



Department of Economics and Sociology

Mercy College Palakkad

Report on **“Mind Shift – 360: Your First-Aid for the Mind – Shift, Heal, Succeed.”**

Venue: Mercy College, Palakkad

Date and Time: 12:50 pm, 19th September 2025

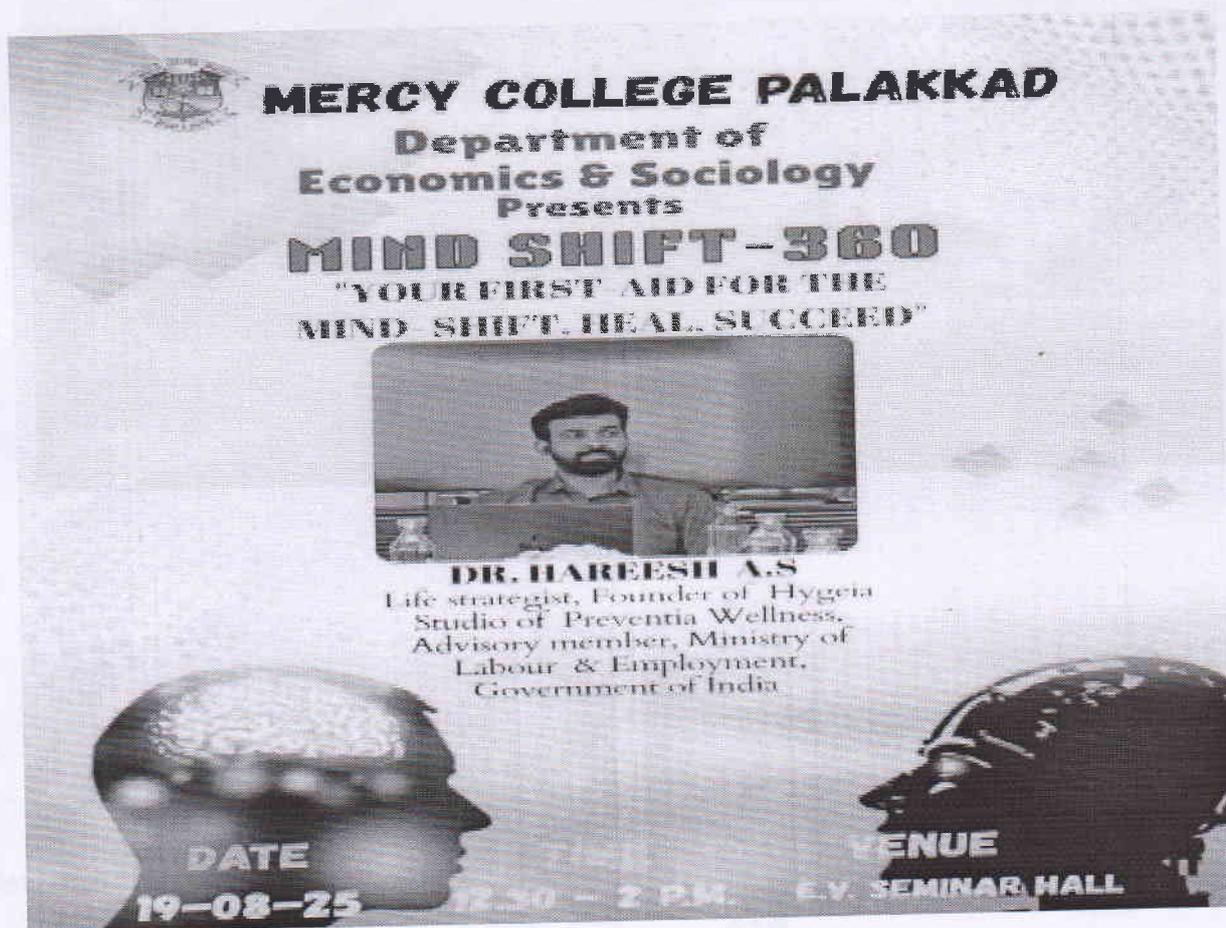
Venue: EV Seminar Hall

The Department of Economics and Sociology at Mercy College, Palakkad, organized an insightful session titled **“Mind Shift – 360: Your First-Aid for the Mind – Shift, Heal, Succeed.”** The program aimed to enhance students’ mental well-being and personal growth by providing strategies to manage stress, build resilience, and achieve holistic success. The session was led by **Dr. Hareesh A.S**, a renowned **Life Strategist, Founder of Hygeia Studio of Preventia Wellness**, and **Advisory Member of the Ministry of Labour & Employment, Government of India**.

