

# UNNAT BHARAT ABHIYAN

GOVT. K.N.M. ARTS AND SCIENCE COLLEGE  
KANJIRAMKULAM

## UNNATH BHARATH ABHIYAN

Govt. KNM Arts and science college

Kanjiramkulam

Organizing

**Volunteer Training for Mental Health Awareness**

in Association with

Mental Health Action Trust (MHAT)

Kozhikode, Kerala

Date: 26/07/2022

Time: 10:30 am to 12:30 pm

Venue: Seminar Hall , Library Block

Govt. KNM Arts and science college

Kanjiramkulam

Organizing convenor

Dr. Chitra S Nair

(UBA co-ordinator)

Chief patron,

Dr. Krishna Kumar R

Principal

Team UBA @ GKNM

Sri Rexin Jacob R, Sri Vivek V S, Sri Renjith, Dr. Jyothi S Nair

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### Resource Persons



Dr. Jasmine M J

MSW, MPhil, Ph.D

Consultant Psychiatric Social Worker

MHAT, Kerala



Sri. Ismail T P

Senior Mental Health Worker

MHAT, Kerala



A hand-drawn outline of a human brain is sketched in black ink on a piece of brown, textured paper. The paper has a large, irregular tear on the left side, revealing a white background underneath. The words "Mental Health" are printed in a bold, black, sans-serif font within this white area. The overall composition suggests a connection between physical brain structure and mental well-being.

**Mental Health**

## **REPORT OF UBA VOLUNTEER TRAINING FOR MENTAL HEALTH AWARENESS**

Date: 26-07-2022

Time: 10.30 am

Venue: Auditorium, Library Block

Unnat Bharat Abhigyan, Govt. K.N.M. College, Kanjiramkulam organised a one day Volunteer Training Programme for Mental Health Awareness in association with Mental Health Action Trust (MHAT), Kozhikode, on 26.07.2022. The programme was presided by Dr. Krishna Kumar, Principal of the college, Dr. Chitra S Nair (UBA Co-ordinator), Dr. Jasmine, consultant and psychiatric social worker, Ismail T. P., senior mental health worker, UBA team faculty and the volunteers. The program began with a welcome address by Dr. Aruna U. G., Assistant Professor in Sociology and NSS Programme Officer. It was followed by a presentation by Dr. Chitra S Nair who gave a detailed description of the programmes conducted by the UBA and its objectives and strategies in connection with mental health awareness training. The Principal, Dr. Krishna Kumar, delivered the presidential address. It was followed by an interactive session by Dr. Jasmine and Mr. Ismail with the UBA volunteers and other college students. The resource persons handled the session with aplomb, making a vivid and informative presentation on mental health practices in their daily life. At the end of the session the resource persons invited feedback about the programme from the volunteers who participated. The programme ended with the Vote of Thanks delivered by Mr Renjith R. S., Assistant Professor in Commerce and UBA member.










## ATTENDANCE

 **KNM** Government Arts & Science College  
Kanjirankulam Thiruvananthapuram  
(Re-accredited by NAAC with B+ Grade)

**UBA - Volunteer Training for Mental Health Awareness**  
Date: 6/7/2022 In Association With Time: 11. to 1pm  
**MENTAL HEALTH ACTION TRUST (MHAT)**

List of participants

SL NO.	NAME	CLASS	SIGNATURE
1	Nandana Raksh	Sa Sociology (NSS)	
2	Praveethy S. Nair	" "	
3	Vignesh N.S	" "	
4	Thanzeela Yasin	Sa Sociology	
5	Shyama Varghese	" "	
6	Arun S.L	" (NSS)	
7	Nandhu	Sa Sociology	
8	Sutya	Sa Sociology (NSS)	
9	Malavika AK	" "	
10	Gopika	" "	
11	Goudson Raju	Sa Physics	
12	Lakshmi	" "	
13	Shreya M.C	" "	
14	Sheena S	" (NSS)	
15	Ajith Raj S.A	MA Sa Sociology	
16	Saravanan	" "	
17	Shithina HS	" "	
18	Abhiram	Sa Sociology NSS	
19	Arun	" "	
20	Madhup	Sa Maths NSS	
21	Adarsh S.B	" "	
22	Elin	Sa Maths	
23	Vijith	" NSS	
24	Abhishek S	Sa Maths	
25	Agil	" "	
26	Indrajith	" "	
27	Subi K.S	MA Sa Sociology	
28	Anjana V.S	" "	
29	Aparna A.P	" "	
30	Ivithika	Sa Sociology	
31	Geetha Priya	" "	
32	Stephy	" "	
33	Ancy	" "	
34	Ranjana	" "	
35	Ashika	" "	
36	Sikha S. Prasad	Sa Sociology (NSS)	
37	Kripika S.G	Sa Sociology	
38	Nandana S.B	Sa Maths	

SL NO.	NAME	CLASS	SIGNATURE
38	Renuka P.R	Sa Maths	
39	Simran S	Sa Maths	
40	Aswathy Krishnan B	Sa Maths	
41	Aparna S	MA Sociology Sa	
42	Aleena S. Mahan	MA Sociology Sa	
43	Ashika	" "	
44	Ashika	" "	
45	Akshaya T	" "	
46	Vignesh S.B	B.A Sa Sociology	

**Mental Health**

1. Depression
2. Anxiety
3. Sleeplessness
4. Insomnia
5. Loneliness
6. Sadness
7. Overthinking
8. Over Caring
9. മനോരോഗം, മാനസികവ്യത്യാസം
10. -ഒന്നാം ശ്രീൽ ദ്രോഹം നോക്കിയെ
11. -ഒന്നാലിപ്പം കൂടാതെ മറ്റും
12. Psycho
13. മനോ രോഗ രോഗം
14. മനോരോഗ ഗുരുതര രോഗം

Related to health

**Dr. Krishna Kumar**  
(Principal-in-charge)

