



SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA

Report on Training on Mental Wellness of Students in Changing Times

Programme Details in a nutshell	
Name of the Event	Training on Mental Wellness of students in changing times
Nature of the Event	Training Program for I year UG Students
Objectives	The Objective of the programme was to equip the students to focus on their mental wellness.
Resource person	Dr. Aneesh, Assistant Professor & Mental Wellness Trainer, Rajagiri College of Social Sciences, Kalamassery
Date and Time	03/11/2022, Thursday
Duration	One day
Beneficiaries	173 First year UG Students
Venue or Platform	Advaitha Hall
Feedback link	Feedback collected is attached
Organising dept/ Cell	PTA and IQAC, SSV College.
Coordinator	Mrs. Sumi K S, Assistant Professor, Department of Economics, SSV College
Fund details if any	PTA Fund 3000/-
Outcome/ Benefit of the programme	The students understood the importance of prioritizing their mental wellness and how much it is essential for the well-being of an individual.

Detailed Report of the Programme

The importance of mental wellness for students in changing times cannot be overstated. As the world evolves rapidly with technological advancements, societal changes, and global challenges, students face unique stressors that can significantly impact their mental well-being. The training programme on Mental Wellness of Students in Changing Times was organised by the PTA and IQAC of Sree Sankara Vidyapeetom College as a part of the



Orientation programme for the first-year students. The first year UG students are entering into an entirely different world in the starting phase of their college education. It will be overwhelming for them to meet the sudden change from their school life as well as their struggle to meet the challenges of adolescence. It is very much important that they understand the role of mental wellness in ensuring success in their future life. Dr. Resmi R, IQAC Coordinator of the College welcomed the session. The Principal in Charge for the day Dr. Praveen K R presided over the function. After that Dr. Sreekala S Sharma, Assistant Professor, Department of Chemistry introduced the resource person of the day to the participants.

Dr. Aneesh, Assistant Professor & Mental Wellness Trainer, Rajagiri College of Social Sciences, Kalamassery was the resource person of the day. The resource person stressed on how mental wellness directly affects students' academic performance. When students are mentally healthy, they can concentrate better, retain information, and perform well in exams and assignments.

The sessions were interactive and he made the students open about the challenges and difficulties they face in this age. The concern of the students regarding handling various social situations in their life was also addressed by the resource person. The session came to an end by 3.00 pm. Many students shared their feedback after the session and Ms. Anusree P A, Assistant Professor in the Department of History delivered the vote of thanks.

Photo Gallery

Welcome Address by Dr. Resmi R, IQAC Coordinator



Introducing the resource person of the seminar by Dr. Sreekalae S Sharma



Participants





Participants (Attendance Register)

Sl.No.	Name Of The Student	Department
1	Abhiram M.M	B Com Computer Application
2	Adith K D	B Com Computer Application
3	Adithyan E S	B Com Computer Application
4	Akshay M S	B Com Computer Application
5	Akshay Vijayakumar	B Com Computer Application
6	Albert Laiju	B Com Computer Application
7	Anjana Gopal	B Com Computer Application
8	Anusree Ajith	B Com Computer Application
9	Ashik Johnson	B Com Computer Application
10	Athira C Prakash	B Com Computer Application
11	Beslin Mathew Alias	B Com Computer Application
12	Devadathan S	B Com Computer Application
13	Lakshmi M	B Com Computer Application
14	Abhinand M.S	B Com Computer Application
15	Midhun Biju	B Com Computer Application
16	Parthipan S	B Com Computer Application
17	Rahul Gopi	B Com Computer Application
18	Sanal Shaju	B Com Computer Application
19	Sharafuneesa R	B Com Computer Application
20	Sidharth Venugopal	B Com Computer Application
21	Vismaya V V	B Com Computer Application
22	Vysakh Shaiju	B Com Computer Application
23	Akhil N. A	B Com Computer Application
24	Arjun A	B Com Computer Application
25	K.S. Muhammed Razal	B Com Computer Application
26	Abhinav Subran	B.A History
27	Akshay C K	B.A History



