

## Activity Report

<b>Academic year 2023-24 ( July 2023 to June 2024)</b>	
Name of the Activity	Brave Talk
Date	26.10.2023 and 27.10.2023
Time and Venue	11.45 to 12.45
Mode ( Online/Offline)	Offline
Please provide the youtube link (if online)	-----
Organized by: Name of the Department/Activity Centre	Activity Centre: Rotaract Club of SSMRV
Event Coordinator/ Faculty In-charge	Event Coordinator : Mr. Getendra kumar
Nature: Academic /Co-curricular/extracurricular/others	Co- curricular
Topic/Activity	Mental Health Anxiety and stress
Resource Person Details (Name, Designation and Organization/Institution)	Name :Sanaya Sanas <ul style="list-style-type: none"> <li>Sanaya is a dedicated Mental Health Practitioner and the founder of Alaya, a thriving Mental Health Community based in Pune.</li> <li>She brings her expertise with an M.Sc. in Psychology from the University of Bangalore.</li> <li>She offers counselling and psychotherapy within a safe, caring and confidential setting to explore feelings, beliefs and Behaviors</li> </ul>
No of Participants	550
Objectives of the activity	<ul style="list-style-type: none"> <li>To overcome stress, anxiety, depression or any other feeling which makes you comfortable) in partnership with their community of mental health experts.</li> <li>To engage with college students under the Brave Together India initiative to talk about Mental Health, Anxiety &amp; Stress and understand about the problems faced by the youth of our country.</li> </ul>
Methodology	Presentation and Activity by the students

Outcome of activity	<ul style="list-style-type: none"><li>● To help students to overcome stress during exams</li><li>● To make students to speak bravely when they are in anxiety and stress</li><li>●</li><li>● It is an Brave Together India initiative to make young Indians feel less alone and less lonely</li><li>● To Overcome mental health problems and to stand up and support the people who are facing such challenges in our surrounding</li></ul>
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# Invitation



Rotaract  
District 3191



Rotary  
District 3191



ROTARACT CLUB OF SSMRV COLLEGE  
IN HANDS WITH MAYBELLINE NEW YORK

# MENTAL HEALTH



NO JUDGEMENTS, PROMISE!

JOIN US AS WE TALK OPENLY ABOUT ALL  
THINGS AND LEARN HOW TO HELP A  
FRIEND WHO MIGHT BE STRUGGLING.



26th and 27th  
October



11:45 AM



COLLEGE AUDITORIUM

Rtr. Harshal Pandya  
President 2023-24

Rtr. MOHAMMED HAFEEZULLA  
Secretary 2023-24

Jitendra Kumar S  
Convenor

Dr. Geetha R  
Principal

## Event Report

Rotaract Club of SSMRV College organized an event Brave Talk in association with Maybeline Newyork on 26th and 27th October, 2023 in the college auditorium. The event had a session on the Topic “mental health, stress and anxiety. The speaker of the session was Sanaya Sanas who is a dedicated Mental Health Practitioner and the founder of Alaya, a thriving Mental Health Community based in Pune. She brings her expertise with an M.Sc. in Psychology from the University of Bangalore. Students From Bcom and BCA of around 550 participated in the Event and were given certificates and Goodies from the Maybeline company.

## Event Photographs







## **Student Participant List**

No of students from Bcom =230

No of students from BCA=220

Sample copy of students list is attached here with

Sl. No	NAME	CONTACT
1	Vivitha . N	938 08 6566
2	Vinutha . N	636635 2993
3	Ashwini . K	636466 0730
4	Kuthana . R	831042 1046
5	Prasanna . S	636091 5462
6	Aspina . M	464648 1219
7	Samshi Krishna . D	800817 1672
8	Moosa	740641 9760
9	Hani K.L	953523 5596
10	Aditya . N . Janna	998686 3773
11	Ullas . M	903620 6776
12	Manasa . R	951320 0888
13	Shalhi . D	974154 7014
14	Prityanka . M . B	814744 9912
15	Goujanya . S	748371 1883
16	Indu . N	991623 0558
17	Chandana . D . S	734903 9577
18	Hema . R	911040 2097
19	Nagesh . U .	831039 8067
20	Sushmithe . SR	636017 8207
21	Kusuma . K . S	9886 1186
22	P . K . S . C	636398 1072



Sl. NO	NAME	CO
1	Supriya.L.	9945506
2)	JAYANTH.S	94489112
3)	NIKITH.B	7411660
4)	JAYANTHCU	01611578
5)	Keritharth Kiran Nair	74832
c)	ABHIRAM TALLAM	9539625
7	Azyr.S	988082
8	Prayanka.V	8050532
9)	Thruska.R	8073582
10)	Luccece Mayben	7892080
11)	Bhoomika.K	874899
12)	Chandana.H.R	89936
13)	Manisha.S	9845 <del>9850</del>
14	poojashree.S	70190
15	Nishathapa	7483
16.	Nidhi Goyal	701960
17.	Jayalakshmi.V	636437
18.	Anu.B	886123
19.	Harshitha.K	72595
20	Roopa.M	636185



Event Coordinator

Principal