His extensive experience in wellness, motivation, and behavioral transformation provided valuable perspectives for the audience. The session included real-life examples, reflective exercises, and motivational insights designed to encourage participants to adopt a positive outlook towards challenges in life. The session proved highly beneficial for students and faculty alike. Feedback from attendees indicated that the talk was inspiring, informative, and instrumental in promoting psychological well-being.

The **“Mind Shift – 360”** session was a resounding success, offering valuable guidance on mental health and personal development. The Department of Economics and

Sociology successfully provided a platform for meaningful dialogue on emotional wellness, reinforcing Mercy College's commitment to holistic education.



MERCY COLLEGE PALAKKAD
Department of
Economics & Sociology
Presents
MIND SHIFT-360
"YOUR FIRST AID FOR THE
MIND. SHIFT. HEAL. SUCCEED"



DR. HAREESH A.S
Life strategist, Founder of Hygeia
Studio of Preventia Wellness,
Advisory member, Ministry of
Labour & Employment,
Government of India

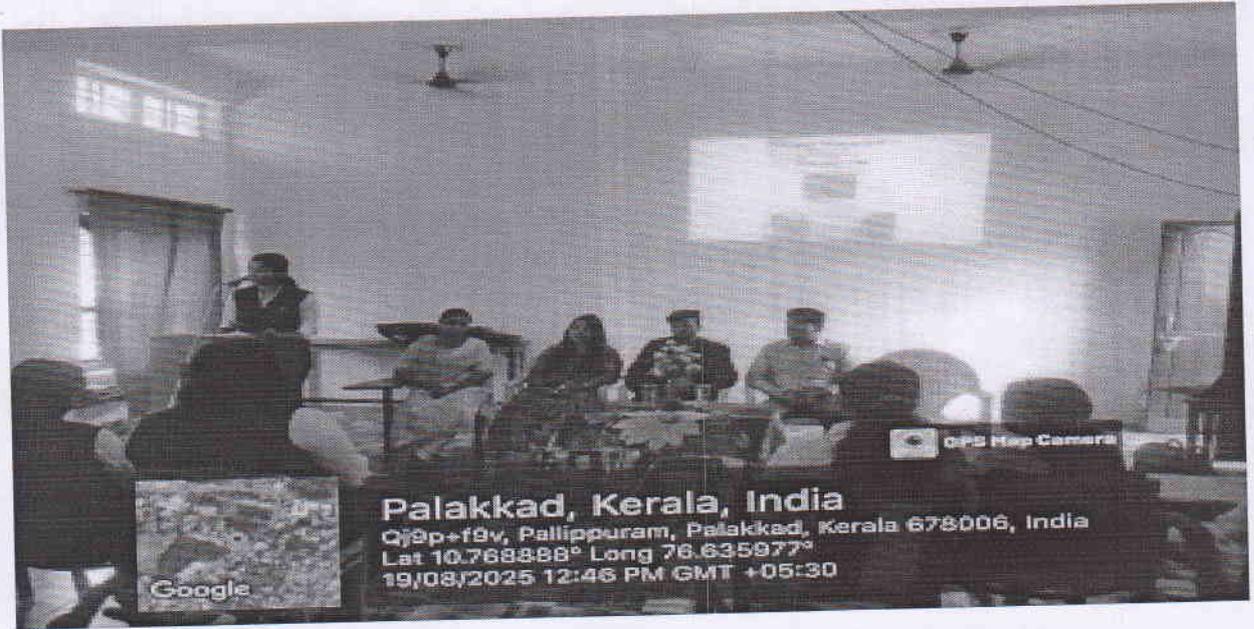


DATE
19-08-25



VENUE
E.V. SEMINAR HALL






HOD

Aneeskma
Faculty coordinator

N.M. Loney
PRINCIPAL

PRINCIPAL
Mercy College, Palakkad-06

LT.DR.LIJI K.T
Assistant Professor & Head
Dept. of Economics.
Mercy College, Palakkad



