

MMK AND SDM MAHILA MAHA VIDYALAYA, MYSORE**Name of the committee- National Service Scheme Unit****Activity Report 2023-24**

1. **Program Title** – A Guest Lecture on “Mental Health and Lifestyle”
2. **Date** – 15/02/2024
3. **Time** – 3pm
4. **Organized by**– NSS Unit, MMK & SDM MMV, Mysore
5. **Resource person** – Smt. Brunda R, Assistant Professor and HoD, Department of English
6. **Venue** – Udhburu Village, Jaypura Hobli, Mysore
7. **Total no. of participants/ Beneficiaries** – 48
8. **Objective** –
 - Enhance Awareness About Mental Health
 - Understand the Impact of Lifestyle on Mental Health
 - Promote Mental Health Resilience
9. **Program Details** – Special Guest Lecture Program which was presided over by Smt. Padma B S, Librarian and Special Lecture was given by Ms. Brunda R, Assistant Professor and HoD, Department of English on the topic “Mental Health and Lifestyle”. She talked about the various lifestyle changes seen in the present generation compared to the previous generation and emphasized on the importance of going back to one’s roots and to follow a healthy lifestyle away from the modern chaos in order for better mental health.
10. **Outcome** – Increased Awareness and Knowledge of Mental Health among students. Reduced Stigma Around Mental Health and By discussing mental health openly and sharing scientific insights, the lecture will help reduce the stigma around mental health issues, encouraging attendees to seek help when needed and to talk about mental health without shame.

**PRINCIPAL****MMK & SDM Mahila Mahavidyalaya
Krishnamurthypuram, Mysore-570 004**

11. Geo-tag photo-



Student giving feedback for the session on MentalHealthandLifestyle

Bharathi N

PRINCIPAL

**MMK & SDM Mahila Mahavidyalaya
Krishnamurthypuram, Mysore-570 004**

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UNIVERSITY OF MYSORE
NATIONAL SERVICE SCHEME
SPECIAL CAMPING PROGRAMME PARTICIPANTS LIST
COLLEGE ADDRESS: MMK AND SDM MAHILA MAHAVIDYALAYA, MYSORE
CAMP PLACE: UDBUR MYSORE TALUK
DATE: 12-02-2024 TO 18-02-2024

SL. NO	NAME OF THE VOLUNTEER	CLASS	TRANSPORTATION CHARGES	SIGNATURE
1	V .ANANYA	I BSC	42=00	Ananya.V
2	AHALYA URS .B	I B.COM	42=00	Ahalya Urs B.
3	LATHA.M	II BBA	42=00	Latha.M
4	KEERTHANA.S.R.	I B.COM	42=00	Keerthana
5	BHOOMIKA,B.M	II B.COM	42=00	Bhoomika
6	KAVYA.B.M	II B.COM	42=00	Kavya.B.M
7	CHANDANA.S.	I BCA	42=00	Chandana
8	SONAKSHI.S	I BSC	42=00	Sonakshi.S
9	KUSHI.I.SAVADTTI.	I BSC	42=00	Kushi.I.Savadtti
10	VIDYASHREE	I BCA	42=00	Vidyaashree
11	SANGEETHA.D	I BCA	42=00	Sangeetha
12	E.RUCHITHA	I BSC	42=00	Ruchitha
13	NISARA	I BCA	42=00	Nisarga
14	POORNMA.C.M.	I BCA	42=00	Poornima C.M
15	CHANDANA.H.	I BSC	42=00	Chandana
16	KANISHKA.G.	I BCA	42=00	Kanishka
17	AISHA. M.P.	I BCA	42=00	Aisha M.P
18	SOWJANYA.N	I BCA	42=00	Sowjanya.N
19	PREETHI	II BBA	42=00	Preethi
20	JAYALAKSHMI.S	II BBA	42=00	Jayala
21	AISHWARYA.P.	II BCA	42=00	Aish
22	PRAFULA.V.S	I B.COM	42=00	
23	MONISHA.L.R	I B.COM	42=00	Monisha L.R
24	KEERTHANA	I BSC	42=00	Keerthana
25	SPANDANA.D.M	I BSC	42=00	Spandana D.M
26	SHAMBHAVI.N.	II BCA	42=00	Shambhavi.N
27	ANANYA.K.S	I BBA	42=00	Ananya.K.S
28	MARIA ANISHA.A	I BCA BSc	42=00	Maria Anisha.A
29	ANJU.H.C	I B.COM	42=00	Anju
30	RAKSHITHA.B.K.	I BCA	42=00	Rakshitha
31	ADVIYA SABA	I BCA	42=00	Adhira
32	PRATHIKSHA	II BBA	42=00	Prathiksha.P
33	PARVATHI.M	II BBA	42=00	Parvathi.M

Sharathi N

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 Krishnamurthyparam, Mysuru-570004

34	AMULYA	I BBA	42=00	<i>Amulya</i>
35	MEGHANA.U.	I BSC	42=00	<i>Meghanau</i>
36	POOJA.H.R.	II BCA	42=00	<i>Pooja HR</i>
37	AISHWARYA.K.	II BCA	42=00	<i>Aishwarya K</i>
38	AISHWARYA.N	II BCA	42=00	<i>Aishwarya N</i>
39	KUSUMA	II BBA	42=00	<i>Kusuma</i>
40	CHAITRA.L	I BSC	42=00	<i>Chaitra L</i>
41	MEGHANA.A	II B.COM	42=00	<i>Meghana A</i>
42	SOWPARNKA	II B.COM	42=00	<i>Sowparnika</i>
43	NISARGA MAHESH	II B.COM	42=00	<i>Nisarga Mahesh</i>
44	KEERTHANA PALLED	II B.COM	42=00	<i>Keerthana Palled</i>
45	PRIYA.P.	II BCA	42=00	<i>Priya P</i>
46	DEEKSHITHA.V.	II BCA	42=00	<i>Deekshitha V</i>
47	KEERTHANA.L	II BCA	42=00	<i>Keerthana L</i>
48	MUKTHA T N	II BCA	42=00	<i>Muktha T N</i>
49	ANITHA P JAYARAM	NSS OFFICER	42=00	<i>Anitha P Jayaram</i>
50	PRATHIMA M		42=00	<i>Prathima M</i>

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