

## **Health Education Programme Report Adolescent Mental Health**

Date: 31.10.2025

Time: 03:00PM – 4:30 PM

Venue: SJMIT, Auditorium

Audience: SJMIT Faculties

Faculty: Dr Anatha kalyan, MBBS, MD PSYCHIATRY, BMCH

### **Introduction:**

The mental health education session for SJMIT Faculties was conducted with the aim of raising awareness about mental health, promoting a positive and supportive environment, and providing students with essential tools to manage their mental well-being.

### **Objectives:**

The primary objectives of the mental health education session were as follows

- Increase awareness about mental health and its importance.
- Destigmatize mental health issues and encourage open conversations.

Definition of mental health. Importance of mental well-being in overall health. Common misconceptions and stereotypes. Mental Health Disorders: Overview of common mental health disorders (e.g., anxiety, depression). Dispelling myths and providing accurate information. Stress Management Techniques: Breathing exercises and mindfulness. Time management tips. Healthy lifestyle choices (nutrition, exercise, sleep). Identifying Signs and Seeking Help: Signs of mental health issues in oneself and others. Encouraging students to reach out to trusted adults. Interactive Discussions and Q&A: Facilitated open discussions on mental health. Addressing Staffs questions and concerns. Promoting a Supportive Environment: Encouraging empathy and kindness. Peer support initiatives.