



**SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA**

**Report on**

**Mission Mano Dasha- The Secret of Happiness- Mental Health Workshop**

<b>Name of the Event</b>	Mission Mano Dasha- The Secret of Happiness- Mental Health Workshop
<b>Nature of the Event</b>	Workshop
<b>Objectives</b>	To promote mental well-being, resilience, and emotional intelligence among students
<b>Resource person</b>	Sri. Prasad Amore. MSc MPhil, and Sri. Manikandan MSc MS, Consultant psychologists at Soft mind Wellness (P) Ltd
<b>Date and Time</b>	28 th February 2023.
<b>Duration</b>	One Day
<b>Beneficiaries</b>	Students of SSV College
<b>Venue or Platform</b>	PNN Hall
<b>Feedback link</b>	NIL
<b>Organizing dept/ Cell</b>	Unnat Bharat Abhiyan, NSS and Counselling cell of SSV College
<b>Coordinator</b>	Mr. Viswan MG, Ms. Anju Paul, Dr. Nisha Unnikrishanan and Mr. Jebin Jacob
<b>Associating Agency</b>	Regional Coordinating Institute of UBA, Kerala Agricultural University, Mannuthy and Soft mind Wellness (P) Ltd, Edappally
<b>Name of the Scheme</b>	NA
<b>Fund details if any</b>	NA
<b>Outcome/ Benefit of the programme</b>	<p>The program successfully increased awareness about mental health issues, leading to more students seeking help and support.</p> <p>Participants reported improved coping skills, better stress management, and a higher level of emotional resilience.</p>



	The Mind Wellness Program contributed to a more inclusive and supportive campus environment, where students felt comfortable discussing mental health.
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### Mission Mano Dasha- The Secret of Happiness-Mental Health Campaign

Unnat Bharat Abhiyan, NSS and Counseling cell of SSV College had organised a health awareness program named 'Mission Manodasha' in association with Regional Coordinating Institute of UBA, Kerala Agricultural University, Mannuthy and Soft mind Wellness (P) Ltd, Edappally on 28th February 2023. The two hours training program aimed to refresh the mind of youth and help them to cope with the mental struggles in their life. The UBA Co-Ordinator welcomed the gathering and the programme was Inaugurated by Dr. Sheena Kaimal N,Principal in charge of the college. The training sessions were led by Sri. Prasad Amore. MSc. MPhil, and Sri. Manikandan MSc MS, Consultant psychologists at Soft mind Wellness (P) Ltd. There were 90 students from the final year degree course and the feedback analysis showed that training was so fruitful to them in finding their ways to happiness. Smt. Anju Paul, convenor, Counseling cell had expressed the vote of thanks and the session, The Mind Wellness Program aimed to promote mental well-being, resilience, and emotional intelligence among students. The program was designed to address the growing concern of mental health issues among college students and to provide them with tools and resources to manage stress and enhance their overall well-being.

### Brochure





**SREE SANKARA VIDYAPEETOM COLLEGE**  
VALAYANCHIRANGARA, PERUMBAVOOR






**UNNAT BHARAT ABHIYAN, NATIONAL SERVICE SCHEME AND COUNSELLING CELL**

*In Association with* UBA RCI, Kerala Agricultural University, Mannuthy and Soft Mind Wellness Pvt. Ltd.

*Organising*  
**MISSION MANODASHA**  
The Secret of Happiness-  
Mental Health Workshop

Resource Person 1 : **Prasad Amore**, MSc Mphil, Consultant Psychologist  
Resource Person 2 : **Manikandan** MSc MS, Consultant Psychologist

**DATE: 28/02/23, TIME : 11 AM** **Venue : PNN Hall**

Inauguration- Mission Manodasha



Training Session





### Attendance Sheet

27

28/2/2023 Tuesday. Venue: P.N.N Hall - 11 AM to 1 PM.