MERCY COLLEGE, PALAKKAD

Department of

Economics and Sociology

Presents

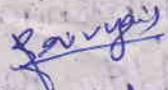
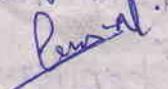
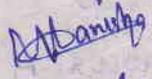
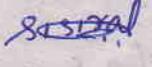
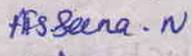
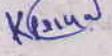
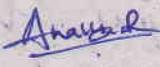
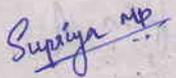
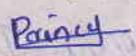
Programme:- MIND SHIFT-360

Your first Aid for the Mind-shift, Heal, Succeed.

Guest :- Dr. Hareesh A-S

Date :- 19.08.25

Time & Venue:- 12.30 - 2.00 PM, Seminar Hall.

Sl. No	Name of the student	Class	Signature.
1	Aneesha.C	D ₂ Economics	
2	SRIVYA.S	D ₂ "	
3	Gopitka-N	D ₂ "	
4	Lavanya Manoj	D ₁ Economics	
5	Manisha KM	D ₁ Economics	
6	SISIRA TM	D ₁ Economics	
7	Aswika Thulasi.U	D ₁ Economics	
8	Deepa.U	D ₃ Economics	
9	Sreya P.S	D ₃ Economics	
10	Afseena.N	D ₃ "	
11	Ansiya.A	D ₂ Economics.	
12	Krishnapriya.B	D ₂ "	
13	Analya.R	D ₂ "	
14	Sr. Jinu Jenny.	D ₂ "	
15	Supriya MP	D ₂ Economics	
16	Princy MK	D ₂ "	

Sl.No	Name of the student	Class	Signature
23	Jimi George.	D ₃ Economics	<u>Jimi</u>
24	Akshaya Raj.R	"	<u>Akshaya</u>
25	Athulya.c	"	<u>Athulya</u>
26	Shahin Jasnir .P.A	"	<u>Shahin-jasnir</u>
27	Sravya . S	"	<u>Sravya</u>
28	Amritha . R	"	<u>Amritha</u>
29	SAKTHESWARAY.A	"	<u>Sakthi</u>
30	NISSAN	D ₂ Economics	<u>Rakshita</u>
30	NISHFANA.N	D ₂ ECONOMICS	<u>Nishfana</u>
31	Anaswartha.GI	D ₃ Economics	<u>Ana</u>
32	Pavila	D ₃ Economics	<u>Pavila</u>
33	Rajeswary . R	D ₃ economics	<u>Rajeswary</u>
34	Sandra . R	"	<u>Sandra</u>
35	Anugraha . S	"	<u>Anugraha</u>
36	Mubashira . S.F	"	<u>Mubashira</u>
37	Aditya Karthikeyan	D ₂ Economics	<u>Aditya</u>
38	Deepika.M	"	<u>Deepika</u>
39	Anshya Fathima.k	"	<u>Anshya</u>
40	Crousi.H	"	<u>Crousi</u>
41	Sneha.s	"	<u>Sneha.s</u>
42	Aiswarya.T	"	<u>Aiswarya</u>
43	Satanyes.k	MA ₂ Economics	<u>Satanyes</u>
44	Vishrupriya.t	D ₃ Economics	<u>Vishrupriya</u>
45	Sanika.k	D ₃ Economics	<u>Sanika</u>
46	Sajnu Shoukath.s	"	<u>Sajnu</u>
47	Southy prakash . S	"	<u>Southy</u>
48	Afrin A.	"	<u>Afrin</u>
49	Veena Praveen	"	<u>Veena</u>

6.	SAHIRA - F	D ₃ Economics	Sahira
7.	AFRIN - V. R.	"	Afrin V.R.
8.	Greetha Krishna .C.K	"	Greetha Krishna .C.K
9.	Anna Maria Biju	D ₃ Economics	Anna Maria
10.	Malarika .M.B	M.A. Economics	Malarika
11.	Habeeba M	M.A. Economics	Habeeba
12.	Anusree .R	M.A. Economics	Anusree
13.	Devika .U	M.A. Economics	Devika
14.	Abaina Viswanathan	M.A. Economics.	Abaina
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