UNNAT BHARAT ABHIYAN

GOVT. K.N.M. ARTS AND SCIENCE COLLEGE **KANJIRAMKLULAM**

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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)

Team UBA @ GKNM Sri Rexin Jacob R, Sri Vivek V S, Sri Renjith, Dr. Jyothi S Nair

Chief patron, Dr. Krishna Kumar R Principal

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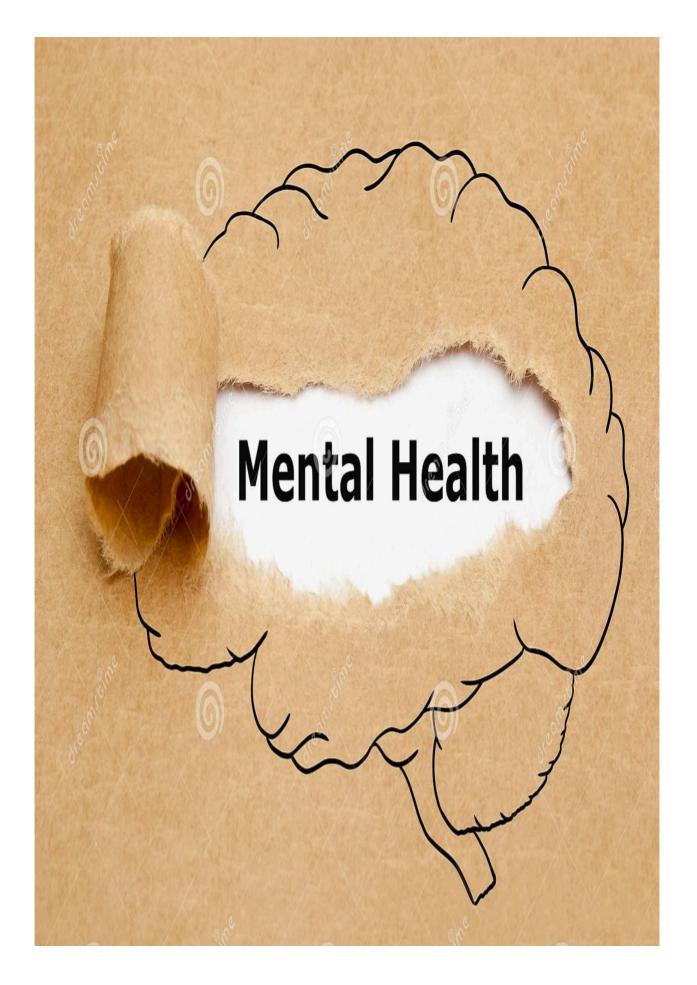
Resource Persons



Dr. Jasmine M J MSW, MPhil, Ph.D **Consultant Psychiatric Social Worker** MHAT Korala



Sri. Ismail T P Senior Mental Health Worker MHAT, Kerala



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 vivive 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

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Dr Chithra S. Nair

(UBA Co-ordinator)

Dr. Krishna Kumar

(Principal-in-charge)