'Mission Mamodasha' - The secret of Happiness  
Mental Health Campaign.  
organised by  
UBA, NSS and COUNSELLING CELL, SSV COLLEGE  
In association with  
RCI, UBA, AGRICULTURAL UNIVERSITY, MANNUTHY  
and  
SOFTMIND WELLNESS (P) LTD.

Attendance

Sl.No.	Name & Class	Mob.No.	Signature
1	Jishnu Loman & Broom C.A	7736612904	Jishu
2	Abhishek K Sree Kumar	9118246275	Abhi
3	Aswath K.R	9297034363	Aswath
4	Dhenuesh M.	8590337409	Dhenuesh M.
5	Akash Babu	7356439377	Akash
6	Eidho Babu	7994997835	Eidho
7	Navaneeth Krishnan. M.K	8592053913	Navaneeth
8	Anand Prasad	7356960628	Anand
9	M.S Anandbharishnan	9188608798	M.S Anand
10	Akshay M. Sejan	8089724609	Akshay
11	R. Pravin	8075742905	R. Pravin
12	Aswin Joshy	8590306151	Aswin
13	Kanishk A	7736953201	Kanishk
14	Gokul Surendran	7736457188	Gokul
15	Ajay Chacko	9633669289	Ajay
16	Nasim. M.R	9544562336	Nasim
17	Parvathy Reji	8547802615	Parvathy
18	Uthara. t.j	9778557009	Uthara
19	Elina Jato	8606250171	Elina



Sl. No.	Name & class	Mobile.	Signature
20	Anny Sara George	9745445805	[Signature]
21	Ganesh	9495643148	[Signature]
22	Birekha varachan	98848194443	[Signature]
23	Aswin Sunny History	7306786296	[Signature]
24	Eldho Matheed → Mathe.	8590827064	[Signature]
25	Arishad . Basheer	9446370950	[Signature]
26	Manu Benny	987510308329	[Signature]
27	Aswin Suresh	7736973188	[Signature]
28	Maastakrishna s	9037906151	[Signature]
29	Sarany. P.S.	9749132935	[Signature]
30	Ben paul varguse	9461493857	[Signature]
31	Raduska Nazim	8943990993	[Signature]
32	Abdul Ajaalambak	70255566751	[Signature]
33	swathy jith	7025510090	[Signature]
34	Riswana NOSRIN	9995343689	[Signature]
35	safra sidique	9847069242	[Signature]
36	Hari Shankar	9846154324	[Signature]
37	Anjana Ashok	994114710	[Signature]
38	Krishna priya . S.	1659986179	[Signature]
39	Akhila Babu	9778378575	[Signature]
40	Aleena Mantis	7561836921	[Signature]
41	Evedakshini M.S	811200315	[Signature]
42	Bhagyaakshmi. V. Nair	7012178284	[Signature]
43	AKSHAYA M.O.S	9495970603	[Signature]
44	Aswathy Paul	9543335560	[Signature]
45	Aranya Biju	9446207369	[Signature]
46	Arundha MURUKAN	7446276765	[Signature]
47	Albina Hasei	7012438014	[Signature]
48	Shravya K.N	6282369106	[Signature]
49	Akhuma Paul	1074114753	[Signature]
50	Snehaakshmi R.R	9061271380	[Signature]
51	Nikhitha H.S	9995906475	[Signature]

