Name of the Activity: **WALKATHON**

Title of the event: **Awareness on Non-Communicable disease**

(PCOS, Mental health and Emotional wellbeing, Healthy Eating Habits)

Day & Date: Friday ,27th April 2023

Time: 8am

Venue: Malleswaram Area

No. of Participants: 130 students and 8 Faculties

Summary of the activity:

Maharani Ammanni Health Improvement and Management Activities (MAHIMA) a Forum in Maharani Lakshmi Ammanni College for Women Autonomous (mLAC) in association with AROGYA CITY Bengaluru, organised a walkathon on 27th of April 2023, at 8:00 AM, with the aim of sensitizing the public about polycystic ovarian syndrome (PCOS), Mental health & emotional wellbeing and healthy eating habits.

From Mental health and emotional wellbeing team 130 students and 8 faculties participated in the walkathon, started from the premises of mLAC and proceeded towards Malleswaram area. Students participated enthusiastically in spreading awareness, importance and promoting the Mental health and Emotional wellbeing by distinctive slogans, placards, and banners. The walkathon was successful, and the group was able to spread the awareness within the allocated and permitted terrain.

Thank You
With Regards
Latha Bhaskar
(MAHIMA Member-mental health and emotional wellbeing team)

Attachments:

1.Invitation

2.Police permission letter:

ರವರಿಗೆ, ದಿನಾಂಕ: 25/4/23

ಮಾನ್ಯ ಚುನಾವಣಾಧಿಕಾರಿಗಳು
ಮಲ್ಲೇಶ್ವರಂ ವಿಧಾನ ಸಭಾ ಕ್ಷೇತ್ರ-157.

ಮಾನ್ಯರೇ,

ಅನುಮತಿ ಕೇಳುವವರ ಹೆಸರು ಮತ್ತು ವಿಳಾಸ	ಡಾ|| ಅನ್ನದಾನೇಶ. ಬಿ. ಎ.
ಆಧಾರ್ ಸಂಖ್ಯೆ:	3076 2250 2760
ಮೊಬೈಲ್ ನಂಬರ್	7676645930
ನಡೆಸುವ ಉದ್ದೇಶ	ಆರೋಗ್ಯದ ಅವಶ್ಯಕತೆ
ದಿನಾಂಕ ಮತ್ತು ಸಮಯ	27-04-2023 08:00 AM - 10:30 AM
ಕಾರ್ಯಕ್ರಮ ನಡೆಯುವ ಸ್ಥಳ	ಅಮ್ಮಣ್ಣಿ ಕಾಲೇಜಿನಿಂದ ಮಲ್ಲೇಶ್ವರಂ ಆನೆ ಅಡ್ಡ ರಸ್ತೆ
ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಭಾಗವಹಿಸಲು ಅನುಮತಿ ನೀಡಿರುವ ಜನರ ಸಂಖ್ಯೆ	300 ವಿದ್ಯಾರ್ಥಿನಿಯರು

ಷರಾ: ಮಾನ್ಯ ಚುನಾವಣಾ ಆಯೋಗವು ಹೊರಡಿಸಿರುವ ಮಾದರಿ ನೀತಿ ಸಂಹಿತೆಯು ಉಲ್ಲಂಘನೆಯಾಗದಂತೆ ನಿಯಮಾನುಸಾರ ಕ್ರಮ ವಹಿಸುತ್ತೇನೆ ಎಂದು ಈ ಮೂಲಕ ದೃಢೀಕರಿಸುತ್ತೇನೆ.

ವಂದನೆಗಳೊಂದಿಗೆ,

ತಮ್ಮ ವಿಶ್ವಾಸಿ,

ASSISTANT COMMISSIONER OF POLICE
210
Date: 25/4/23
BENGALURU
5:30pm
SHESHADRIPURAM, SUB-DIVISION

3.Route Map:

4.Geo tagged photos:

MAHARANI LAKSHMI AMMANNI
PRE-UNIVERSITY COLLEGE FOR WOMEN
www.mlacpu.org
GPS Map Camera
Bengaluru, Karnataka, India
2H69+HFW, Margosa Rd, Malleshwaram, Bengaluru, Karnataka
560012, India
Lat 13.011479°
Long 77.568642°
27/04/23 08:20 AM GMT +05:30
Google

LEGE FOR WOMEN
ಶೀಲಂ ಪರಮ ಭೂಷಣಂ
SHEELAM PARAMA BHUSHANAM
mLAC
WALKATH
For Awareness
Mental health
well-being
WALKATHON
EATING HABITS
GPS Map Camera
Bengaluru, Karnataka, India
2H69+HFW, Margosa Rd, Malleshwaram, Bengaluru, Karnataka
560012, India
Lat 13.011441°
Long 77.569055°
27/04/23 09:10 AM GMT +05:30
Google

Shape your mind to shape your future
mLAC
MAHIMA
Arogya City
MAHARANI LAKSHMI AMMANI COLLEGE FOR WOMEN AUTONOMOUS
WALKATHON
For Awareness towards
Mental health and Emotional well-being
#ChallengeAccepted
27-APRIL-2023
#Jointhemovement!
GPS Map Camera
Bengaluru, Karnataka, India
2H69+HFW, Margosa Rd, Malleshwaram, Bengaluru, Karnataka 560012, India
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Long 77.569056°
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Google

GPS Map Camera
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HQ19, 18th Cross Rd, Malleshwaram, Bengaluru, Karnataka 560055, India
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Long 77.567684°
27/04/23 09:24 AM GMT +05:30
Google

ATTESTED

Principal
Maharani Lakshmi Ammanni College
for Women, Autonomous
Science Post, Bangalore - 560 012.

Name of the Activity: COUNSELLING CELL in association with **AROGYA CITY AND HELPING HAND**

Title of the event: **MANAGING FAILURE to PG Students**

Day & Date: **24/04/2024**

Time**:** **10.30 am to 5 pm**

Mode: **OFFLINE**

Venue: **PG Classroom**

Resource Persons**:** **ADAA HAFEEZ from MPower, ABET**

No. of Participants: **94**

Brief summary of the activity:

Talk on "Managing Failure" was arranged to PG students on 24th of April '24. Ms. Adda Hafeez from MPower facilitated the session to students. During the session the resource person clearly discussed about the event or circumstances which have occurred to them through the case studies. She Empathised and understood the emotions and the feeling one will go through. She also discussed about the technique one can use to overcome either the failure or success. She made it very clear to students that "Failure is the stepping stone to success", we learn from failure and failure teaches us the strength to face the world. So, failure is not at all to be ashamed off.

