



## **SCHOOL OF ARTS AND SCIENCE**

**Vinayaka Mission's Chennai Campus, Paiyanoor – 603 104**

### **THE STUDENT COUNSELLING CELL**

#### **REPORT ON MENTAL HEALTH AND WELLBEING**

<b>Title of the Event</b>	<b>:</b>	<b>Orientation Session - II on Mental Health Awareness for First-Year Students</b>
<b>Date</b>	<b>:</b>	<b>29.01.2024 &amp; 10:30 p.m. to 11.45 p.m.</b>
<b>Venue</b>	<b>:</b>	<b>Bharathiyar Block</b>
<b>No. of Participants</b>	<b>:</b>	<b>123</b>

The Student Counselling Cell of the School of Arts and Science organized an orientation session - II for second-year students. On January 29, 2024. The psychologist Ms. Saranya Ganesan handled the session, introduced 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 - II 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 second-year students. It exemplified the institution's commitment to student welfare and academic success.

## GLIMPSES OF THE SESSION





VINAYAKA MISSION'S RESEARCH FOUNDATION

Deemed to be University  
(Declared u/s 3 of the UGC Act 1956)

Accredited by NAAC

SCHOOL OF ARTS AND SCIENCE

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SAS/CIR/25/2023-24/170

### CIRCULAR

ACADEMIC YEAR: 2023- 24

DATE: 28.01.2024

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

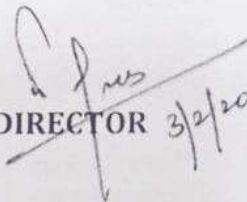
The details of the session are as follows:

Date: 29 January 2024

Time: 10:30 AM

Venue: Commerce Seminar Hall (BBSH03)

The Student Counselling Cell Coordinators

  
DIRECTOR 3/2/2024

CIRCULATED	All HODs and Faculty members
	Notice Boards