



CONDUCTED
A TALK ON
“ THE IMPORTANCE OF MENTAL HEALTH AWARENESS
AMONG YOUTH”

DATE: 24/03/2025

VENUE: SEMINAR HALL

TIME:1.00.- 2.00PM



Mercy College
Palakkad, Kerala, India 678006
Govt. Aided Arts & Science College
Affiliated to the University of Calicut
Accredited by NAAC with A Grade IV Cycle

REPORT

VALU EDUCATION PROGRAMME: DATED : 24 MARCH 2025

The Department of Languages, Mercy College, Palakkad, organized an awareness talk on **"The Importance of Mental Health Awareness Among Youth"** on 24th March 2025 to highlight the significance of mental well-being among students. The session aimed to educate students on mental health, break stigmas, and promote self-care practices. Dr. Sr. Sherin Joseph delivered an insightful speech on the challenges faced by young individuals, including academic stress, social pressures, and emotional struggles. She emphasized the importance of recognizing mental health issues early, adopting stress management techniques, and seeking help when needed. The talk encouraged students to prioritize their mental well-being and support their peers in creating a healthier, more understanding environment. The event was highly impactful, fostering awareness and discussion on a crucial aspect of student life.

Aim of the Program:-

- * To raise awareness about mental health among youth and its significance in daily life.
- * To emphasize stress management techniques and coping strategies for emotional well-being.
- * To break the stigma surrounding mental health issues and encourage open discussions.
- * To educate students on recognizing mental health challenges and seeking timely support.
- * To promote self-care practices and create a supportive environment for overall well-being.



MERCY COLLEGE PALAKKAD

Affiliated to university of calicut

Department of languages

ORGANISES A TALK ON

THE IMPORTANCE OF MENTAL HEALTH AWARENESS AMONG YOUTH

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Resource person

Dr.Sr.Sherin Joseph

Clinical psychologist

(PhD in Clinical Psychology from

University of Santo Tomas,

Manila, Philippines

M.Sc in Counselling Psychology

from Bangalore University)

GEMS

General motivation seminars

FACULTY COORDINATORS

STUDENT COORDINATORS

Dr.Sr.Sigl.M.V

Assistant professor

Department of Malayalam

Sr.Julie. P. J

Head of the department of

Malayalam

Mrs Divya.R

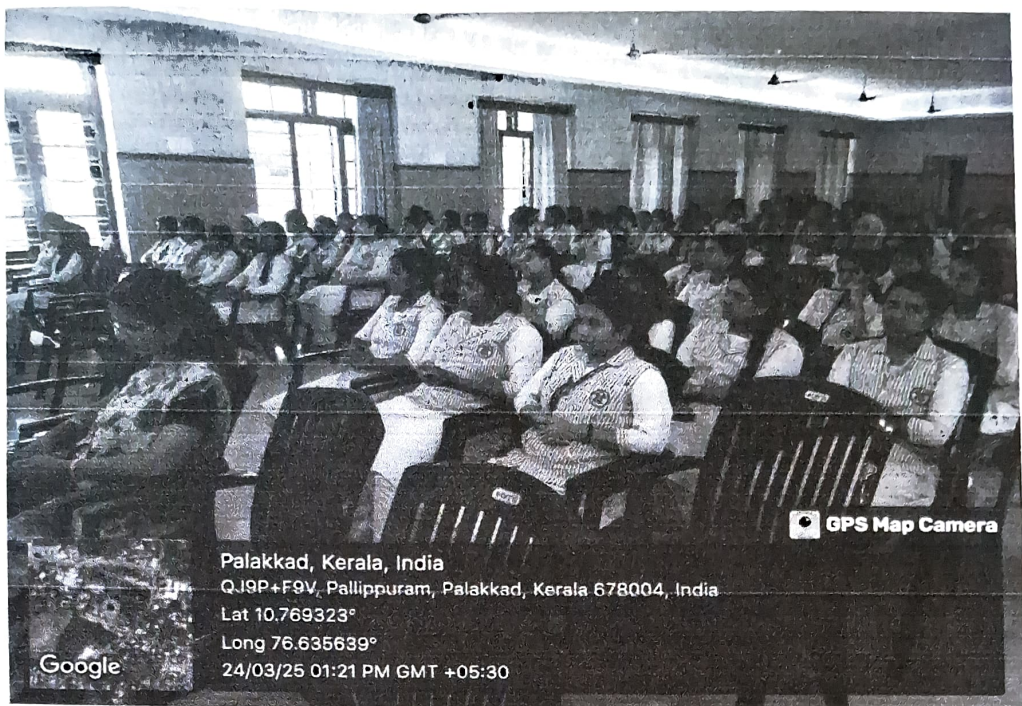
Govt guest

department of Malayalam

Malavika.A.A

Anugraha.R

D2 Chemistry



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 CO-ORDINATOR

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 PRINCIPAL



PRINCIPAL
 MERCY COLLEGE
 Palakkad-678004