



TECNIA INSTITUTE OF ADVANCED STUDIES
GRADE "A" INSTITUTE

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Gender Champion Club



Report on Discussion on Women Mental Health

Title of Activity*	Seminar on Mental Health
Values	Activity focused on mental health and well being with a particular emphasis on women's mental health
Learning Outcomes	Participants have learned about: 1. Participants will gain knowledge about various mental health disorders, such as anxiety, depression, and stress-related conditions. 2. Learners will be introduced to coping strategies and techniques to manage stress and maintain mental well-being.
Organized by (Dept./ Centre/ Cells/Clubs/ Committees Name) *	Gender Champion Club
Program Theme*	Mental Health and well Being
External Expert / Internal Expert	Ms. Shradha Jain
Date*	10 th , May, 2024
Time*	10:00 AM Onwards
Venue	BBA, Classroom, TIAS
Poster/Flyer/Notice	

Social media link (promoting in any one Facebook/Instagram/Twitter is mandatory)	https://www.facebook.com/share/p/DGpYQD2uaTq9b73N/?mibextid=oFDknk
No. of Students* (only no. to be written, list in excel or word should be maintained at department level as proof for any further requirement)	11
No. of Faculty* (only no. to be written, list in excel or word should be maintained at department level as proof for any further requirement)	01
No. of External Participants (students + faculty) [write NA if not applicable]	NA
(Geotag) Photograph*	



Participant is presenting challenges faced by women due to anxiety and stress



Students discussing on women mental health

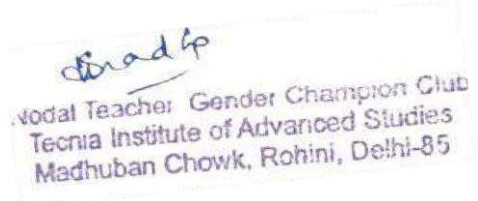
The seminar on women's mental health in college was convened to shed light on the unique challenges faced by female students in the realm of mental well-being. Recognizing the importance of addressing these issues, the seminar aimed to initiate discussions, share insights, and propose strategies to support the mental health needs of women in college settings.

The seminar commenced with an overview of the prevailing mental health concerns among female college students. Topics such as stress, anxiety, depression, body image issues, and the impact of societal expectations were explored to provide a comprehensive understanding of the challenges faced by women. Recognizing the intersectionality of gender with other identities such as race, sexuality, and socio-economic status, discussions delved into how these factors compound the mental health experiences of women. Empowering women with practical self-care techniques and coping mechanisms was another focal point of the seminar.

Participants examined the barriers preventing women from seeking help, including stigma, financial constraints, and lack of culturally competent care. Strategies to improve access to counseling, therapy, and support groups were deliberated upon.

Discussions revolved around the implementation of peer support programs, mentorship initiatives, and campus-wide awareness campaigns to promote mental health literacy and destigmatize seeking help.

Resource Person Profile	NA
Attendance Sheet*	<i>Attached at the end of Report</i>

Feedback	NA
Report Submitted by Convener (<i>write faculty coordinator name</i>)	Ms. Shradha Jain
For Office Use	NA
Signature of Event Coordinator	

<u>List of beneficiaries</u>		
Activity on Discussion on Women's Health and Reproductive Rights		
S.No.	Enrollment Number	Name
1	70321301723	Divanshu Patel
2	35317001723	Nakshatra Bhatia
3	7017001723	Simran Chawla
4	1421301722	Anubhav Kataria
5	80117001722	Bharat Gupta
6	70117001722	Vanshika Singhal
7	12117001722	Parth Garg
8	13717001722	Harshit Jan
9	13617001722	Ayush Jindal
10	36017001722	Anandita Sharma
11	6917001722	Ayushi Tyagi