



National Service Scheme (NSS) Program Report

Mental Health Workshop

-Happiness is a choice

Unit: III

- Amrita Vishwa Vidyapeetham, Coimbatore

Date: 15 - 02 - 2024 at 5:00 PM

Venue: Anugraha Hall

Subject: Mental Health workshop and prize distribution ceremony.

The National Service Scheme (NSS) stands as a gateway to meaningful community involvement and social impact. Under NSS we engage in a variety of activities helpful for the society. This report will provide you with an overview of the Mental Health Workshop held on 15/02/2024 at Amrita Vishwa Vidyapeetham.

Mental health, vital for overall well-being, encompasses emotional, psychological, and social aspects of life. In recent times, there's been increased recognition of its importance globally. So, the NSS volunteers joined hands together to flash on this global issue and conducted a workshop on mental health. Prizes for the winners and participants in the energy event were also given.

The programme was started with a prayer by the NSS volunteers.



The welcome address was given by Miss M. Harini Krishna, a student volunteer.



Dr. D Venkatraman, NSS programme coordinator, emphasized the significance of mental health during his address to students. His insights on this topic were well-received and left a lasting impression on the audience.



Sumanth, a student volunteer, introduced the guest to the audience and handed the mic to the day's speaker, Mr V Shankar Kumaran.



Mr V Shankar Kumaran, the esteemed chief guest, engaged, with the audience captivantly, imparting valuable life lessons on the theme, "Happiness is not a choice". His insightful discourse centered on overcoming adversity and

embracing the ups and downs of life resonated deeply with the college student audience. Employing humour to maintain engagement, he artfully conveyed his message, ensuring that attendees remained attentive and receptive throughout. His use of relatable anecdotes and reels depicting themes of familial and friendship bonds further enriched the narrative, evoking strong emotional connections among the audience members. Indeed, many were visibly moved, with some even shedding tears, underscoring the profound impact of Sir's address.



Finally, he cleared doubts raised by some audience.



The winners and participants of the Energy Week conducted from Nov 27th – 30th were awarded with certificates and inspiring books for their dedication and achievements.











Miss Dharshni ended the programme with a heartfelt vote of thanks.



Finally, we ended the programme with a group photo.

