

R.V. Educational Institutions

Sivananda Sarma Memorial R.V. College UG , PG Programmes & Research Centre Affiliated to Bengaluru Central University Accredited by NAAC with 'A' Grade Ranked among top 5 Colleges in India (India Today - MDRA Survey 2018 & 2019)



Activity Report

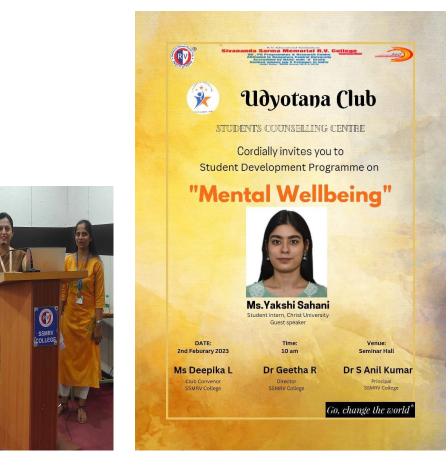
Academic year 2022-23	
1.Basic details	
Name of Activity	Mental wellbeing
Date	02/02/2023
Faculty	Ms. Deepika L
Organized by	Udyothana club
Name of Department/	And Office bearers
Name of Committee/ Club	
Coordinator/ In-charge of Activity	Ms . Deepika .L
Time	2:30pm
Venue	Auditorium
Activity for Class/Group	Group
Nature:	Co- curricular
Academic /Co-	
curricular/extracurricular/other	
2.Brief information about Activity	
Topic /Subject of activity	Mental Wellbeing
Objectives of the activity	To educate students of mental health and wellbeing and
	also to provide Personal counselling sessions.
Methodology	Direct interaction
Outcome of Activity	Students acquired the Knowledge about mental health and why mental health is very important and how therapy helps in overcoming few mental challenges. Students were informed about personal counseling in college.
3.Proofs attached	
Letters /Attendance sheet/Certificate/ Feedback/Account document /Photo etc.	

Activity Incharge : Ms Deepika .L

Pictures/ any documents







Activity In-charge : Ms Deepika. L

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