The participants sustained their enthusiasm until the end of the workshops. Students discussed and interacted openly with the facilitator.

Attached documents:

i. Invitation
ii. Attendance
iii. Participants Feedback
iv. Geotagged Photographs

'IQAC INITIATIVE '

COUNSELLING CELL ORGANIZES

IN ASSOCIATION WITH MAHIMA and
HELPING HAND

" TALK ON MANAGING FAILURE "

WITH

Ms.Adaa Hafeez

WEDNESDAY, 24 TH APRIL 2024

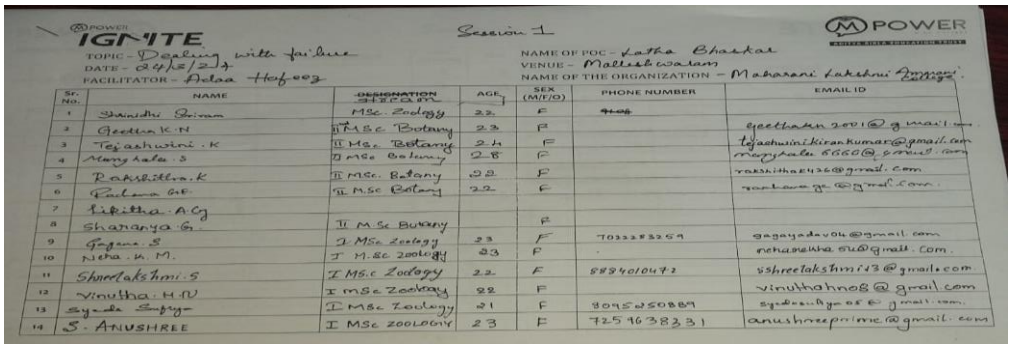
FOR PG STUDENTS

ALL ARE CORDIALLY INVITED

TIMINGS AND VENUE

SL.NO	STREAM	TIMINGS	VENUE	
01	ZOOLOGY,BOTONY and DATA SCIENCE	10.30 TO 11.30	GJSH	
02	BIOTECH 1ST YEAR	12.30 TO 1.30	PGT1	
03	BIO TECH 2ND YEAR	1.30 TO 2.30	PGT1	
04	BIOCHEMISTRY and CHEMISTRY	3.30 TO 5	PGT3	

SESSION 1 ATTENDANCE

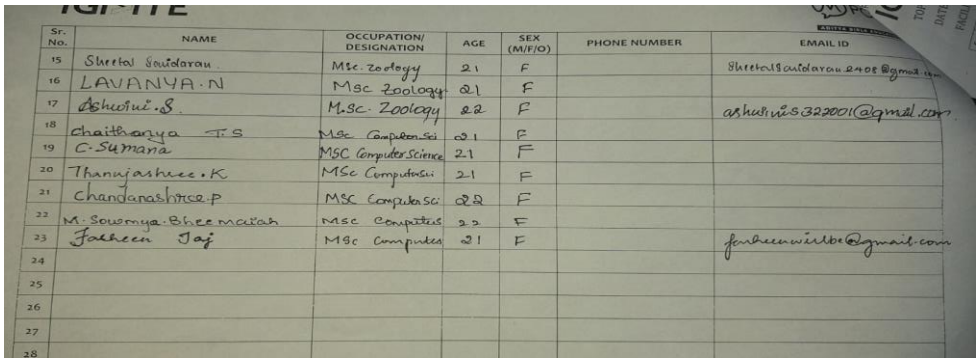


IGNITE — Session 1 — POWER

TOPIC – Dealing with failure
DATE – 24/2/24
FACILITATOR – Adaa Hafeez

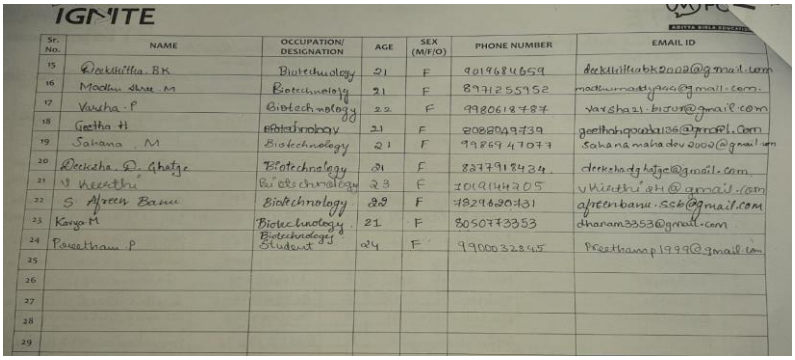
NAME OF POC – Latha Bhaskar
VENUE – Malleshwaram
NAME OF THE ORGANIZATION – Maharani Lakshmi Ammani College

Sr. No.	NAME	DESIGNATION STREAM	AGE	SEX (M/F/O)	PHONE NUMBER	EMAIL ID
1	Shinidhi Srinam	MSc. Zoology	22	F		
2	Geethan K.N	II MSc. Botany	23	F		geethan2001@gmail.com
3	Tejashwini.K	II MSc. Botany	24	F		tejashwinikirankumar@gmail.com
4	Manyhala.S	II MSc Botany	28	F		manyhala5660@gmail.com
5	Rakshitha.K	II MSc. Botany	22	F		rakshitha2436@gmail.com
6	Pallavi G.E	II MSc Botany	22	F		pallavige@gmail.com
7	Likitha.A.C					
8	Shananya G	II M.Sc Botany		F		
9	Gagana.S	I MSc. Zoology	23	F	7033283259	gagayadav04@gmail.com
10	Neha.H.M.	I M.Sc Zoology	23	F		nehasalitha.su@gmail.com
11	Shreelakshmi.S	I MSc. Zoology	22	F	8884010472	sshreelakshmi13@gmail.com
12	Vinutha.H.N	I MSc Zoology	22	F		vinuthahno8@gmail.com
13	Syeda Sufiya	I MSc Zoology	21	F	8095250889	syedasufiya05@gmail.com
14	S. ANUSHREE	I MSc ZOOLOGY	23	F	7259638331	anushreeprime@gmail.com



