



## SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA

### Report on Life Skill Training Programme on Mental Health during Covid 19 Pandemic

Programme Details in a nutshell	
Name of the Event	<b>Report on Life Skill Training Programme on Mental Health during Covid 19 Pandemic</b>
Nature of the Event	Life Skill Training programme
Objectives	The training programme sought to raise awareness about the unique mental health challenges that young individuals have faced during the COVID-19 pandemic. To provide attendees with expert insights and guidance on effective coping strategies and support mechanisms for youth.
Resource person	Dr. Anish K R, Assistant Professor, Rajagiri College of Social Sciences
Date and Time	10-10-2020,
Duration	One Day
Beneficiaries	150 UG and PG students
Venue or Platform	Google Meet
Organising dept	Department Of Commerce
Coordinator	Dr. Resmi R , Viswan M G
Associating Agency	District Social Justice Office Ernakulam
Outcome/ Benefit of the programme	The webinar effectively raised awareness about the unique mental health challenges faced by youth during the COVID-19 pandemic. The students gained a deeper understanding of the psychological impact of the crisis on young individuals.



## Detailed Programme Report

The "Life Skill Training Programme on Mental Health during Covid-19 Pandemic" was a significant event organized to address the critical issue of mental health among youth in these challenging times. Held on October 10, 2020, this one-day event was meticulously organized by the Department of Commerce, with Dr. Resmi R and Viswan M G serving as coordinators. The programme was specifically tailored to benefit 150 undergraduate and postgraduate students, providing them with essential insights and strategies to cope with mental health issues exacerbated by the pandemic.

The nature of the event was a life skill training programme, focusing on empowering young individuals with knowledge and skills to navigate the complex mental health landscape during the Covid-19 crisis. The key objectives of this programme were twofold. Firstly, it aimed to raise awareness about the unique mental health challenges faced by youth during the pandemic. Secondly, it sought to equip the participants with expert guidance and coping strategies to help them manage these challenges effectively. About 150 students participated in the training programme.

Dr. Anish K R, Assistant Professor at Rajagiri College of Social Sciences, graced the event as the resource person. His expertise and insights were instrumental in enlightening the attendees about the psychological impacts of the pandemic on young minds and the importance of developing robust coping mechanisms.

The programme was conducted via Google Meet, making it accessible to a broad audience despite the restrictions imposed by the pandemic. Though there was no formal feedback link provided, the outcome of the event was profoundly positive.

The training programme succeeded in its goal of raising awareness about the mental health challenges faced by the youth during these unprecedented times. It fostered a deeper understanding among students about the psychological impacts of the crisis and equipped them with practical strategies to deal with these challenges.

The associating agency for this event was the District Social Justice Office



Ernakulam, which played a crucial role in the successful execution of the programme. The collaborative efforts of all parties involved ensured that the event not only met but exceeded its intended goals, making a significant impact on the mental well-being of the participating students.

### List of Students attended

Sl.No	Name	Class
1.	Manu Benny	BSC MATHEMATICS
2.	Sandra N S	BSC MATHEMATICS
3.	Akhila Babu	BSC MATHEMATICS
4.	Aleena Martin	BSC MATHEMATICS
5.	Sarika Sajeevan	BSC PHYSICS
6.	Yedhukrishnan P K	BSC PHYSICS
7.	Akash Saji	BSC CHEMISTRY
8.	Arya K S	BSC CHEMISTRY
9.	Aryananda P	BSC CHEMISTRY
10.	Nikhitha M S	BSC CHEMISTRY
11.	Sarang P S	BSC CHEMISTRY
12.	Alju Sabu	BSC COMPUTER SCIENCE
13.	Ananthakrishnan K.V	BSC COMPUTER SCIENCE
14.	Sruthy V M	BSC COMPUTER SCIENCE
15.	Yadhukrishnan M R	BSC COMPUTER SCIENCE
16.	Basil Jini Varghese	BSC COMPUTER SCIENCE
17.	Dalbin Mathew	BSC COMPUTER SCIENCE
18.	Ajeeshma Thankappan	BA ECONOMICS
19.	Arathi E A	BA ECONOMICS
20.	Arya Suresh	BA ECONOMICS
21.	Aswani Raju	BA ECONOMICS
22.	Athira Saju	BA ECONOMICS



