Electronics Department successfully created an open dialogue, increased awareness, and provided practical tools for managing mental health. The commitment to ongoing support and initiatives ensures a sustained focus on the well-being of students and faculty in the department.



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Azadi Ka
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Institute Innovation Council
Pt. Ravishankar Shukla University, Raipur
in association with
S.o.S in Psychology , S.o.S in Electronics & IRETm

Welcome's You
to
Awareness Program on Mental Health
on
March 09, 2024 | 02:00 PM Onwards
Venue
Seminar Hall
S.o.S in Electronics and Photonics



वयुधैव कुटुम्बकम्

ONE EARTH • ONE FAMILY • ONE FUTURE