REPORT OF DEPARTMENTAL ACTIVITY

Title of the Activity: Mental Health and Counselling Awareness Program

Organizing Department: Department of Military Science, YCIS, Satara

Day and Date: Thursday ,29th Jan,2026 **Venue:** S-0-3(Digital Classroom)

Audience: Students, faculty members, non-teaching staff.

Objectives of the Program

- To create awareness about mental health and emotional well-being
- To reduce stigma related to mental health issues
- To educate participants on stress management and coping strategies
- To highlight the importance of counselling and professional help

Resource Person(s)

- Name(s): Mr. Rushikesh Jadhav
- Designation : Asst.Prof. Dept. of Human Psychology, YCIS, Satara

Description of the Activity

The Department of Military Science organized a Mental Health and Counselling Awareness Program to emphasize the importance of psychological well-being in academic and personal life. The session covered common mental health challenges such as stress, anxiety, depression, and burnout, especially among students.

The resource person delivered an interactive talk explaining early warning signs of mental health issues, healthy coping mechanisms, and when to seek professional help. Practical techniques such as mindfulness, relaxation exercises, and time management strategies were also discussed. The session concluded with an open interaction, where participants shared their concerns and received guidance.

Number of Participants

Approximately 20 participants attended the program.

Outcomes of the Program

- Participants gained better understanding of mental health and emotional well-being
- Increased awareness about counselling services and professional support
- Reduced stigma and improved openness toward discussing mental health concerns
- Enhanced ability to manage stress and maintain work-life balance

Feedback

The program received positive feedback from participants, who found the session informative, engaging, and highly relevant to their daily lives. Many expressed interests in attending similar programs in the future.

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