28	Nandhana C S	B.A History
29	Sreehari K A	B.A History
30	Aswathi A M	B.A History
31	Anoop K Mani	B.A History
32	Ashwin Anilkumar	B.A History
33	Fathima Minnath	B.A History
34	Fathima Nasrin V.B	B.A History
35	Fathima Reema	B.A History
36	Rakhi Lijin	B.A History
37	Rizvana Shahul	B.A History
38	Sanju Poullose	B.A History
39	Akash P Mohan	B.A History
40	Anupama Rajan	B.A History
41	Atheela Siddique	B.A History
42	Avani Vijayan	B.A History
43	Fasna K A	B.A History
44	Fathima Sulthana M A	B.A History
45	Mahinsha K I	B.A History
46	Ragi A B	B.A History
47	Saliha Aliyar	B.A History
48	Yadukrishna Manoj	B.A History
49	Albert Dominic	B.A History
50	Athul Gopi	B.A History
51	Nebeel T S	B.A History
52	Prasanth Premkumar	B.A History
53	Merin Eldho	B.A History
54	Adithyan N S	B.A History
55	Akhila P.N	B.A History
56	Albin Joy	B.A History
57	Arathy E S	B.A History
58	Arjun Gopan	B.A History
59	Aslam Pareeth.M	B.A History
60	Keerthana P S	B.A History
61	Muhammed Iqbal V J	B.A History
62	T S Suraj	B.A History
63	Amitha Raj V R	B.Com Finance & Taxation
64	Anandu Krishnan	B.Com Finance & Taxation
65	Anupama Revi	B.Com Finance & Taxation
66	Ardra Chandran	B.Com Finance & Taxation
67	Aswany Sivan	B.Com Finance & Taxation
68	Keerthana K K	B.Com Finance & Taxation
69	Akhil V M	B.Com Finance & Taxation
70	Amal Fathima P A	B.Com Finance & Taxation
71	Amaldev V Anil	B.Com Finance & Taxation



72	Anjaly Bijoy	B.Com Finance & Taxation
73	Anjana Preman	B.Com Finance & Taxation
74	Arjun K Shaiju	B.Com Finance & Taxation
75	Beema Saji	B.Com Finance & Taxation
76	Deepak Vinod	B.Com Finance & Taxation
77	Gouri Krishna M	B.Com Finance & Taxation
78	Karthika Manoj	B.Com Finance & Taxation
79	Parvathy Biju	B.Com Finance & Taxation
80	Safreena M.S	B.Com Finance & Taxation
81	Abhay M R	B.Com Finance & Taxation
82	Ayana Mohanan	B.Com Finance & Taxation
83	Abdul Rahoof M I	B.Com Finance & Taxation
84	Arsal E M	B.Com Finance & Taxation
85	Asna Abdul Kareem	B.Com Finance & Taxation
86	Midhun Binesh	B.Com Finance & Taxation
87	Nandana V R	B.Com Finance & Taxation
88	P G Sidharth	B.Com Finance & Taxation
89	Parvathy Sunil	B.Com Finance & Taxation
90	Jobin Saju	B.Com Finance & Taxation
91	Athullya N S	B.Com Finance & Taxation
92	Blessy Baby	B.Com Finance & Taxation
93	Chandra Bhasi	B.Com Finance & Taxation
94	Ebrahim Badusha	B.Com Finance & Taxation
95	Harinath K M	B.Com Finance & Taxation
96	Sarath K Syam	B.Com Finance & Taxation
97	Sidharth S	B.Com Finance & Taxation
98	Suryadev P S	B.Com Finance & Taxation
99	Arunima G	B.Com Finance & Taxation
100	Athira V R	B.Com Finance & Taxation
101	Govind Vishnu	B.Com Finance & Taxation
102	Sreenanda O N	B.Com Finance & Taxation
103	Anagha Das	B.A Economics Model I
104	Arathy Shaji	B.A Economics Model I
105	Sakhishnan P S	B.A Economics Model I
106	Sarin Sabu	B.A Economics Model I
107	Shika K Sasi	B.A Economics Model I
108	Ayana P P	B.A Economics Model I
109	Ebeena Baby	B.A Economics Model I
110	Sona Gabriel	B.A Economics Model I
111	Sreelakshmi Rajan	B.A Economics Model I
112	Swaliha P M	B.A Economics Model I
113	Varsha Sudhi	B.A Economics Model I
114	Arsha Sasi	B.A Economics Model I
115	Ajith Mohan	B.A Economics Model I
116	Gopika V A	B.A Economics Model I