Sl.No	Name	Class
23.	Abhishek M R	BA ENGLISH LITERATURE
24.	Adheena V S	BA ENGLISH LITERATURE
25.	Adithya P S	BA ENGLISH LITERATURE
26.	Jishnu T B	BA ENGLISH LITERATURE
27.	Sreepriya C A	BA ENGLISH LITERATURE
28.	Achsa Ann Nelson	BA ENGLISH LITERATURE
29.	Akshai Manoj	BA ENGLISH LITERATURE
30.	Amitha Shijan	BA ENGLISH LITERATURE
31.	Sanniktha V S	BA HINDI
32.	Souparnika K K	BA HINDI
33.	Abhirami P B	BA HISTORY
34.	Achuth Anilkumar	BA HISTORY
35.	Adithyan M R	BA HISTORY
36.	Aleena Appu	BA HISTORY
37.	Midhul Babu	BA HISTORY
38.	Akshaya Thomas	BA HISTORY
39.	Arsha Ravi	BCOM FINANCE AND TAX
40.	Jyothish V A	BCOM FINANCE AND TAX
41.	Parvathy Raju	BCOM FINANCE AND TAX
42.	Sanjay V A	BCOM FINANCE AND TAX
43.	Swathisha Subran	BCOM FINANCE AND TAX
44.	Adhila A A	BCOM FINANCE AND TAX
45.	Ancy Sara George	BCOM FINANCE AND TAX
46.	Anjana Rajan	BCOM FINANCE AND TAX
47.	Anuja Rajan	BCOM FINANCE AND TAX
48.	Aparna Babu	BCOM FINANCE AND TAX
49.	Ashil Murali	MA HISTORY



Sl.No	Name	Class
50.	Meeramurali M	MA HISTORY
51.	Payal Kumari	MA HISTORY
52.	Remya Santhosh	MA HISTORY
53.	Ardra M S	MSC CHEMISTRY
54.	Harsha Sajeev	MSC CHEMISTRY
55.	Ameena Ks	MSC CHEMISTRY
56.	Dinsha M Saji	MSC CHEMISTRY
57.	Amijith Suresh	MSC COMPUTER SCIENCE
58.	Dawn Wilson	MSC COMPUTER SCIENCE
59.	Eldho Thomas	MSC COMPUTER SCIENCE
60.	Govind Ganesh	MSC COMPUTER SCIENCE
61.	Jitha	MSC COMPUTER SCIENCE
62.	Abhirami Krishna	BCOM COMPUTER APPLICATION
63.	Riya Figarus	BCOM COMPUTER APPLICATION
64.	Bhavana S	BCOM COMPUTER APPLICATION
65.	Krishnapriya Haridas	BCOM COMPUTER APPLICATION
66.	Akshay Biju	BCOM COMPUTER APPLICATION
67.	Aswin Joshi	BCOM COMPUTER APPLICATION
68.	Jishnu Soman	BCOM COMPUTER APPLICATION
69.	Anand Prasad	BCOM COMPUTER APPLICATION
70.	Ajay Chacko	BCOM COMPUTER APPLICATION
71.	Hima Sivakumar	BA HINDI LITERATURE
72.	Nikhila N S	BA HINDI LITERATURE
73.	Reji Rajan	BA HINDI LITERATURE
74.	Sarath K M	BA HINDI LITERATURE
75.	Swetha Saju	BA HINDI LITERATURE
76.	Megha M T	BA HINDI LITERATURE



Sl.No	Name	Class
77.	Susmitha Kumari	BA HINDI LITERATURE
78.	Nayeema Binth A Sadath N M	BA HINDI LITERATURE
79.	Muhammed Afzal M	BA HINDI LITERATURE
80.	Abhinav K Binoy	BSC COMPUTER SCIENCE
81.	Afin Reji	BSC COMPUTER SCIENCE
82.	Akshay Suresh	BSC COMPUTER SCIENCE
83.	Aswathy P A	BSC COMPUTER SCIENCE
84.	Meera Raj	BSC COMPUTER SCIENCE
85.	Ahalya Dinesh	BSC COMPUTER SCIENCE
86.	Akhila Valsan	BSC COMPUTER SCIENCE
87.	Amal Babu	BSC COMPUTER SCIENCE
88.	Anjitha Suresh	BSC COMPUTER SCIENCE
89.	Arya Asokan	BSC MATHEMATICS
90.	Kavitha L R	BSC MATHEMATICS
91.	Navamy Ashok	BSC MATHEMATICS
92.	Vandana V R	BSC MATHEMATICS
93.	Devadas D	BSC MATHEMATICS
94.	Amathussalam	BSC MATHEMATICS
95.	Aswin Ravi	BSC MATHEMATICS
96.	Sandra Sasi	BSC PHYSICS MODEL I
97.	Nithin Santhosh	BSC PHYSICS MODEL I
98.	Akash T P	BSC PHYSICS MODEL I
99.	Adhilsha K Shaji	BSC PHYSICS MODEL I
100.	Anupama Shaju	BSC PHYSICS MODEL I
101.	Nandhukrishna Raju	BSC PHYSICS MODEL I
102.	Archana Vijayan	BCOM FINANCE AND TAX
103.	Aswani E A	BCOM FINANCE AND TAX