Sr. No.	NAME	OCCUPATION/ DESIGNATION	AGE	SEX (M/F/O)	PHONE NUMBER	EMAIL ID
15	Shreta Savidarau	Msc. Zoology	21	F		Shretal8savidarau.2408@gmail.com
16	LAVANYA.N	Msc Zoology	21	F		
17	Ashwini.S.	M.Sc. Zoology	22	F		ashwinis322001@gmail.com
18	Chaithanya T.S	MSc Computer Sci	21	F		
19	C.Sumana	MSC Computer Science	21	F		
20	Thanujashree.K	MSc Computer Sci	21	F		
21	Chandanashree.P	MSC Computer Sc	22	F		
22	M.Sowmya.Bheemaiah	MSc Computer S	22	F		
23	Faheen Taj	MSc Computer	21	F		faheenwilbe@gmail.com
24						
25						
26						
27						
28						

SESSION 2 ATTENDANCE



IGNITE

Sr. No.	NAME	OCCUPATION/ DESIGNATION	AGE	SEX (M/F/O)	PHONE NUMBER	EMAIL ID
15	Deekshitha.BK	Biotechnology	21	F	9019684659	deekshithabk2002@gmail.com
16	Madhu shree M	Biotechnology	21	F	8971255752	madhumadhyaraj@gmail.com
17	Varsha.P	Biotechnology	22	F	9980618787	varshazi.bijur@gmail.com
18	Geetha H	Biotechnology	21	F	8088049739	geethahgowda136@gmail.com
19	Sahana M	Biotechnology	21	F	9986947077	sahanamahadev2002@gmail.com
20	Deeksha D. Ghotge	Biotechnology	21	F	8377918434	deekshadghotge@gmail.com
21	V Keerthi	Biotechnology	23	F	7019144205	vkeerthi284@gmail.com
22	S Afreen Banu	Biotechnology	22	F	7829620731	afreenbanu.556@gmail.com
23	Kavya M	Biotechnology	21	F	8050773353	dharam3353@gmail.com
24	Preetham P	Biotechnology Student	24	F	9900032845	Preethampp1999@gmail.com
25						
26						
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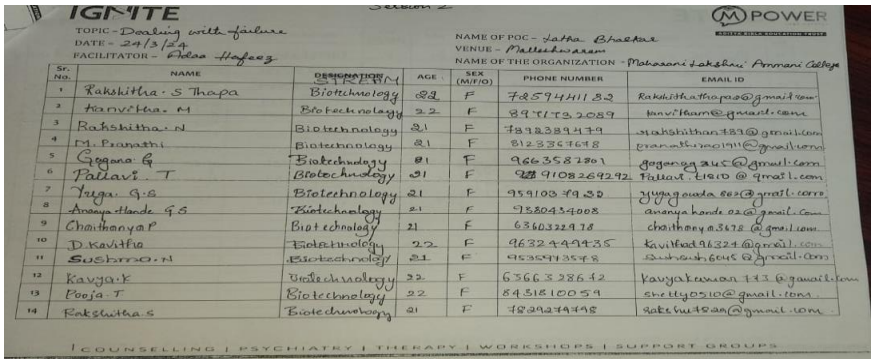
29						



IGNITE — POWER

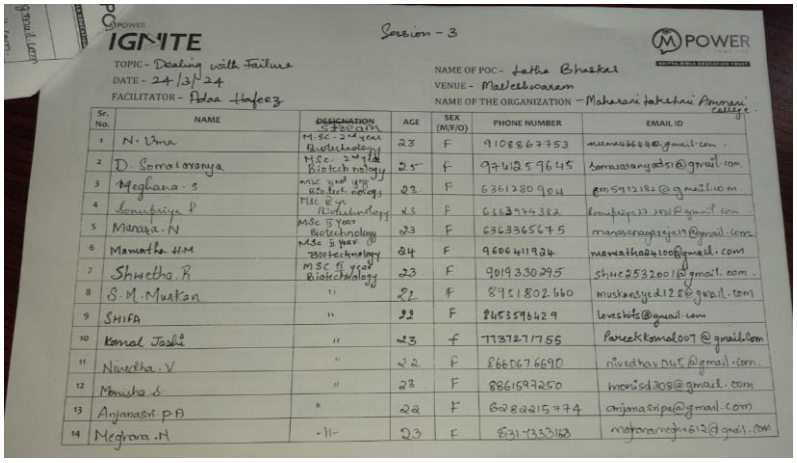
TOPIC – Dealing with failure
DATE – 24/3/24
FACILITATOR – Adaa Hafeez

NAME OF POC – Latha Bhaskar
VENUE – Malleshwaram
NAME OF THE ORGANIZATION – Maharani Lakshmi Ammani College

Sr. No.	NAME	DESIGNATION STREAM	AGE	SEX (M/F/O)	PHONE NUMBER	EMAIL ID
1	Rakshitha.S Thapa	Biotechnology	22	F	7259441183	Rakshithathapa@gmail.com
2	Hanvitha.M	Biotechnology	22	F	8971783089	hanvitham@gmail.com
3	Rakshitha.N	Biotechnology	21	F	7892389479	rakshithan783@gmail.com
4	M.Pranathi	Biotechnology	21	F	8123357698	pranathi2001@gmail.com
5	Gagana G	Biotechnology	21	F	9663582301	gaganagauda@gmail.com
6	Pallavi T	Biotechnology	21	F	9108269292	Pallavi.t1910@gmail.com
7	Yuga.G.S	Biotechnology	21	F	9591037932	yugagowda802@gmail.com
8	Ananya Hande G.S	Biotechnology	21	F	9380434008	ananyahande02@gmail.com
9	Chaithanya P	Biotechnology	21	F	6360322978	chaithanya3678@gmail.com
10	D.Kavitha	Biotechnology	22	F	9632449435	kavitha91324@gmail.com
11	Sushma.N	Biotechnology	21	F	9535443548	sushanth6045@gmail.com
12	Kavya.K	Biotechnology	22	F	6366328642	kavyakumar123@gmail.com
13	Pooja.T	Biotechnology	22	F	8431810059	shetty0510@gmail.com
14	Rakshitha.S	Biotechnology	21	F	7829279798	rakshitha8an@gmail.com

