



Learn Beyond

**KPR Institute of Engineering and Technology**

(Autonomous, NAAC "A")

Avinashi Road, Arasur, Coimbatore.

**Phone:** 0422-2635600**Web:** kpriet.ac.in**Social:** kpriet.ac.in/social**LAC001****NBA Accredited**  
(CSE, ECE, EEE,  
MECH, CIVIL)**A SESSION ON MENTAL HEALTH AND WELL BEING "TAKE A BREAK**

<b>Event No</b>	LAC001
<b>Organizing Department</b>	Library Advisory Committee
<b>Associate Dept.   NSC</b>	Library Advisory Committee
<b>Date</b>	29/11/2023
<b>Time</b>	03:20 PM to 04:10 PM
<b>Event Type</b>	Seminar
<b>Event Level</b>	NSC
<b>Venue</b>	1 year ECE
<b>Total Participants</b>	65
<b>Faculty - Internal</b>	2
<b>Students - Internal</b>	63

## Related SDG



## Resource Persons

Sl	Type	Name	Designation	Company	Email	Phone
1	Resource Person	Rtr Vinodh Kanna	District Trainer Designate	Rotaract club of Comito	rtrvinodhkannaa3201@gmail.com	xxxxxxxxxx
2	Resource Person	Rtr Gopika	District Trainer Designate	Rotaract Club of Sparks	uthradam2001@gmail.com	xxxxxxxxxx

## Involved Staffs

Sl	Name	Role
1	Seethalakshmi V	Convenor
2	Meena S	Co-convenor

## Outcome

Participants might set personal goals related to their mental health and well-being, whether it's establishing a self-care routine or seeking professional help if needed.

## Event Summary

The Library advisory committee of KPRIET is organizing a session on "Mental health and Wellbeing- Take a break for first year ECE students in their library hour from 3.30 to 4.15 at their classroom. The conveners for the event are Dr V Seethalakshmi, Head LAC and Dr S Meena, Member LAC. The advantage of the session are **Increased Awareness:** Participants may gain a better understanding of mental health, recognizing the importance of emotional well-being and the impact it has on overall health. **Reduced Stigma:** Discussions around mental health help reduce the stigma associated with mental health issues. This can encourage individuals to seek help without fear of judgment. **Coping Strategies:** The session may cover various coping strategies and techniques to manage stress, anxiety, and other mental health challenges. This could include mindfulness exercises, relaxation techniques, or cognitive-behavioral strategies. **Communication Skills:** Improved communication skills can result from discussions about mental health. This includes being able to express one's emotions and actively listen to others. **Community Building:** Sessions focused on mental health often create a sense of community and support among participants. This can be crucial for individuals feeling isolated or struggling with mental health issues. **Goal Setting:** Participants might set personal goals related to their mental health and well-being, whether it's establishing a self-care routine or seeking professional help if needed. **Educational Impact:** Participants may leave the session with a greater knowledge of mental health disorders, their symptoms, and the importance of early intervention.



**KPR Institute of Engineering and Technology**  
LIBRARY ADVISORY COMMITTEE

**A session on Mentalhealth and Wellbeing**

**"TAKE A BREAK"**

  
**Rtr Vinodh Kanna**  
District Trainer Designate  
Coimbatore Comito

  
**Rtr Gopika**  
District Trainer Designate  
Coimbatore Sparks

**Student Coordinator:**  
Rtr Aswin S. Final ECE,  
Rtr Cokul Shankar, III ECE

**Staff Coordinator:**  
Dr. Seethalakshmi V. HEAD-LAC  
Dr Meena S. Assistant Professor MEMBER-LAC

Date: 29.11.2023 Time: 03.00PM - 04.00 PM Venue : 1st ECE A

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