

Mental Health and Happiness Club of KPRIET

Vision:

To enhance mental health awareness and promote individual empowerment.

Mission:

- Our vision is to provide emotional wellness for individuals and to deliver services and support necessary to improve the quality of life.
- To enhance mental health awareness and promote individual empowerment

Inauguration ceremony: - 03.09.2022





Avinashi Road Coimbatore - 641 407





Avinashi Road Coimbatore - 641 407







World record on World Mental Health Day – 05.10.2023

Bike Rally: (510 bikes and 1020 participants)





Laughter Yoga:

Participants: 700







 KPR Institute of Engineering and Technology
Learn Beyond (Autonomous, NAAC "A")

 KPRIET

 WORLD HEALTH ORGANIZATION



WORLD MENTAL HEALTH DAY

An Official **WORLD RECORD** Attempt on **LAUGHTER YOGA**

10th October, 2022 | 2:30 p.m. | Kalalarangam

Chief Guest



Dr. K. Selvaraj MBBS, DPM, MCh(Phn) (Diplomate)
Professor of Psychiatry, Government Psychological S.
Director, Madhavani Mental Health Centre & Research Institute,
Chennai-600 029

Guest of Honour



Dr. P. Vivek
Editor and Columnist
Assistant Book of World Records, Tamil Nadu

Guest of Honour



Mr. Ahilan Rajendran
CEO
Assistant Book of World Records, Tamil Nadu

World record certificate:



DRAMA CLUB REPORT

1.EVENT DETAILS

Club name	- Drama club (naadakalaya)
Event name	- VIMOKSHA(street play)
Event date	- 29.09.2022(Thursday)
Venue&Time	- Saaral cafe : 10.45Aam to 11AM Royal Kitchen : 12.45pm to 1.10pm
No. of. Participants	- 12
Mode	- Offline

2. EVENT DESCRIPTION

REPORT ON STREET PLAY

The DRAMA CLUB and MENTAL HEALTH CLUB OF KPRIET joined hands together to project an event VIMOKSHA which was held on 29.09.2022. The motto of the event is the effort to reduce the stigma around mental illness and mental health conditions by performing a street play. Everyone's performance was astonishing. The street play communicates the process of getting well, knowing your strengths and weaknesses, and creating a satisfying life for yourself. Most people who are diagnosed with a mental illness recover with awareness drama from our club Naadakalaya. Students raised the placards showing the message on the mental health like " You have two choices either to control your mind or let the mind control you". It was well appreciated by the audiens.

VIMOKSHA



Happiness is your choice

A STREET PLAY ON MENTAL HEALTH AWARENESS

VENUE: Morning break- Saaral cafe
Lunch break - Royal kitchen

DATE: 29.09.2022

TIME : During break



[kpriet_sangamam](https://www.facebook.com/kpriet_sangamam)      [naadakalaya](https://www.youtube.com/naadakalaya)



KRPIET TOASTMASTERS CLUB

EVENT DETAILS:

Club Name: KRPIET TOASTMASTERS CLUB

Event Name : ENGLISH SPEAKING COMPETITION

Event Date :27/09/2022

No of days conducted : 1

Total No of participants : 25

Venue : Thanam Hall


Mode : Offline


EVENT DESCRIPTION:

The event was jointly organised by Toastmasters Club and Mental Health Club of KPRIET regarding the Mental Health Day. The event was conducted on 27th November at Thanam hall from 2PM to 4PM. There were about 25 participants in the event. The participants delivered a 3 minutes speech on Importance of Mental Health to create a Mental Awareness among students.

MENTAL HEALTH CLUB & TOASTMASTERS Present English Speaking Competition



 **Theme :** Importance of Mental Health

 **Venue :** Thanam Hall

 **Date :** 27.09.2022

 **Time :** 1.30 PM to 4.00 PM

E-CERTIFICATES WILL BE PROVIDED

REGISTRATION LINK

<https://forms.gle/RubWjhWJG8gFA7MBA>

Coordinators

Mr.Hitesh. N III AD- 9087410204

Mr.Surya Prakash. S II CHEM- 9790540788



kpriet_toastmaster_club

ignitrronkpriet.com

ignitrron_kpriet







Dance Club Event Report

Event No	DANCE001
Organizing Department	Dance Club
Associate Dept. NSC	Sangamam Clubs
Date	10.10.2022
Time	01:45 PM to 02:00 PM
Event Mode	Offline (With in the campus)
Event For	All KPRIET Staffs and Students
Event Type	Club Activity
Event Level	Club / Society Level
Venue	IN FRONT OF S&H DEPARTMENT
Faculty - Internal	50
Students - Internal	250

