



K.S. INSTITUTE OF TECHNOLOGY
National Service Scheme
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14, Raghuvanahalli, Kanakapura Main Road, Bengaluru - 560 109.

KSIT
K S INSTITUTE OF TECHNOLOGY

NSS WORKSHOP

ON

PROMOTION OF MENTAL HEALTH IN YOUTH

Date of Conduction of Program: 16-02-23 & 17-02-23

Venue: KSIT Conference Hall

Organized by: NIMHANS in association with NSS unit of KSIT

Duration: 9:30am-5:00pm

Participants: NSS Volunteers from KSIT and 5 different Colleges.

Total: 50 NSS Volunteers

HIGHLIGHTS OF THE PROGRAM

DAY-01

NSS volunteers numbering 50 in total from KSIT (30) as well as from other colleges like KSSEM, JYOTHI, CITY, RRIT & GLOBAL ENGINEERING COLLEGES where 4 NSS volunteers from each college attended the workshop. NIMHANS psychology team guided us throughout the days by giving us counselling and healing guidelines. We were divided into teams interacting consisting of other teammates of other college too.

Mr. Shivanand took up the first session- we had a group discussion based on health and mental disorders. Students were asked give presentation about few mental health topics. The next session was taken by Mr. Ashok and gave us activities on Reaction towards stress by a role play session which was interesting. Lunch was provided by the college management in the college premises.

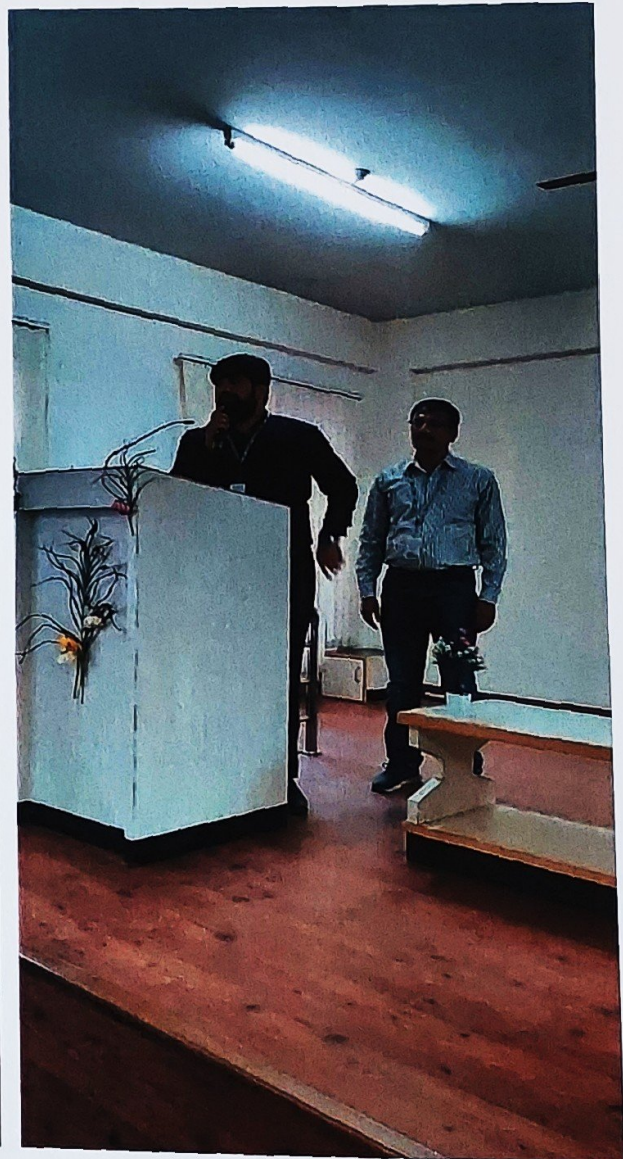
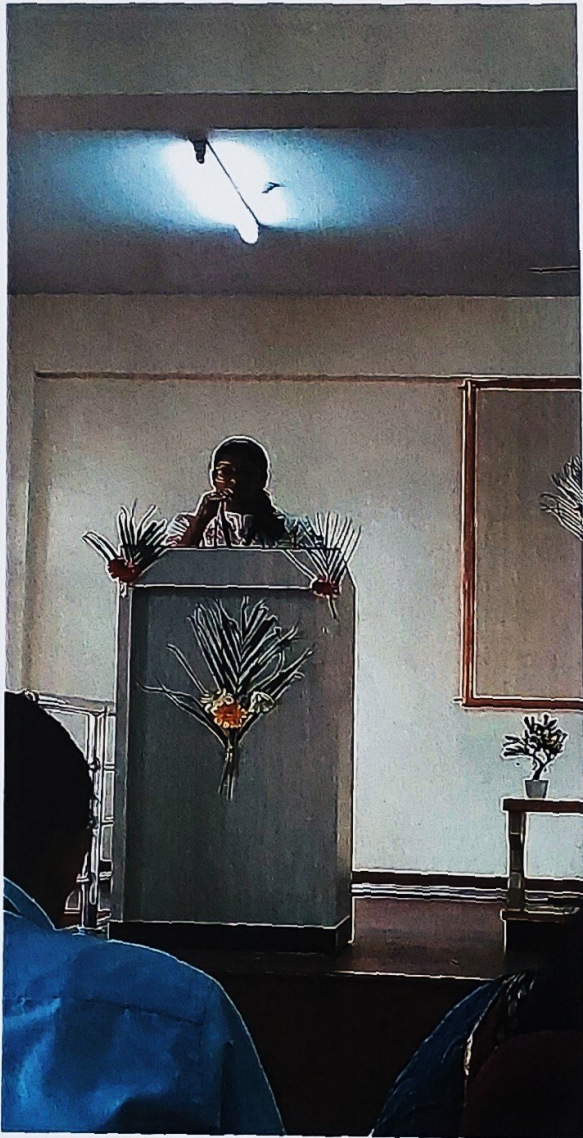
The afternoon last session was taken by Dr.Padma. She gave us a brief explanation about suicidal thoughts and symptoms and counselling tips to help our peers and others in the society.

DAY-02

The first session started off with Mr.Ragu the students were asked to sit around in the circle to make the atmosphere even more interacting.After some brain storming session we had a small tea break. Refreshments were provided on both the days. The second session was about Interpersonal relationships and Substance use in college students by Mr.Ashok.

Post lunch session was about training students for counselling their clients and the students were asked to do role play. There was a debate session in which students were asked to talk about (HEALTHY TECHNOLOGY USE) the use of internet in the current generation and how it affected the youth.

The latter session was concluded by the NIMHANS trainees and they also took our feedbacks and in the end students were given the workshop certificates.





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