Sl. No.	Name & Class	Mob. No.	Signature
52	Soumya C.U.	9022706965	[Signature]
53	Geetha Geethesh	9947702748	[Signature]
54	Bhavana S	9605439724	[Signature]
55	Aranya Vijayan.	9847933595	[Signature]
56	Krishnapriya Haridas	9349636151	[Signature]
57	Anchana M.T	9510152691	[Signature]
58	Abhiramy Krishna	8086653107	[Signature]
59	Vashta Mohanun	7034821112	[Signature]
60	Ruksamol m.m	736175034	[Signature]
61	Krishnapriya Unni	8848178443	[Signature]
62	Jithna Baby	7510197145	[Signature]
63	Riya Figarus	8593040035	[Signature]
64	Akshara Baba.	9770247950	[Signature]
65	Sreeraja CA - BA English	8743014625	[Signature]
66	R. Savitha Menon	9400223994	[Signature]
67	Vismaya Venod	811907890	[Signature]
68	Mathews K Sajji	9188104591	[Signature]
69	Akshai Manoj	9455562216	[Signature]
70	Akshaya N.M	9061477073	[Signature]
71	Amittha Shyaa	9656557815	[Signature]
72	K.S. Kalidas	9539635342	[Signature]
73	Jishnu T.R	975137106	[Signature]
74	shya B	7186363538	[Signature]
75	Adithya P.S	9747812489	[Signature]
76	Shivaya Vinoy	6238795110	[Signature]
77	Parvathy S	4895179299	[Signature]
78	Alhira B	8481382223	[Signature]
79	Akhila Anil B.OM.102	6238098151	[Signature]
80	Chha Chakravarthy	9443084931	[Signature]
81	Ansha Ravi	7736785811	[Signature]
82	Nijisha Ashraf	8194428313	[Signature]
83	Ganapathi Nisha kanchan B.OM. 102	8301967762	[Signature]



84. Sacelateshmi M.M	B.com Tax	7034073523	Sree
85. Gneeshma.R.Pillai	B.com Tax	7025762087	PHD
86. Asunima Reji	B.com Tax	7194847397	Asunima
87. Fazeena Salim	B.com Tax	9846326304	Fazeena
88. Meenakshi . U	B.com Tax	9495480218	Meenakshi
89. Abhila-A-A	B.com Tax	9539099878	Abhila
90. Abhila Manoharan	B.com Tax	8086756663	Abhila

Viswan Viswan. M.G., Co-ordinator, UBA.

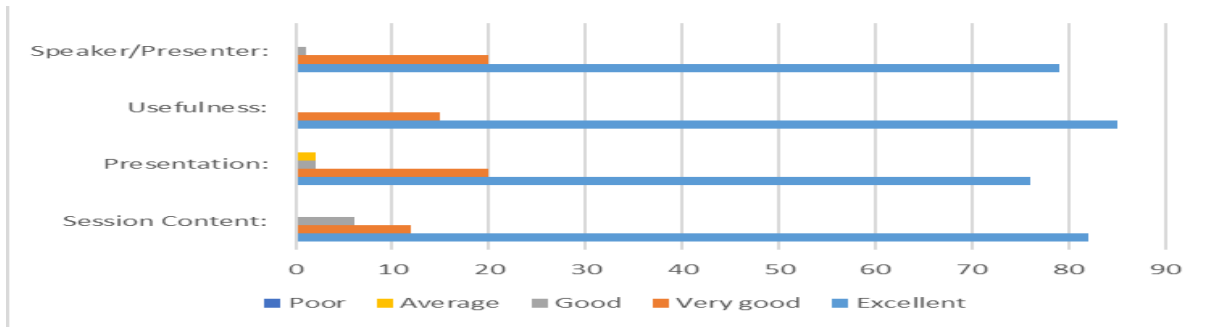
Dr. Nisha Dr. Nisha Unnikrishnan., Programme Officer

Smt. Anju Paul, Co-ordinator, Counselling Cell.

PRINCIPAL IN CHARGE  
SREE SANKARA VIDYAPEETOM COLLEGE  
VALAYANCHIRANGARA  
PERUMBAVOOR - 683 558



Based on the responses received from the 90 students who attended the Mental Wellness Session, the following key findings were observed:



**Conclusion:**

The Mental Wellness Session received positive feedback from all of the participants, indicating that it was well-received and beneficial. However, some students expressed interest in additional interactive activities and more in-depth discussions on specific mental health topics. These suggestions can be considered for future sessions to further improve the overall experience and impact.

PRINCIPAL  
 SREE SANKARA VIDYAPEETOM  
 VALAYANCHIRANGARA P.O  
 (VIA) PERUMBAVOOR

Signature of the principal