Event Summary

Dance gives refreshment to the soul and happiness to the heart and it makes one vibrant throughout their life. Dance is the poetic baring for the soul through motion. Our KPRIET dance club students performed Flashmob to create awareness on mental health amidst one crore people in and around the state. The event was inaugurated by our principal Dr. M. Akila and felicitated by Dr. Babu Rangarajan, clinical psychologist in front of Science and Humanities block. Then the students from various branches were participated effectively and exhibited their talent by wonderful performance. Mr. G. B. Dejesh Raaj from final CSE and Ms. K. Bharathi from final ECE coordinated the event along with Mental health club and Sangamam. The event was around 15 to 20 minutes. During the event more than 250 audiences enjoyed the Flashmob and mental health awareness is created among them.






Mental Health Awareness
FLASHMOB

Date: 13.10.2022
 Time: 3pm - 4pm
 Venue: SSR Block opposite

Faculty Coordinator:
 Prof. R. Suresh, M.Tech / MEd
 Student Coordinators:
 M. G. R. Basha Reddy, M.Tech
 M. K. Naveen, M.Tech







[apriiit.sangamam](https://www.facebook.com/apriiit.sangamam)
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[apriiit.sangamam](https://www.youtube.com/channel/UC...)



EDITORIAL WORKSHOP

Details

Event Mode : Online
Date : 16.04.2023
Type of the event : Workshop
Title Of the event : Goal Getting
Platform : Zoom Meeting
No of participant : 40

EVENT DESCRIPTION

The 'goal getting' event held on 16th of April 2023 directed and engaged the participants on the steps to achieve goals. Accomplishing the desired goals helps students to be motivated and focused and hence this online session was a great platform guided by Dr.Babu Rangarajan , which inculcated students with various strategies and ways to accomplish their motives



KPR Institute of
Engineering and
Technology

Learn Beyond

(Autonomous, NAAC "A")

Avinashi Road, Arasur, Coimbatore.

**Mental
Health
Club**



GOAL GETTING WORKSHOP

● GUEST SPEAKER ●



DR. BABU RANGARAJAN

CLINICAL PSYCHOLOGIST

M.Sc(psy), M.Phil(psy), M.Phil(cli psy), D.MD&PN.,
PGDPM(CPC), IDGC(NCERT, NEW DELHI), NFNLP(USA)

ON



16.04.2023



7:00 PM

ZOOM MEET

Meeting ID: 826 0667 1651

Passcode: KPRIET



PRESIDENT

SANJAYS

VICE PRESIDENTS

**AHAMED AFZAL M
HEMA VARSHINI B**

COORDINATORS

**MOHANA PRIYA M
SATHURNITHY S**



You are viewing Babu Rangarajan's screen

View Options

Goal Getting workshop

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AFZAL
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Mohana Priya M
Mohana Priya M

Zoom Meeting

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Participants Chat Share Screen Record Reactions Apps

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Babu Rangarajan

Zoom Meeting

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Participants Chat Share Screen Record Reactions Apps

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7:08 PM 4/16/2023

EDITORIAL WORKSHOP REPORT

DETAILS

Event mode : Offline

Date : 29.04.2023

Type of the event : Workshop

Title of the event : Editorial Workshop

Venue : II ECE A

No of Participants : 20

EVENT DESCRIPTION

Mental health and happiness club of KPRIET organized 'Editorial workshop ' on April 29th 2023. This event helped the members to upskill their creativity and knowledge in the field of poster design . This offline meet helped the students to collaborate their ideas and understandings towards editing and designing .



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MENTAL HEALTH CLUB OF KPRIET

Organizes

EDITORIAL WORKSHOP



Pilot Faculty

Rtr Aswin K Velusamy
Secretary Elect
Rotaract Club of Saibaba Colony
R.I District 3201

Date: 29.04.2023

Time: 01.30 AM - 04.00 PM



ECE Classroom



KPRIET supports the Sustainable Development Goals



kpriet.edu.in

[/KPRIETonline](https://www.facebook.com/KPRIETonline)



Dopamine Detox

Date: 07.05.2023

Time: 4:00 pm

Venue : Google meet

EVENT DESCRIPTION

The 'Dopamine detox' event emphasized the importance of balancing pleasure and everyday addiction. Dr. Roja Ramani counseled students in detaching themselves from the potentially addictive activities and replacing them with an less impulsive lifestyle choices. The session guided the students in leading a more balanced and focused life.