| COUNSELLING | PSYCHIATRY | THERAPY | WORKSHOPS | SUPPORT GROUPS

SESSION 3 ATTENDANCE



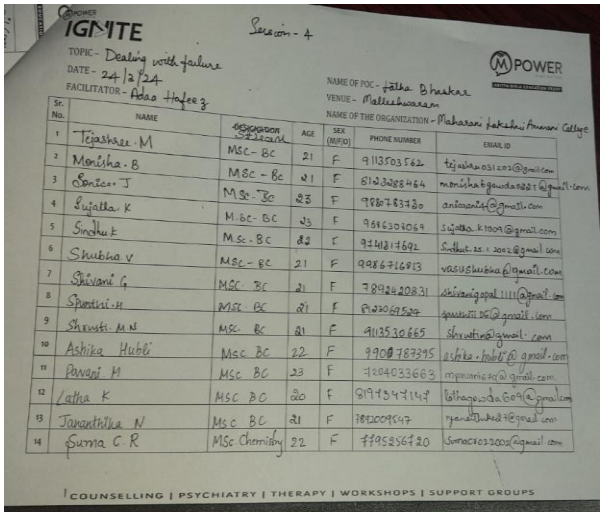
IGNITE — Session - 3

TOPIC - Dealing with Failure
DATE - 24/3/24
FACILITATOR - Adao Hafeez

NAME OF POC - Latha Bhaskar
VENUE - Malleshwaram
NAME OF THE ORGANIZATION - Maharani Lakshmi Ammani College

Sr. No.	NAME	DESIGNATION	AGE	SEX (M/F/O)	PHONE NUMBER	EMAIL ID
1	N. Uma	M.Sc - 2 year Biotechnology	23	F	9108867753	[illegible]
2	D. Somaravanya	M.Sc - 2 yrs Biotechnology	25	F	9741259645	somaravanyad51@gmail.com
3	Meghana. S	MSc II year Biotechnology	23	F	6361280904	[illegible]
4	Sowmpriya P	TLC & M. Biotechnology	23	F	6363974382	[illegible]
5	Manaya. N	MSc II Year Biotechnology	23	F	6363365675	[illegible]
6	Manatha H.M	MSc II year Biotechnology	24	F	9606411924	[illegible]
7	Shwetha R	MSc II year Biotechnology	23	F	9019330895	[illegible]
8	S.M. Muskan	"	21	F	8951802660	[illegible]
9	SHIFA	"	22	F	8453596429	[illegible]
10	Komal Joshi	"	23	F	7737271755	[illegible]
11	Niveetha. V	"	22	F	8660676690	[illegible]
12	Monisha S	"	23	F	8861597250	[illegible]
13	Anjanasri P.A	"	22	F	6282215774	[illegible]
14	Meghana. H	-11-	23	F	8317333160	[illegible]

SESSION 4 ATTENDANCE



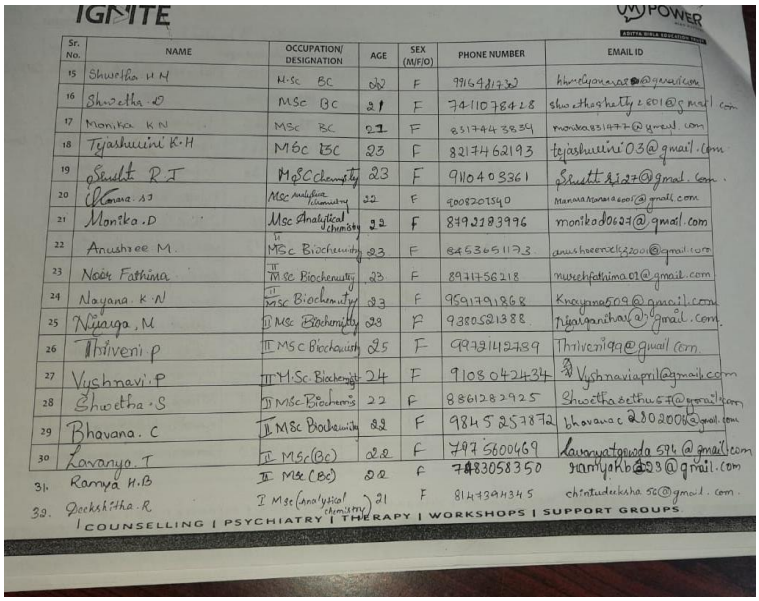
IGNITE — Session - 4

TOPIC - Dealing with failure
DATE - 24/2/24
FACILITATOR - Adao Hafeez

NAME OF POC - Latha Bhaskar
VENUE - Malleshwaram
NAME OF THE ORGANIZATION - Maharani Lakshmi Ammani College

Sr. No.	NAME	DESIGNATION	AGE	SEX (M/F/O)	PHONE NUMBER	EMAIL ID
1	Tejashree. M	MSc - BC	21	F	9113503562	[illegible]
2	Monisha. B	MSc - BC	21	F	8123088464	[illegible]
3	Sonia. J	MSc - BC	23	F	9886783730	[illegible]
4	Sujatha. K	M.Sc - BC	23	F	9686304069	[illegible]
5	Sindhu K	M.Sc - BC	23	F	9741217692	[illegible]
6	Shubha V	MSc - BC	21	F	9986716913	[illegible]
7	Shivani G	MSC BC	21	F	7892420831	[illegible]
8	Sowmini H	MSC BC	21	F	8123069527	[illegible]
9	Shruti M.N	MSC BC	21	F	9113530665	[illegible]
10	Ashika Hubli	MSC BC	22	F	9900787395	[illegible]
11	Pavani M	MSC BC	23	F	7204033683	[illegible]
12	Latha K	MSC BC	20	F	9197347147	[illegible]
13	Jayanthika N	MSC BC	21	F	7892009547	[illegible]
14	Suma C.R	MSc Chemistry	22	F	7795256720	[illegible]

