

## **Session on 'Importance of Mental Health'**

**Date: 13<sup>th</sup> October 2023**

**Time : 12.00 noon onwards**

**Venue: Classrooms of XI Arts, Science and Commerce**

**Resource Person- Counsellors from Aditya Birla Education Trust.**

**Beneficiaries- Approx. 200 students**

**Objectives-** 1. To make students understand the mental health issues and its importance in their life.

2. To reduce stigma about mental health issues and Counselling.

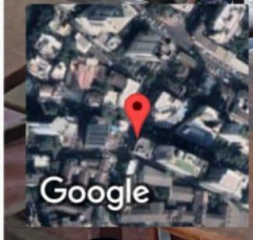
3. To reach out to Junior College students to understand their mental health concerns.

### **Report:**

A session on 'Importance of Mental Health' was organized by the Counselling Center of the college in collaboration with the Aditya Birla Education Trust. Three Counsellors from Aditya Birla Education Trust visited the college to conduct sessions on 'Importance of Mental Health' for all classes of FYJC. They explained what is mental health and why it is important to take care of it. Different ways of maintaining a positive mental health were also discussed in the class. Total nine such awareness sessions were conducted by three counsellors in different classes and approximately 200 plus students got benefitted by the sessions.

Ms. Rina Patel

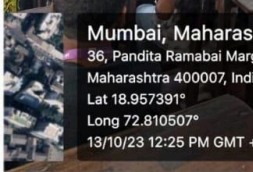
Coordinator Counselling Centre & HOD Psychology



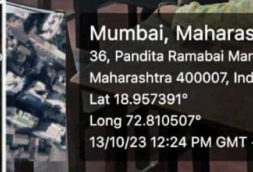
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Maharashtra 400007, India  
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# *Session on Importance of Mental Health*

## *By Counselor from Aditya Birla Education Trust*



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36, Pandita Ramabai Marg, near Bharatiya Vidya Bhavan, Dadi Sheth Wadi, Girgaon,  
Maharashtra 400007, India  
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Long 72.810507°  
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Maharashtra 400007, India  
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