

SCHOOL OF ARTS AND SCIENCE

Vinayaka Mission's Chennai Campus, Paiyanoor – 603 104

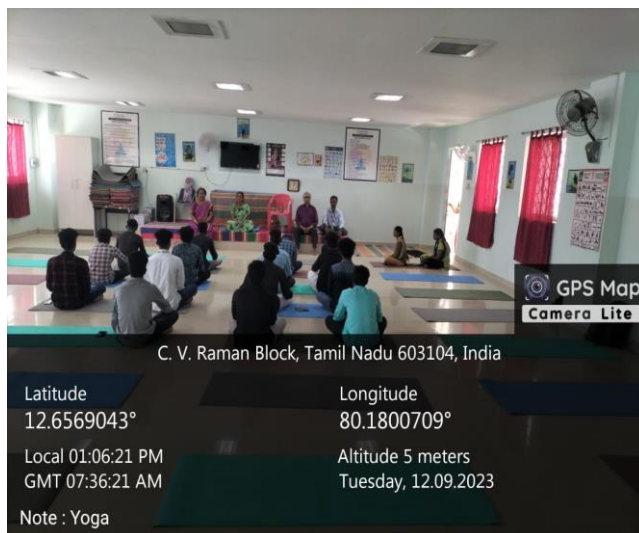
REPORT ON MENTAL HEALTH AND WELLBEING

Title of the Event : **A special program on Mental Health and Wellbeing for Students**

Date : 12.09.2023 – 14.09.2023

Venue : Bharathiyar Block

No. of Participants : **300**



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 team of Heartfulness and Meditation Centre, Shri Ram Chandra Mission, Chennai, on September 12-14th, 2023, at the Baharathiyar Block. The programme was overseen by the Dr. I. Ameeth Basha, Professor of Chemistry, School of Arts and Science (SAS) and focused on discussing the significance of mental health and overall well-being.

The Heartfulness team aggressively implemented the first day session to the pupils, imparting the following concepts to them i.e. why stress is bothering any individual. How the mental disturbance affects the whole functioning of a person. They have suggested to give more importance to nourish our body. But we do not know the ways and means to nourish our mind. Meditation helps us to nourish our mind and trying to charge our mind with so much energy with this explanation we try to give relaxation and meditation

The 2nd day program is about rejuvenation or cleaning,

- Most of the first time practioners don't feel like doing the meditation
- They do not have much idea about it and at the same time their thoughts will not allow them to meditate
- They will be completely disturbed with so many thoughts coming one by one.
- This is Mainly because our mind is filled with so much of impressions which are many thousands in Nature.
- It is like how the cell phone is overloaded with so much of data and it affects the functioning of the phone.
- Heartfulness Institute introduced a technique called cleaning or rejuvenation

- Heartfulness: Which clears the minds impressions. On the particular day's impressions are cleared using this technique.
- Your mind will be very clear.
- It is like deleting the overloaded files.

The 3rd day program covered to connect with my own self. By closing my eyes and connecting with my heart to connect with my own self by the way it helps us to know about our own strength and weaknesses.



PARTICIPANT'S DETAILS:

This program had approximately 300 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.