COUNSELLING | PSYCHIATRY | THERAPY | WORKSHOPS | SUPPORT GROUPS



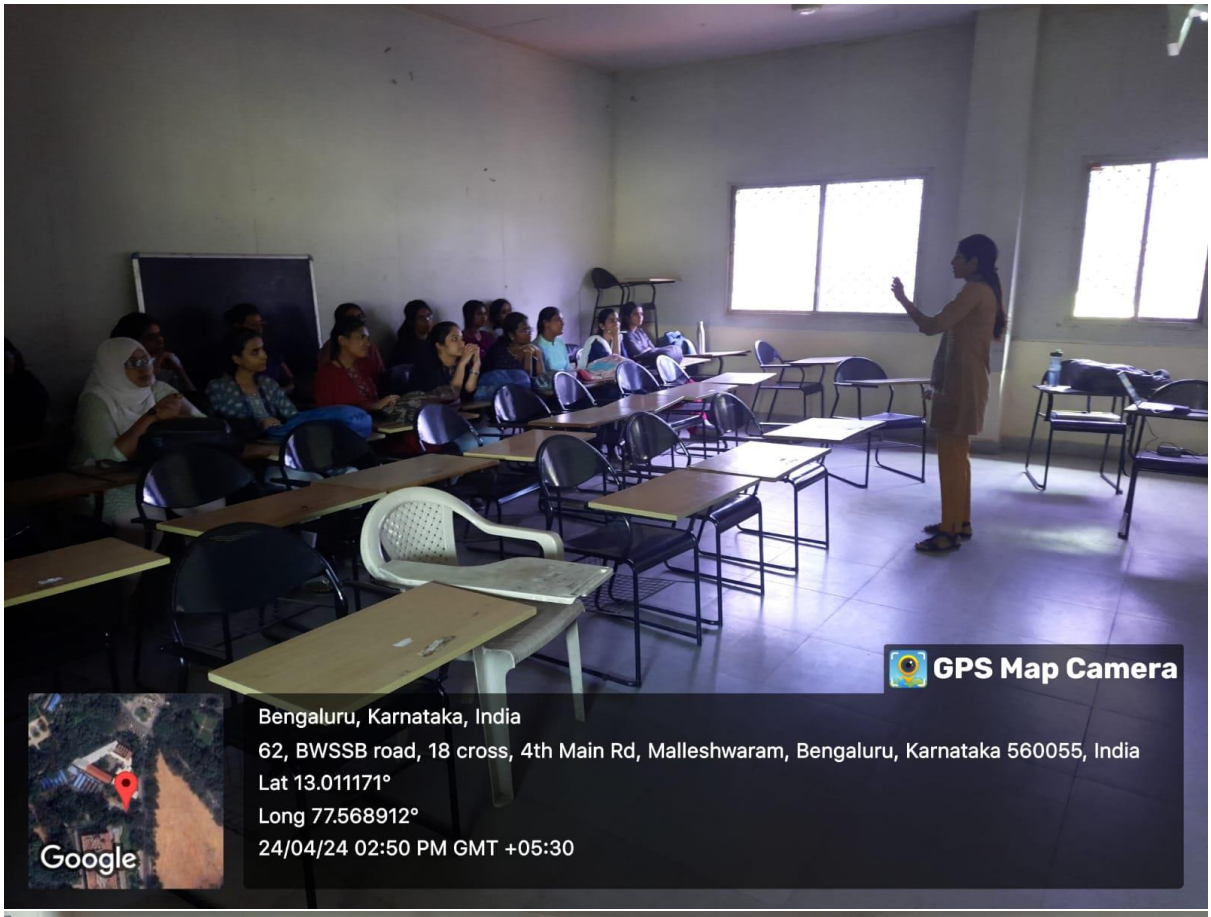
IGNITE

Sr. No.	NAME	OCCUPATION/ DESIGNATION	AGE	SEX (M/F/O)	PHONE NUMBER	EMAIL ID
15	Shwetha H M	M.Sc BC	22	F	9916417320	[illegible]
16	Shwetha. D	MSc BC	21	F	7411078428	[illegible]
17	Monika K.N	MSc BC	21	F	8517443834	[illegible]
18	Tejashwini K.H	MSc BC	23	F	8217462193	[illegible]
19	Shruti R.J	MSC Chemistry	23	F	9110403361	[illegible]
20	Manasa. S.J	MSc Analytical Chemistry	22	F	9008201540	[illegible]
21	Monika. D	MSc Analytical Chemistry	22	F	8792283996	[illegible]
22	Anushree M	MSc Biochemistry	23	F	8453651173	[illegible]
23	Noor Fathima	MSc Biochemistry	23	F	8971756218	[illegible]
24	Nayana K.N	MSc Biochemistry	23	F	9591791868	[illegible]
25	Nyaya, M	MSc Biochemistry	23	F	9380521388	[illegible]
26	Thriveni. P	MSc Biochemistry	25	F	9972142789	[illegible]
27	Vyshnavi. P	M.Sc Biochemistry	24	F	9108042434	[illegible]
28	Shwetha. S	MSc Biochemistry	22	F	8861282925	[illegible]
29	Bhavana. C	MSc Biochemistry	22	F	9845257872	[illegible]
30	Lavanya. T	MSc (BC)	22	F	7975600469	[illegible]
31.	Ramya H.B	MSc (BC)	22	F	7483058350	[illegible]
32.	Deekshitha. R	MSc (Analytical Chemistry)	21	F	8147394345	[illegible]

COUNSELLING | PSYCHIATRY | THERAPY | WORKSHOPS | SUPPORT GROUPS

Feedback Criteria Scores Out of 5

Feedback criteria	scores
The information/strategies provided are applicable in daily life	4.1
This workshop helps “de-stigmatize” mental health	4.1
I am motivated and willing to implement the learnings of the session in my daily life	4.1


GPS Map Camera
Google
Bengaluru, Karnataka, India
62, BWSSB road, 18 cross, 4th Main Rd, Malleshwaram, Bengaluru, Karnataka 560055, India
Lat 13.011171°
Long 77.568912°
24/04/24 02:50 PM GMT +05:30

GPS Map Camera
Google
Bengaluru, Karnataka, India
2H69+4HP Pwssb Building, 18th Cross Rd, near Ammanni College, Malleshwaram, Bengaluru, Karnataka 560055, India
Lat 13.010498°
Long 77.568761°
24/04/24 03:37 PM GMT +05:30

