



AMRITA
VISHWA VIDYAPEETHAM



National Service Scheme (NSS)

RISE: Re-Inventing Self

MENTAL HEALTH WORKSHOP - REPORT

Unit: III

- AMRITA VISHWA VIDYAPEETHAM, Coimbatore

Date: 29 - 05 - 2024 at 5:00 PM

Venue: Anugraha Hall, ABIII

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 29/05/2024 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 of mental health marathon and certificate for participants in the special camp at chinnampathy and KG chavadi village by unit III NSS students, conducted from 04/03/2024 – 09/03/2024 were also given.

We started the event with prayer.



NSS Students and prize winners during prayer

Welcome address was given by Miss Harini Krishna, a student volunteer.



Dr. D Venkatraman, serving as the NSS programme coordinator, underscored the crucial nature of mental health in his speech to the students. The audience warmly received his perspectives on the topic, which made a memorable impression.



Dr. D Venkataraman, NSS Programme coordinator along with the guest of honour for the day, Mr. V Shankar Kumaran, presented the prizes to the mental health marathon winners.



A video of the special camp was shown to the audience, offering glimpses of the peace and satisfaction experienced during the event. Afterwards, several students who participated in the camp shared their feedback.





Mr. Shankar Kumaran, the chief guest, delivered an insightful discussion on mental health and the process of reinventing oneself, encapsulated in his concept of RISE. He elaborated on the SALTED framework he created, explaining each component in detail. Additionally, he emphasized the critical distinction between addiction and passion, illustrating how understanding this difference is essential for personal growth and well-being. His comprehensive address provided valuable perspectives on managing mental health and pursuing personal transformation.







Mr. Shankar Kumaran had the honour of distributing the camp certificates to all the participants. He personally congratulated each student, acknowledging their efforts and achievements during the camp. His gesture added a special touch to the ceremony, making it a memorable moment for everyone involved. The distribution of certificates by Mr. Kumaran highlighted the importance of their participation and recognized their dedication and commitment throughout the camp activities.





Mr. Hemanth Sai Vardhan, a student coordinator, delivered the vote of thanks.



We ended the event with a group photo.