117	Jeevan Antoney Paul	B.A Economics Model I
118	Nandana M R	B.A Economics Model I
119	Nandana P.V	B.A Economics Model I
120	Vikas Krishna	B.A Economics Model I
121	Abhinav P S	B.A Economics Model I
122	Kiran N M	B.A Economics Model I
123	Muhammed Bilal N M	B.A Economics Model I
124	Akash Michael	B.A Economics Model I
125	Akshay Ranjan	B.A Economics Model I
126	Amal Santhosh	B.A Economics Model I
127	Arya T.N	B.A Economics Model I
128	Ramanand C U	B.A Economics Model I
129	Midhun Pattery	B.A English Language and Literature
130	Aiswarya Valliyath	B.A English Language and Literature
131	Alsiya Azees	B.A English Language and Literature
132	Dhanalakshmi A J	B.A English Language and Literature
133	Aarya Ashok	B.A English Language and Literature
134	Adithyan Dileep	B.A English Language and Literature
135	Preashitha Kai Raju	B.A English Language and Literature
136	Sabira P Sidhique	B.A English Language and Literature
137	Sahdiya Salim	B.A English Language and Literature
138	Sree Varna Babu	B.A English Language and Literature
139	Sreena C	B.A English Language and Literature
140	Vishnu. S	B.A English Language and Literature
141	Vishnu T.J	B.A English Language and Literature
142	Arjun Mohanan	B.A English Language and Literature
143	Rahsitha. P. P	B.A English Language and Literature
144	Jithin Rajan	B.A English Language and Literature
145	Sivaja Muraleedharan	B.A English Language and Literature
146	Vishnu Narayanan V V	B.A English Language and Literature
147	Athul Dev N S	B.A English Language and Literature
148	Safhan C R	B.A English Language and Literature
149	Abhijith Anil	B.A Hindi Language and Literature
150	Deepa L	B.A Hindi Language and Literature
151	Sugandhy Murukan	B.A Hindi Language and Literature
152	Ananthakrishnan K A	B.A Hindi Language and Literature
153	Nikhil S	B.A Hindi Language and Literature
154	Sooraj Rajman	B.A Hindi Language and Literature
155	Vismaya M	B.A Hindi Language and Literature
156	Jesvin Vincen	B.A Hindi Language and Literature
157	Adarsh C T	B.Sc Physics
158	Minel Shiraz	B.Sc Physics



159	Nandana Sadanandan	B.Sc Physics
160	Praveen Raj K R	B.Sc Physics
161	Anfil Mahroof	B.Sc Physics
162	Lakshmi Suresh	B.Sc Physics
163	Saya V. Saif	B.Sc Physics
164	Subhadra Devi V	B.Sc Physics
165	Aiswarya Sumesh	B.Sc mathematics
166	Anagha Prince	B.Sc mathematics
167	Aswani C S	B.Sc mathematics
168	Sreenayana Lejju	B.Sc mathematics
169	Adhithyan Baiju	B.Sc Chemistry
170	Akshaya A K	B.Sc Chemistry
171	Sabin.K .S	B.Sc Chemistry
172	Aswani Vinoj	B.Sc Chemistry
173	Gouri Unnikrishnan	B.Sc Chemistry
174	Sivapriya K A	B.Sc Chemistry
175	Anna Babu	B.Sc Chemistry
176	Arjun K.G	B.Sc Chemistry
177	Joshua Presannan	B.Sc Chemistry
178	Parvathy P M	B.Sc Chemistry
179	Adithya Shaji	B.Sc Chemistry
180	Asif Shemeer	B.Sc Chemistry
181	Kashyapa T.A	B.Sc Computer Science
182	Krishna T.A.	B.Sc Computer Science
183	Manisha K A	B.Sc Computer Science
184	Malavika Rajesh	B.Sc Computer Science
185	Sivakeerthy Jayakumar	B.Sc Computer Science
186	Victor Vincent	B.Sc Computer Science
187	Sanjana Satheesan	B.Sc Computer Science
188	Soorajkiran .K.S	B.Sc Computer Science
189	Abhijith K Manoj	B.Sc Computer Science
190	Abin K Vijayan	B.Sc Computer Science
191	Amrutha T A	B.Sc Computer Science
192	Atheena Joseph	B.Sc Computer Science
193	Athusree M Nair	B.Sc Computer Science
194	Gopika M V	B.Sc Computer Science
195	Noyal Joshi	B.Sc Computer Science
196	Abhilash Roy	B.Sc Computer Science
197	Anand Raj	B.Sc Computer Science
198	Freddy Joy	B.Sc Computer Science
199	Ganga C Chandran	B.Sc Computer Science
200	R Sivasubrahmanian	B.Sc Computer Science
201	Sreesanth V S	B.Sc Computer Science