FAREWELL
GPS Map Camera
Google
Bengaluru, Karnataka, India
2H69+4HP Pwssb Building, 18th Cross Rd, near Ammanni College, Malleshwaram, Bengaluru, Karnataka 560055, India
Lat 13.010498°
Long 77.568761°
24/04/24 03:37 PM GMT +05:30

GPS Map Camera
Google
Bengaluru, Karnataka, India
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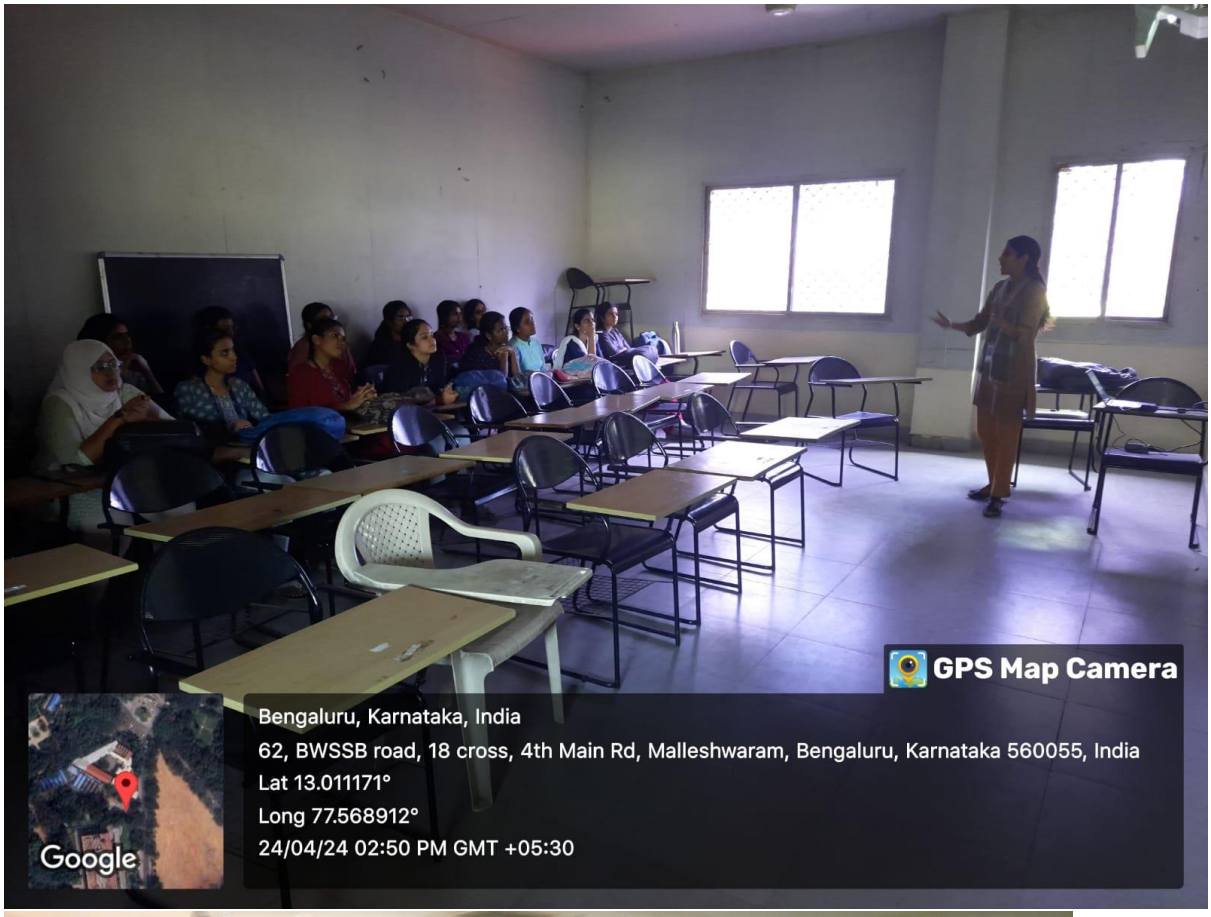
GPS Map Camera
Bengaluru, Karnataka, India
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Long 77.568912°
24/04/24 02:50 PM GMT +05:30
Google

GPS Map Camera
Bengaluru, Karnataka, India
62, BWSSB road, 18 cross, 4th Main Rd, Malleshwaram, Bengaluru, Karnataka 560055, India
Lat 13.01106°
Long 77.568914°
24/04/24 01:34 PM GMT +05:30
Google

GPS Map Camera
Google
Bengaluru, Karnataka, India
62, BWSSB road, 18 cross, 4th Main Rd, Malleshwaram, Bengaluru, Karnataka 560055, India
Lat 13.01106°
Long 77.568914°
24/04/24 01:33 PM GMT +05:30

GPS Map Camera
Google
Bengaluru, Karnataka, India
2H69+HFW, Margosa Rd, Malleshwaram, Bengaluru, Karnataka 560012, India
Lat 13.01127°
Long 77.568891°
24/04/24 01:24 PM GMT +05:30

