

SCHOOL OF ARTS AND SCIENCE

Vinayaka Mission's Chennai Campus, Paiyanoor – 603 104

THE STUDENT COUNSELLING CELL

REPORT ON MENTAL HEALTH AND WELLBEING

Title of the Event	:	Orientation Session - I on Mental Health Awareness for First-Year Students
Date	:	24.01.2024 & 12:30 p.m. to 2.00 p.m.
Venue	:	Bharathiyar Block
No. of Participants	:	66

The Student Counselling Cell of the School of Arts and Science organized an orientation session – I for first-year students. On January 24, 2024. The psychologist Ms. Saranya Ganesan handled the session, who introduced the students to campus counselling services and emphasised the importance of mental health awareness and well-being. Ms Saranya provided insights on how the journey of understanding and addressing mental health begins with awareness and its significance to recognise that mental health issues affect millions of people globally, and there's no shame in seeking help. Her insights on breaking the taboos associated with mental health encouraged open conversations about mental health, where individuals can seek support without fear of judgment, and where we extend empathy to those who need it most.

The orientation session - I was led by the SAS Student Counselling Cell Co-ordinators Ms. Madhu Bala R, Assistant Professor of English and Dr C. Ambikavathi, Associate Professor of Computer Science. It served as an important step in promoting mental health awareness and well-being among first-year students. It exemplified the institution's commitment to student welfare and academic success.

GLIMPSES OF THE SESSION





VINAYAKA MISSION'S RESEARCH FOUNDATION
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(Declared u/s 3 of the UGC Act 1956)
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ISO 21001:2018 Certified Institution



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SAS/CIR/25/2023-24/169

CIRCULAR

ACADEMIC YEAR: 2023- 24

DATE: 23.01.2024

The Student Counselling Cell is organizing an orientation session - 1 for all first-year students as part of our ongoing commitment to student well-being and academic success. The orientation aims to introduce our first-year students to campus counseling services and emphasise the importance of mental health and well-being. We kindly request you to encourage all first-year students under your purview to attend the session.

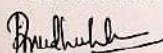
The details of the session are as follows:

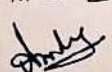
Date: 24th January 2024

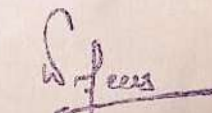
Time: 12:30 PM

Venue: Commerce Seminar Hall (BBSH03)

The Student Counselling Cell Coordinators

 (R. Radhu Bala)

 (Dr. C. Ambikavathi)



DIRECTOR

DIRECTOR

School of Arts and Science

Vinayaka Mission's Research Foundation

(Deemed to be University)

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