



Date of Activity held and Time:	28/ 07 / 2020 11.00am- 12.00pm & 4.00 pm to 5.00pm
Name of Activity:	Webinar on “Mental Health Management”
Type of Activity: (cultural/curricular/co-curricular)	Co-curricular
Resource Person/Invitee:	Mrs. Anjeli Pandit
Professional Details of Resource Person:	Counsellor, Mind Funda, Counsellor, VTU, Belagavi.
Year / Class:	Open for all students and Faculties
No. of Participants:	755
Activity In charge:	Prof. B. P. Khot

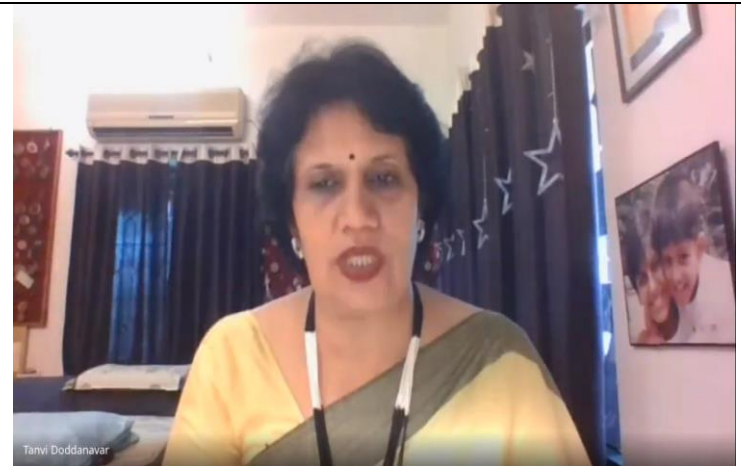
Description of Activity: Webinar on “Mental Health Management” was arranged on 28/07/2020. The webinar was arranged by Electronics and Communication Dept. in association with Mind Funda, Belagavi. Resource person for the webinar was **Mrs. Anjeli Pandit**, Counsellor, Mind Funda, Counsellor, VTU, Belagavi. In this webinar they told some tricks to the participants about Mental Health Management.

The new realities of studying at home, working from home, temporary unemployment, home-schooling of children, and lack of physical contact with other family members, friends and colleagues take time to get used to. Adapting to lifestyle changes such as these, and managing the fear of contracting the virus and worry about people close to us who are particularly vulnerable, are challenging for all of us. They can be particularly difficult for people with mental health conditions. Resource person addressed all issues and the getting of experience being at home.

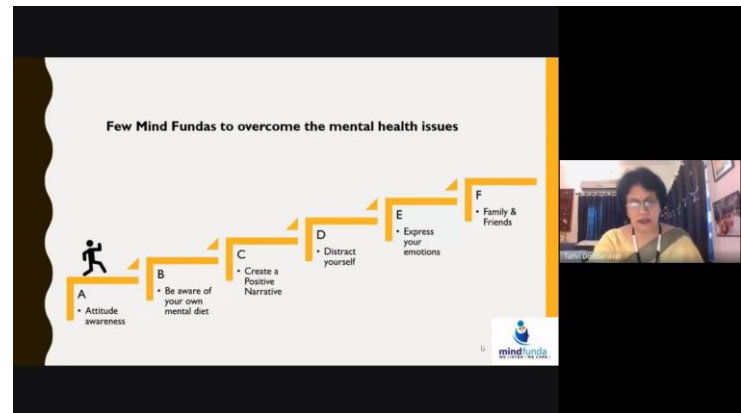
CO No.	CO Defined	RBT Level	Relevance POs	Relevance PSOs
1	To maintain mental health Management.	L2	PO1, PO6, PO8, PO9, PO10, PO12	PSO1, PSO2



Prof. B. P. Khot, Event Coordinator Hosting the Webinar on “Mental Health Management”



Mrs. Anjeli Pandit, Resource person, delivering webinar on “Mental Health Management”



Mrs. Anjeli Pandit, Resource person, discussion with participants in webinar on “Mental Health Management”



S J P N TRUST'S

HIRASUGAR INSTITUTE OF TECHNOLOGY, NIDASOSHI



INCULCATING VALUES, PROMOTING PROSPERITY

APPROVED BY AICTE, RECOGNIZED BY GOVT. OF KARNATAKA AND AFFILIATED TO VTU BELAGAVI

ACCREDITED AT 'A' GRADE BY NAAC

PROGRAMMES ACCREDITED BY NBA: CSE, ECE, EEE & ME

RECOGNIZED UNDER 2(F) OF UGC ACT,1956



MRS. ANGELI PANDIT
COUNSELLOR, MIND FUNDA
COUNSELLOR VTU, BELAGAVI

**DEPARTMENT OF ELECTRONICS AND COMMUNICATION ENGINEERING
CORDIALLY INVITES YOU**

FOR A MENTAL HEALTH WEBINAR ON

28TH JULY 2020

11 A.M.-12 P.M.

ON GOOGLE MEET

Mrs. Bhavaling P. Khot

EVENT COORDINATOR

99640 19501

Registration Link: <https://forms.gle/jBj7uNcfXdYxiduW8>

WITH BEST WISHES

Dr. Ravi M. Yadahalli

HOD

Dr. S. C. Kamate

PRINCIPAL