202	P M Sudeep	B.Sc Computer Science
203	Sidharth V Krishnan	B.Sc Computer Science
204	Akshay Prathapan	B.Sc Computer Science
205	Aalekh Sajeev	B.Voc Tourism and Hospitality Management
206	Anananthakrishna Saju	B.Voc Tourism and Hospitality Management
207	Ananya K S	B.Voc Tourism and Hospitality Management
208	Arunima Mani	B.Voc Tourism and Hospitality Management
209	Badusha P S	B.Voc Tourism and Hospitality Management
210	Devikrishna P	B.Voc Tourism and Hospitality Management
211	Elson K Roy	B.Voc Tourism and Hospitality Management
212	Leksh mipriya P S	B.Voc Tourism and Hospitality Management
213	Muhammed Sahal K P	B.Voc Tourism and Hospitality Management
214	Nadirsha S	B.Voc Tourism and Hospitality Management
215	Sridathan I S	B.Voc Tourism and Hospitality Management
216	Aswin M Venu	B.Voc Tourism and Hospitality Management
217	Gokul Sajeevan	B.Voc Tourism and Hospitality Management





Sree Sankara Vidyapeetom College Valayanchirangara

Affiliated to MG University NAAC Re-Accredited with 'A' Grade

One Day Training on *Mental Wellness of Students in Changing Time*

Resource Person

Dr. Aneesh K R

Assistant Professor and Mental Wellness Trainer
Rajagiri College of Social Sciences
Kalamassery



VENUE: ADWAITHA HALL
DATE: 03/11/2022

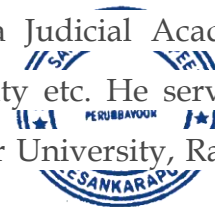
Time: 10am

Principal - Dr. Sheena Kaimal N.

Coordinators
Dr. Resmi R
Dr. Suchitra A

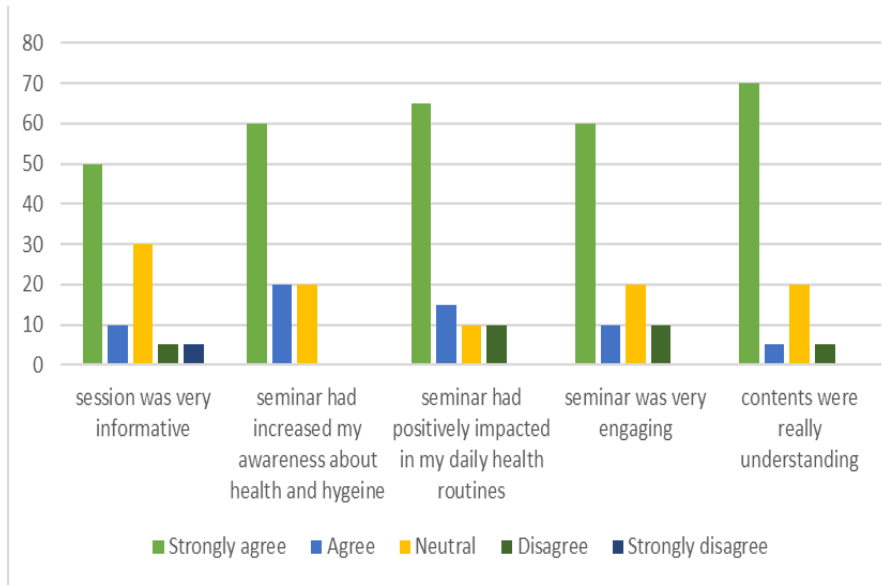
PROFILE OF RESOURCE PERSON


Dr. Anish has 22 years' experience in 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, Kudumbashree 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

