



Activity Report

Academic year 2021-22	
1.Basic details	
Name of Activity	Workshop on Emotional Wellbeing organized by Vivekananda Study Circle Bangalore.
Date	24 th December, 2022
Faculty	
Organized by Name of Department/ Name of Committee/ Club	Vivekananda Study Circle, Ramakrishna Math.
Coordinator/ In-charge of Activity	Vivekananda Study Circle, Bangalore.
Time	9:30 am – 12:30 pm
Venue	Ramakrishna Math, Basavanagudi.
Activity for Class/Group	Group
Nature: Academic /Co- curricular/extracurricular/other	Extracurricular
2.Brief information about Activity	
Topic /Subject of activity	Emotional Wellbeing
Objectives of the activity	To learn how important to fix ideals in one's own life. To learn how to manage one's own emotions. To have a healthy mind & life skills.
Methodology	Office bearers of Ethics and Self- Governance Cell D. Tejaswini & D. Ushaswini of 2 nd year B Com and Manosri Sara of 2 nd year BCA visited Ramakrishna Math and attended the workshop conducted by Vivekananda Study Circle. The speakers of the workshop were Swami Nityasthanandaji who gave an overview of the workshop and learnings to lead a happy living, Dr. Prashanth NR who spoke about healthy mind and life skills, Nalini Raja Reddy, Sudha Nagendra & Rajarajeshwari gave insights on understanding, identifying and managing emotions.

Outcome of Activity	Students learnt about positive mental health, how to identify & manage one's own emotions, how to have a healthy mind and life skills.
3.Proofs attached Letters /Attendance sheet/Certificate/ Feedback/Account document /Photo etc.	

Activity In-charge

Pictures/ any documents

