

## **REPORT: Talk on ‘Understanding Mental Health’**

The Department of Psychology of Vimala College (Autonomous), Thrissur organised a talk on the topic ‘Understanding mental health’ on 20th July 2023 at 8.30am. The resource person of the day was Ms. Malavika K.S, Apprentice. Jeevani Centre for well Being, Higher Education Department, Kerala. The session started with a welcome speech by Hanna George.

The seminar included various significant information regarding mental health enhancement, mental well-being and different Mental Disorders affecting our lives negatively. It was a very useful session as it gave the students a clear understanding of Mental Health. The faculty co-ordinators of the seminar were Dr. Sinto P Anto (Head of the Department), Sanjana N. R, Dr. Athira Sreekumar and Aparna Suresh. The student co-ordinators were Sruthi Suresh & Ardra Jose. The session concluded with a vote of thanks by Nihala Sainudheen. The seminar was informative and beneficial for students.