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Learn Beyond

(Autonomous, NAAC "A")

TNEA Counselling Code: 2764



MENTAL HEALTH CLUB OF KPRIET

PRESENTS

DOPAMINE DETOX



GUEST SPEAKER

DR. ROJA RAMANI
CLINICAL PSYCHOLOGIST
ASSOCIATE HEAD
CENTRE FOR HUMAN EXCELLENCE

ON WORLD LAUGHTER DAY
07.MAY.2023



4:00 PM



GOOGLE
MEET

MEETING LINK

[https://meet.google.com/
tpb-xzvk-eqa](https://meet.google.com/tpb-xzvk-eqa)



PRESIDENT
SANJAY S

VICE PRESIDENTS
AHAMED AFZAL M
HEMA VARSHINI B

EVENT COORDINATORS
HIREN V
VARSHINI S



Exam Mastery

Session Date : 2nd April,2023

Time : 5:00 PM

EVENT DESCRIPTION

The exam mastery session was held on Sunday ,2nd April . Exams play an undeniably major part in student's life , the 'Exam Mastery' event highlighted the routes for students to concentrate and nail in their exam performances. This online meet promoted efficient ways in managing exam pressures and it also motivated and encouraged students to excel in their academics.



KPR Institute of
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MENTAL HEALTH CLUB OF KPRIET
PRESENTS

EXAM MASTERY

SESSION

SUNDAY, 2 APRIL
5:00 PM

GOOGLE MEET



[HTTPS://MEET.GOOGLE.COM/MUK-FSEY-AFZ](https://meet.google.com/muk-fsey-afz)

E-CERTIFICATES WILL BE
PROVIDED FOR ALL THE
PARTICIPANTS

PRESIDENT
SANJAY S

EVENT CO-ORDINATOR
AHAMED AFZAL M

VICE PRESIDENT
HEMA VARSHINI B



DR. BABU RANGARAJAN
CLINICAL PSYCHOLOGIST

M.SC(PSY)., M.PHIL(PSY).,M.PHIL(CLI PSY).,D.MD&PN.,
PGDPM(CPC).,IDGC(NCERT,NEW DELHI).,NFNLP(USA)

MENTAL HEALTH AND WELLBEING

Date : 20-04-2023

Venue : Thanam Hall

Type of Event : Expert Talk

Title of the Event : MENTAL HEALTH AND WELLBEING

In Association : Department of ECE in association with Mental Health
with Club

Resource Person : Dr. Babu Rangarajan
Consultant Clinical Psychologist

Convener : Dr.J Indra
Professor & Head
Department of ECE
KPRIET- Coimbatore.

Event : Ahamed Afzal M,
coordinator Vice President
Mental Health Club

Event description:

The event aimed to increase mental health awareness and equip students with tools to manage stress and anxiety, ultimately improving their mental health and academic performance. Dr. Babu Rangarajan's sessions provided valuable knowledge and skills, while the event fostered a supportive community for students. In summary, it had a positive impact on students' mental well-being, offering resources for a healthier and more fulfilling life.

The poster is framed in green and contains the following information:

- Top Left:** KPR Institute of Engineering and Technology logo with the tagline "Learn Beyond" and "(Autonomous, NAAC 'A')". Address: Avinashi Road, Arasur, Coimbatore.
- Top Center:** Department of Electronics and Communication Engineering, Accredited by NBA.
- Top Right:** "Great Place To Work. Certified" badge for MAR 2022-MAR 2024, INDIA.
- Center:** "in association with **Mental Health Club** Organizes **Mental Health and Wellbeing**".
- Below Center:** "Resource Person" label above a photo of **Dr. Babu Rangarajan**, Consultant Clinical Psychologist.
- Bottom Left:** IETE logo.
- Bottom Center:** Date: 20.04.2023, Time: 02.30 PM, Venue: Thanam Hall.
- Bottom Right:** ISTE logo, G20 India 2023 logo, KPRIET logo, and a "4" logo.
- Footer:** Social media icons for Facebook, LinkedIn, Twitter, YouTube, and Instagram, along with the website kpriet.edu.in and "KPRIETOnline".

Mental Health Awareness by NSS

