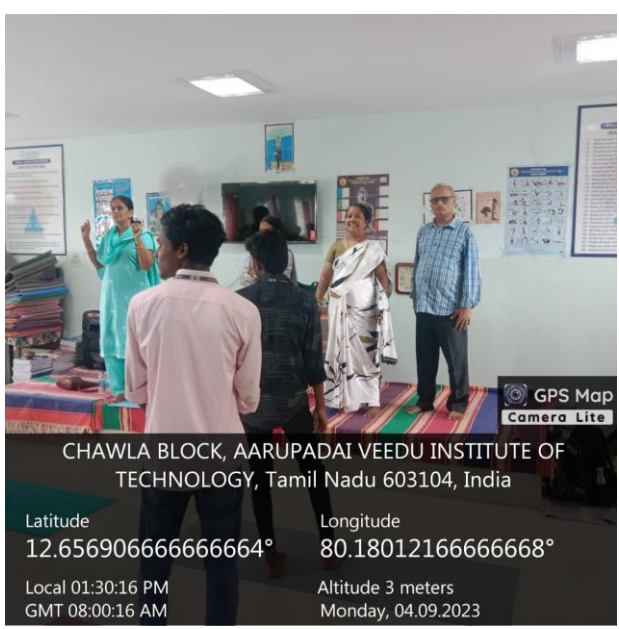


SCHOOL OF ARTS AND SCIENCE
Vinayaka Mission's Chennai Campus, Paiyanoor – 603 104

REPORT ON MENTAL HEALTH AND WELLBEING

Title of the Event : **Mental health and wellbeing**
Date : 04.09.2023
Venue : Yoga Hall, Bharathiyar Block
No. of Participants : 42



The importance of student wellbeing is now well understood within the Higher Education landscape, not only as it relates to student satisfaction but also through its link to educational attainment.

A state of physical, mental and emotional health where a student is able to engage meaningfully in learning and contribute to their community. Wellbeing is personal and multifactorial, but typically includes feelings of being socially connected,

a sense of direction and belonging, satisfaction with personal achievements, and low levels of anxiety.

Raise awareness about the mental health continuum, reduce stigma associated with mental illness, promote help seeking behaviours and emotional well-being practices, and prevent suicide through individual education and outreach events.

Mental health has a direct impact on academic success and it is important to



cultivate practices that support emotional well-being. When mental health is overlooked, it can have detrimental effects on the individual and the community.

In accordance with government recommendations and university guidelines, the School of Arts and Science has arranged a programme on mental health and wellbeing for students. This programme will be conducted by the Heartfulness and Meditation Centre, Shri Ram Chandra Mission, Chennai, on September 4th, 2023, at the Yoga Hall in the Baharathiyar Block. The programme was overseen by the Director of the School of Arts and Sciences (SAS) and focused on discussing the significance of mental health and overall well-being.

The Heartfulness team aggressively implemented the programme for the pupils, imparting the following key concepts to them.

- Mental Health Continuum (from general mental wellness to mental illness/disorders)
- Stigma Reduction and Breaking Barriers to Promote Help Seeking Behaviours
- Emotional Well-being Practices
- Mental Health Awareness Advocacy
- Self-Awareness (recognize adaptive vs. maladaptive behaviours, identify triggers, etc.)
- Design a Plan (change/maintain healthy behaviours, referral to counselling and treatment resources)
- Be informed- educate yourself on mental health issues most impacting college students
- Be proactive- implement protective factors such as yoga, deep breathing, regular physical activity, effective communication, etc.
- Be an advocate- fight the stigma surrounding mental health issues
- Pledge to be a Stigma Fighter

PARTICIPANT'S DETAILS:

This program had approximately 42 participants who participated and gained knowledge from the various aspects.

OUTCOME OF THE PROGRAM:

An overwhelming response has been received for Mental health and wellbeing from various students. The participants have given very good feedback for the flawless conduct.