





Activity Report


Academic year 2022-23	
1.Basic details	
Name of Activity	Mental wellbeing
Date	02/02/2023
Faculty	Ms. Deepika L
Organized by Name of Department/ Name of Committee/ Club	Udyothana club And Office bearers
Coordinator/ In-charge of Activity	Ms . Deepika .L
Time	2:30pm
Venue	Auditorium
Activity for Class/Group	Group
Nature: Academic /Co- curricular/extracurricular/other	Co- curricular
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




Sivananda Sarma Memorial R.V. College
Autonomous Institute for Management, Research & Development
 Affiliated to Bangalore University, Bangalore
 Accredited by NAAC, A Grade
 ISO 9001:2015 Certified



Udyotana Club
 STUDENT'S COUNSELLING CENTRE

Cordially invites you to
 Student Development Programme on
"Mental Wellbeing"


Ms. Yakshi Sahani
 Student intern, Christ University
 Guest speaker

DATE: 2nd February 2023	Time: 10 am	Venue: Seminar Hall
Ms Deepika L Club Convenor SSMRV College	Dr Geetha R Director SSMRV College	Dr S Anil Kumar Principal SSMRV College

Go, change the world[®]

Activity In-charge : Ms Deepika. L