

Report: Youth and Mental Health Awareness Program at Yashwant Rao Chavan
Center.

Event: Youth and Mental Health Awareness Program at Yashwant Rao Chavan Center.

Date: 13th January ,2025.

Objectives: To educate and empower young individuals by promoting mental well-being, reducing stigma.

Highlight: The NSS Unit of our college has participants in The Youth and Mental Health Awareness Program at Yashwantrao Chavan Center aims to educate and empower young individuals by promoting mental well-being, reducing stigma, and providing access to essential mental health resources. Through interactive workshops, expert-led discussions, and counseling sessions, the program fosters a supportive environment where youth can openly discuss mental health challenges and seek guidance. It also emphasizes early intervention, stress management, and coping strategies to help young people navigate academic, social, and personal pressures. Is a dedicated initiative focused on addressing the mental health challenges faced by young individuals. The program emphasizes the importance of mental well-being through awareness campaigns, expert-led panel discussions, interactive workshops, and counseling sessions. It provides a safe and supportive space where youth can openly discuss issues like anxiety, depression, peer pressure, academic stress, and emotional well-being without fear of judgment. A key highlight of the program is its holistic approach, integrating psychological education with practical strategies such as mindfulness, stress management techniques, and resilience-building activities.

Total Number of Volunteers- 02.

Bunts Sangha's
S. M. Shetty College of Science, Commerce & Management Studies, Powai (Autonomous)
NAAC Re-Accredited With A+ Grade, 2nd Cycle
IMC RBNQ Certificate of Merit 2019
ISO 21001:2018 Certified

Photos:



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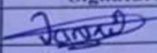
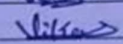
Participants list:

Bunts Sangha's S M Shetty College of Science Commerce & Management Studies (Autonomous) Powai
NSS Unit
Attendance of NSS Volunteers

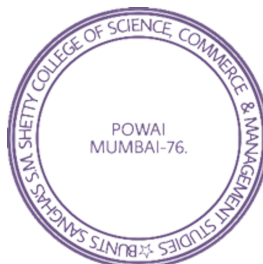
Name Of the Project Activity Session on Youth At & Mental Health Date 13/01/25
under mindful meditation (02)

Venue Shailendra education society Time: From 9:00 to 12:00
(Dantea)

Male:- 02 Female:- 00 Total: 02

| Sr.no. | Name of Volunteer | Class | Div | Enrollment no | Signature |
|--------|-------------------|-------|-----|---------------|---|
| 1 | Ankit Vishwakarma | BYT | B | |  |
| 2 | Vikas pagapati | SBA1 | | |  |
| 3 | | | | | |
| 4 | | | | | |
| 5 | | | | | |
| 6 | | | | | |


NSS Programme Officer




Principal