GPS Map Camera
Google
Bengaluru, Karnataka, India
2H69+HFW, Margosa Rd, Malleshwaram, Bengaluru, Karnataka 560012, India
Lat 13.01127°
Long 77.568891°
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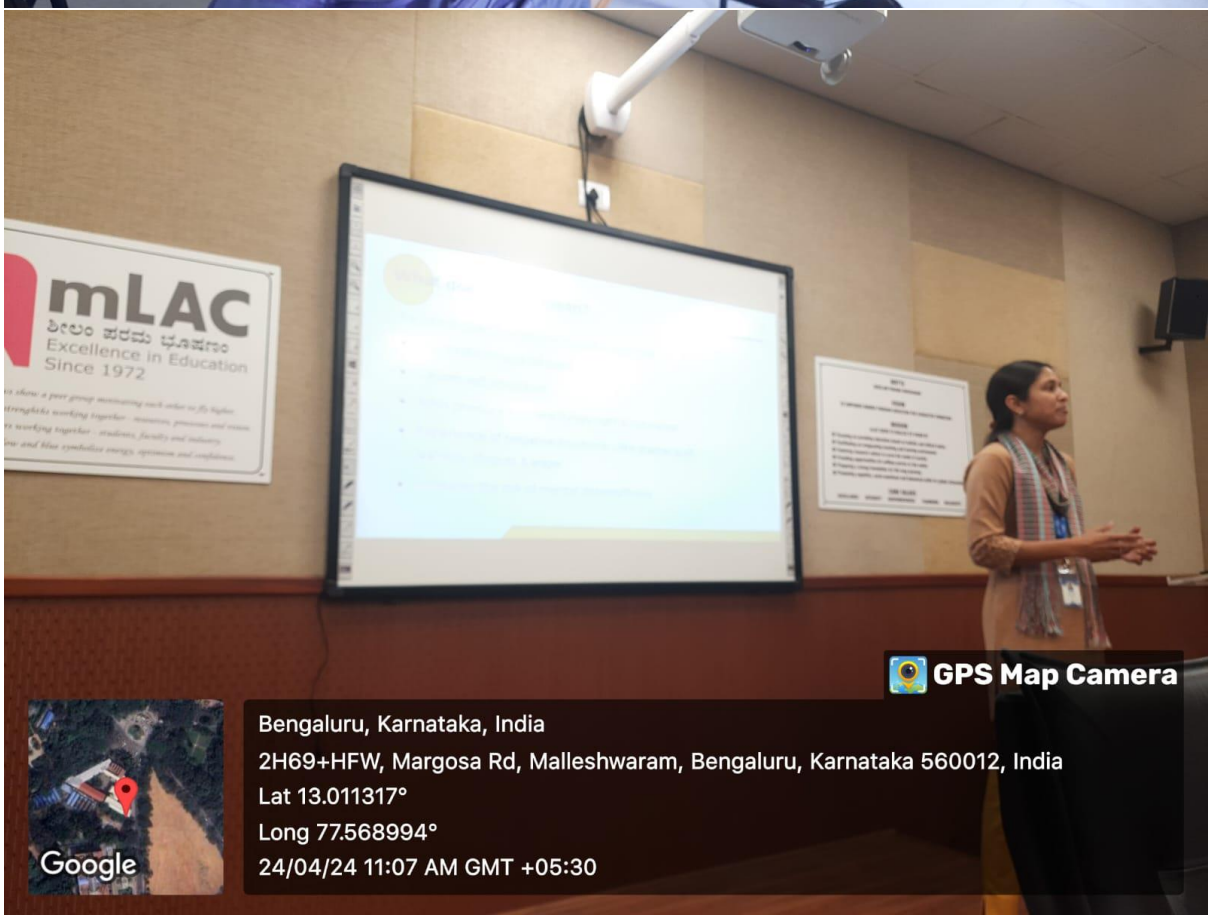
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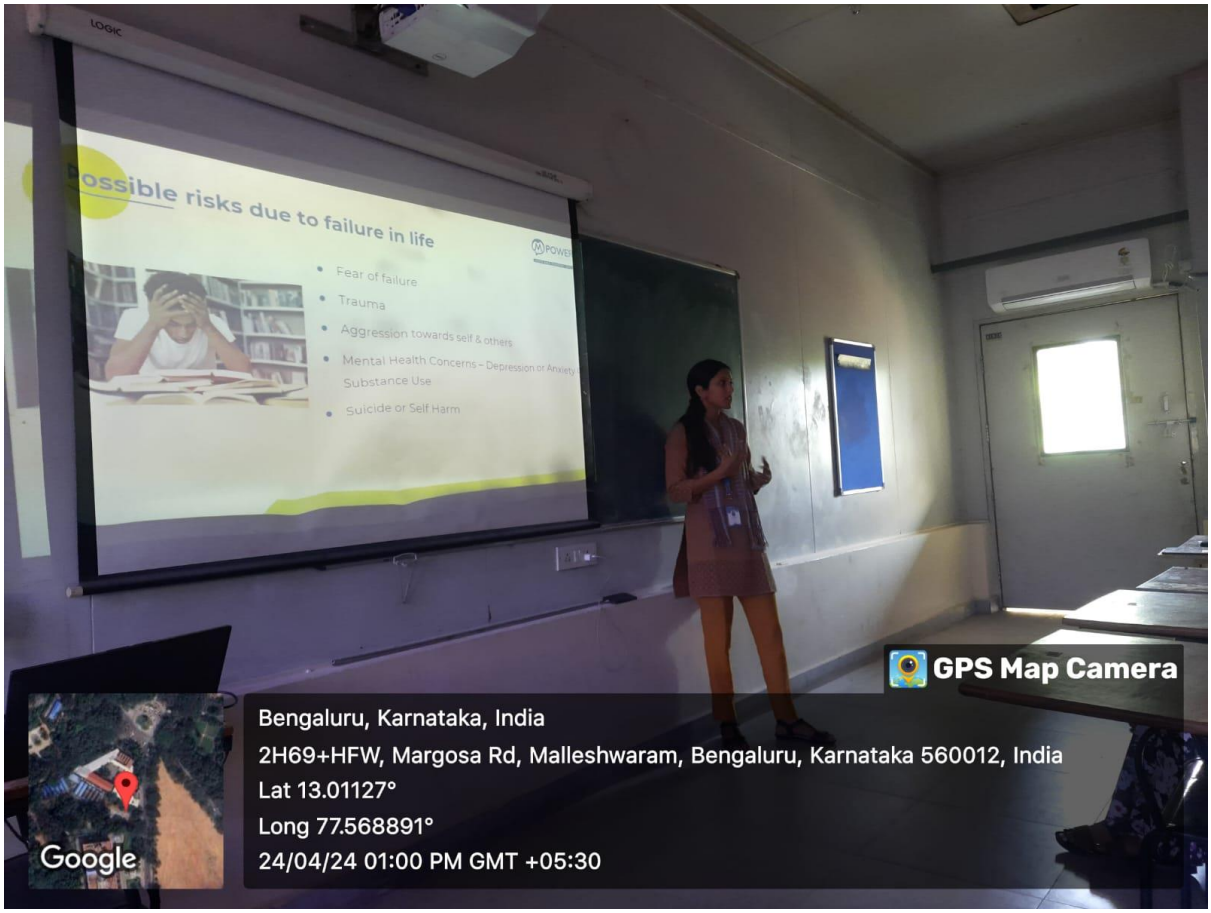
Possible risks due to failure in life
Fear of failure
Trauma
Aggression towards self & others
Mental Health Concerns – Depression or Anxiety
Substance Use
Suicide or Self Harm
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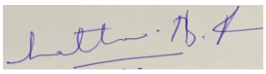
Thank you.