Sl.No	Name	Class
104.	Aswani Sasi	BCOM FINANCE AND TAX
105.	Aswathy A S	BCOM FINANCE AND TAX
106.	Vishnu Praveen M K	BCOM COMPUTER APPLICATION
107.	Indhulekha Vijayan	BCOM FINANCE AND TAX
108.	Ashna Kuttappan	BA ECONOMICS
109.	Daya Thankappan	BA ECONOMICS
110.	Akhil P S	BA ECONOMICS
111.	Amrutha V Babu	BA ECONOMICS
112.	Ginish K.M	BSC MATHEMATICS
113.	Gokul Sivan	BSC MATHEMATICS
114.	Aiswarya K A	BSC MATHEMATICS
115.	Anagha Johnson	BSC MATHEMATICS
116.	Anitta Pathrose	BSC MATHEMATICS
117.	Ajay Prakash	BSC PHYSICS
118.	Akhila Sivan	BSC PHYSICS
119.	Athira Krishnan	BSC CHEMISTRY
120.	Keerthana Krishnan	BSC CHEMISTRY
121.	Sangeetha Kumaran	BSC CHEMISTRY
122.	Ananya V M	BSC CHEMISTRY
123.	Aswathy Muralidharan	BSC CHEMISTRY
124.	Athira Vijayan	BSC CHEMISTRY
125.	Fathima C A	BSC CHEMISTRY
126.	Abilash P	BSC COMPUTER SCIENCE
127.	Akhil N G	BSC COMPUTER SCIENCE
128.	Anaswala K T	BSC COMPUTER SCIENCE
129.	Midhila Vinod	BSC COMPUTER SCIENCE
130.	Rajalakshmi V R	BSC COMPUTER SCIENCE



Sl.No	Name	Class
131.	Akhilesh Kumar C B	BSC COMPUTER SCIENCE
132.	Anjana K O	BSC COMPUTER SCIENCE
133.	Aparna Ajith	BSC COMPUTER SCIENCE
134.	Gokul Gopi	BSC COMPUTER SCIENCE
135.	Albin Sabu	BA ENGLISH LITERATURE
136.	Aswin K Vinod	BA ENGLISH LITERATURE
137.	Karthika Shibu	BA ENGLISH LITERATURE
138.	P S Devika	BA ENGLISH LITERATURE
139.	Renim Salam	BA ENGLISH LITERATURE
140.	Meera Radhakrishnan	BA ENGLISH LITERATURE
141.	Neeraja M Hari	BA ENGLISH LITERATURE
142.	Sandra M S	BA ENGLISH LITERATURE
143.	Raihana Aliyar	BA HISTORY
144.	Ruksa N S	BA HISTORY
145.	Vivek Vijayan N V	BA HINDI
146.	Alfana M.S	BA HINDI
147.	Masitha K S	BA HINDI
148.	Radhakumari	BA HINDI
149.	Razeena P S	BA HINDI
150.	Akhila K A	BCOM COMPUTER APPLICATION





## Brochure of the Programme

**SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA,  
PERUMBAVOOR, ERNAKULAM, KERALA**

 **DEPARTMENT OF COMMERCE** 

**IN ASSOCIATION WITH  
DISTRICT SOCIAL JUSTICE OFFICE ERNAKULAM  
ORGANISES A WEBINAR ON**

**Life Skill Training Programme on Mental  
Health during Covid 19 Pandemic**

**AS PART OF OBSERVANCE OF WORLD MENTAL  
HEALTH DAY, OCTOBER 10**  
**DATE: 10/10/2020**

**PLATFORM:** 

### RESOURCE PERSON



**DR. ANISH K.R.**

ASSISTANT PROFESSOR AND  
FORMER HEAD, DEPARTMENT  
OF SOCIAL WORK, RAJAGIRI  
COLLEGE OF SOCIAL  
SCIENCES (AUTONOMOUS),  
KALAMASSERY

