

KLE SOCIETY'S
S. NIJALINGAPPA COLLEGE
DEPARTMENT OF COMPUTER SCIENCE
Bachelor of Computer Applications

REPORT
IISHT - Mental Health Awareness Campaign

EVENT DETAILS

Date: 29-09-2022

Event: Mental Health Awareness Campaign

Duration: 9:30 AM to 11 AM

Beneficiaries: I Semester BCA Students

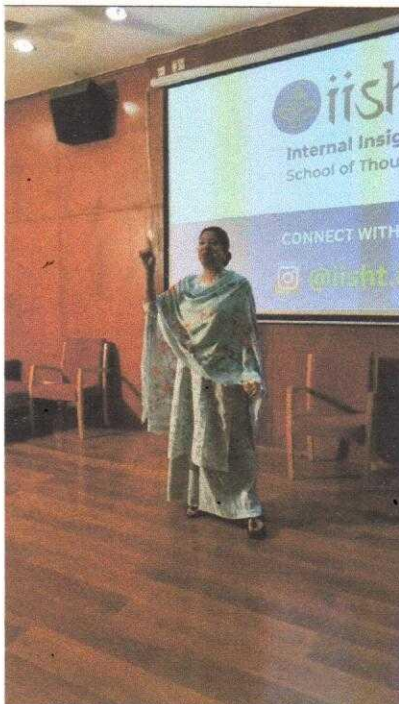
Guest: Ms. Shubha Didi

Venue: Sharada Sabhangana

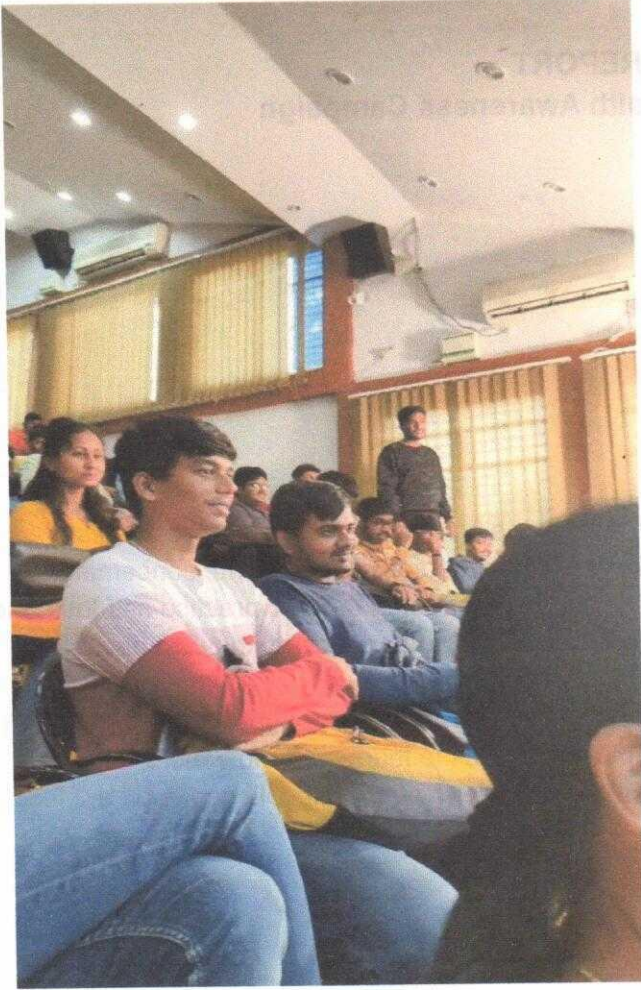
A mental health awareness event was organized for the first semester BCA students. Ms. Shubha Didi of IISHT (Internal Insight's School of Thoughts) spoke to students concerning the stressors facing them and how to overcome them. She instructed them to practice self-love and positivity to maintain stress levels. Didi also pointed out the importance of knowing oneself to excel in work and studies.

The session was interesting as well as helpful to students who had a range of questions to ask Ms. Didi. The Q&A session proved the students' eagerness to learn and know more about mental health. Thus, the first semester students were able to start their college life on a comforting note.

Photographs



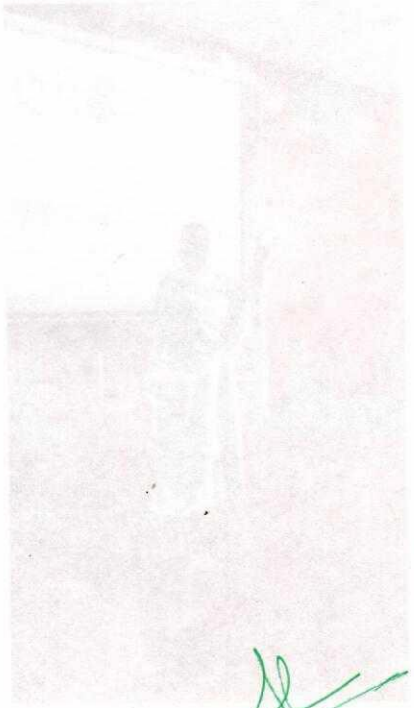
KLE SOCIETY'S
 S. NIJALINGAPPA COLLEGE
 DEPARTMENT OF COMPUTER SCIENCE
 Dept. of Computer Applications



EVENT DETAILS

Date: 19-09-2023
 Time: 10:00 AM
 Location: S. Nijalingappa College
 Hosted by: Department of Computer Applications
 Guest: Mr. Shrikant
 Venue: S. Nijalingappa College

A special health awareness event was organized by the Department of Computer Applications at S. Nijalingappa College. The event was titled 'iisht - Internal Insight's School of Thought'. The aim of the event was to educate students about the importance of maintaining good health and the impact of stress on the body. The event was held in a lecture hall and was attended by a large number of students. The speaker, Mr. Shrikant, discussed the various ways in which stress can affect our health and the importance of taking steps to manage it. He also provided some practical tips on how to reduce stress and improve overall well-being. The event was a great success and was well-received by the students.



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