With regards



Latha Bhaskar

Counsellor, mLAC

Name of the Activity: MAHARANI AMMANNI HEALTH IMPROVEMENT AND MANAGEMENT ACTIVITIES-- AROGYA CITY FORUM

Title of the event: RAISE AWARENESS FOR WOMEN'S HEART HEALTH

Day & Date: Tuesday,12th March 2024.

Time: 10 to 11/Zumba 11.30 to 12.30 / talk on women's heart health

Mode: Offline

Venue: Zumba- college quadrangle, Talk on women's heart health- KNV Sastri Auditorium

Resource Persons:

For Zumba- Ms. Neha Chitrode and MS. Divyashree

For Talk on women heart health- Dr. Meghana Pasi

No. of Participants/ Beneficiaries: 500 no's (students, faculties and staff)

Summary of the activity: MAHIMA in association with MyThali team organised an awareness programme on women's heart health on 12th of March 2024.Zumba session was organised to give a glimpse of how it works and how one can take this as regular activity to maintain their fitness. Zumba mainly focuses on cardiovascular activity, and which is an exercise for the entire body. The Zumba instructors did a commendable job by teaching the Zumba steps, keeping the crowd occupied with beats and music.

Later it followed by an awareness talk on women's heart health, Dr. Meghana who was the resource person from "MyThali@ Arogya world". She gave the importance of having a balanced meal daily i.e. proteins, carbohydrates, minerals, nutrients, and macronutrients. She also gave awareness on good and bad Cholesterol and how it affects the women heart health. Dr. Meghana gave the health tips on how one can replace the junk food with other healthy good options.

MyThali team also arranges a selfie booth to raise awareness on women's heart health. To support the cause colour code RED was encouraged that day.

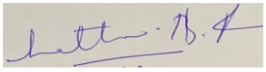
Attachments:

i. Invitation

ii. Feedback analysis

iii. Photos:

Thank you.
With Regards



Mrs. Latha Bhaskar

(MAHIMA TEAM)

MAHIMA- AROGYA CITY

Mental health and Emotional well-being team

Activity:

Awareness programme to 1st year students on Mental health and Emotional well-being

Mode: Offline

Date: 22 September to 6th October,2023

Venue: Classroom

Resource person:

- Ms. Latha Bhaskar (Counselling cell)
- Dr. Shravana kumara (chemistry dept)
- Dr. Bhuvaneshwari (Commerce dept)
- Dr. Saborni Roy (Zoology dept)
- Ms. Hema S (zoology dept)
- MS. Amrutha (Psychology dept)

No of Beneficiaries: 523 students (only first year)

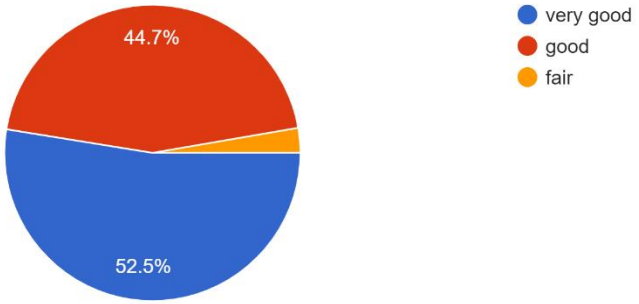
Summery:

Awareness programme on "Mental health and emotional being" was delivered to the first-year students of all the stream. The purpose of the awareness programme is to make the students aware of the support system available in the college regarding any issues with mental health. During the session challenges faced by the college students been addressed and empathised. The involvement of the students is commendable, and they were able to connect to themselves. The contact details of the MAHIMA team are shared with the students. It is also assured to students that confidentiality will be maintained.

Feed Back analysis

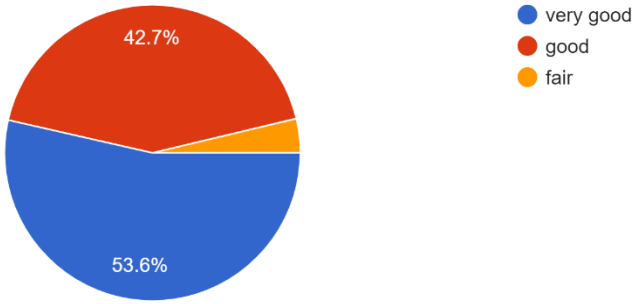
How effectively the resourse person took the session

295 responses



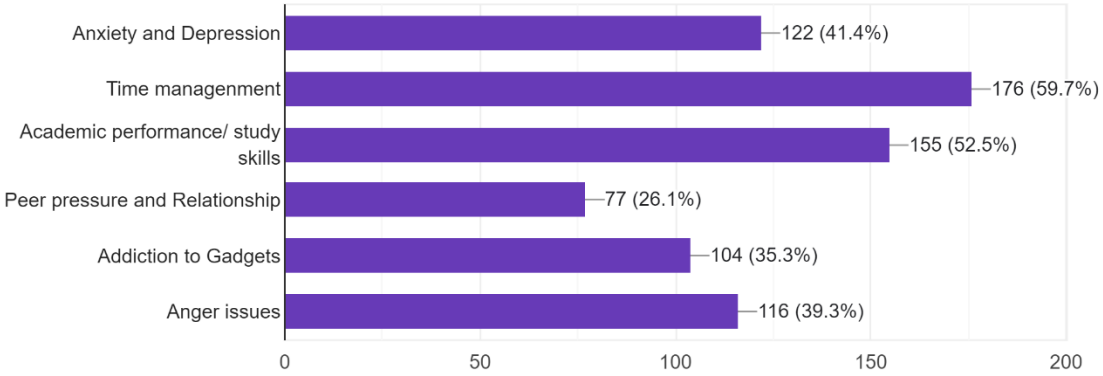
How was the Communication and the professionalism of the Resource person ?

295 responses



According to you what challenge can college students face

295 responses



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MAHIMA /AROGYA CITY/ MENTAL HEALTH AND EMOTIONAL WELL BEING TEAM

Thank you.

With Regards
Latha Bhaskar
(Counsellor, mLAC)