### CHIEF GUEST



**MR. JOHN JOSHY K.J**

DISTRICT SOCIAL  
JUSTICE OFFICER

### KEYNOTE ADDRESS



**PROF. SK. KRISHNAN**

MANAGER, SSV COLLEGE,  
VALAYANCHIRANGARA

**TIME: 2:30PM - 4:00PM**

**FACULTY COORDINATORS:-STUDENT COORDINATORS:- PRINCIPAL**

**DR.RESMI.R(HOD)  
VISWAN M.G**

**FREDDY SEBASTIAN  
LINJU SABU**

**DR.PADMA.P**

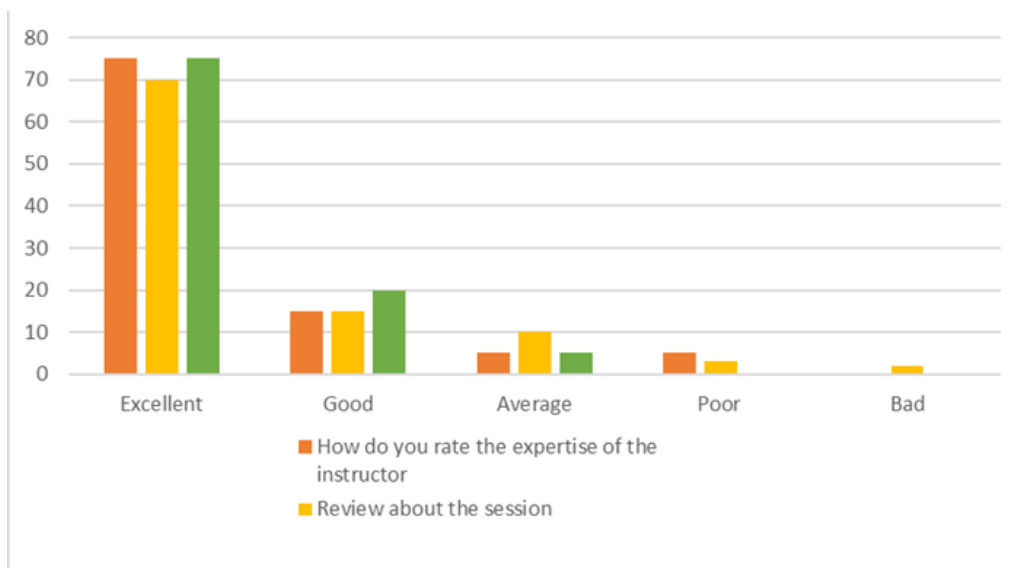
### Profile of the Resource Person

Dr Anish has 22 years' experience social work practice, research and teaching. He works with Rajagiri College of Social Sciences as Assistant Professor. He has served as Head of the Department of Social Work from 2016-2019. Previously, he worked as Senior Lecturer and Head of the School of Social Work at Marian College Kuttikkanam. He has been an exchange faculty to University of Utah, USA. He offers his consultancy and training services in the



areas of Research Methodology and SPSS, Counselling, CSR, Monitoring and Evaluation of projects to National AIDS Control Organisation (NACO), National Institute of Rural Development and Panchayati Raj (NIRDPR), National Institute of Social Defence (NISD), KSACS, Karnataka SACS, UPSACS, National Health Mission (NHM), Human dynamic Asia Pacific (EAP provider), State Council for Education, Research and Training (SCERT), State Institute of Education Management and Training (SIEMAT), Kerala Judicial Academy, Kudumbasree Mission, Federal Bank, NTPC, KPSC, Christ University etc. He serves as Chairman of Board of Studies (Social Work) of MG University, Kannur University, Rajagiri College of Social Sciences (Autonomous). He is a Member of Board of Studies (Social Work) of the Sree Sankaracharya University of Sanskrit, Vimala College, Assumption College, St Alberts College, Christ College. He also serves as the Vice President of the Association of Schools of Social Work in Kerala (ASSK) and Kerala Association of Professional Social Workers (KAPS).

**Feedback Analysis:**



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

Signature of the Principal

