

Criterion : III – Research, Innovations and Extension

Metric : 3.6.3 & 3.6.4 Extension Activities

Year : 2018 – 2019



NATIONAL SERVICE SCHEME

MENTAL HEALTH: SECRET TO HAPPINESS

Date: 20-12-2018

Time: 2.00 PM- 4.00 PM

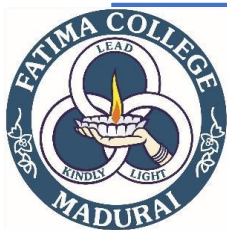
Venue: Fatima College, Madurai

No. of Participants: 50

Resource Person: Rev. Dr. Sr. Francis Pauline, Counselor, Fatima College

The National Institute of Mental Health has a mantra, “No health without mental health.” According to the National Alliance on Mental Illness, in a given year, one in five, or 18.5% of Indian adults experience a mental illness. To emphasize the power of mental health, NSS Fatima College organized a special lecture on ‘Secret to Happiness’ in the premises of Fatima College. Rev. Dr. Sr. Francis Pauline addressed the volunteers about mental health. She briefed about illnesses including depression and bipolar disorders, anxiety, schizophrenia, dementia, and eating disorders. She said that depression is the number one cause of disability worldwide and is one of the most significant contributors to the global burden of disease, greatly impacting individuals and their families mentally, physically, socially, and financially. “Mental illness affects everyone no matter their race, gender, culture, age, ethnicity, or sexual orientation”, she added. She concluded that mental health is the secret to happiness which helps to reach the destination at an ease.

OUTCOME: The students learned the importance of mental health and learned how to keep a healthy mind.



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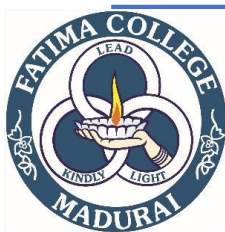


The chief guest addressing and interacting with the students



PARTICIPANTS LIST

S.No.	MAJOR	NAME
1	II MATHS	PANDILAKSHMI.T
2	II MATHS	SWARNAMBIGAL.G
3	II MATHS	SWEDHAA.K
4	II PHYSICS	L. KARUNYA
5	II PHYSICS	A. GNANA MALAR
6	II PHYSICS	M. SHRINIDHY



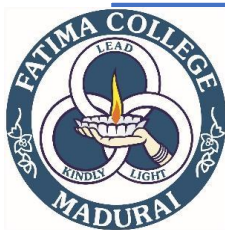
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7	II PHYSICS	M. SURIYA PRABHA
8	I PHYSICS	PRATHIKSHA.S
9	I PHYSICS	KANISIYA.R.
10	I MATHS	SWEDHAA.K
11	I MATHS	SUBALAKSHMI.M
12	I MATHS	SHAMALA.V
13	II ECO	SUJITHA .M.
14	II ECO	TAMILARASI .K.
15	II ECO	THANGAKARTHIGA .M.
16	II ENG	AMALA AMIRTHA S
17	II ENG	ANGEL VALANCIA A
18	II ENG	ANGELA MERLIN
19	II ENG	ANGELINE EVERISTA J
20	II ENG	ANITHIYA A
21	II Zoology	INDIRA PRIYA DARSHINI.P
22	II Zoology	JARINA.S
23	II Zoology	KARTHIKA LAKSHMI.G
24	II Zoology	MADURA.M
25	II Zoology	MONIKA VELAMMAL.A
26	II HSc	P. KEERTHI
27	II HSc	S. VASANTHI
28	II CSc	S.AISHWARYA
29	II CSc	I.AKSHEELIA SHERIN
30	II CSc	D.ANANTHA VALLI



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31	II CSc	G.ANGEL VINCY
32	II CSc	A.S.AROKIA DAYANA KIRUBA
33	II Tamil	VEERALAKSHMI .S
34	II Tamil	VIDHYA SHREE . M
35	II Tamil	YAMUNA . C
36	II CHE	AKSHAYA K
37	II CHE	ANISHA RIJUL M
38	II CHE	ANURATHIKA
39	II CHE	ASHWINI N S
40	II CHE	BALA KEERTHANA C
41	II B.Com	SIVARANJANI S
42	II B.Com	SOWMIYA S
43	II B.Com	VAISHNAVA DEVI S
44	II SOC	AASHIFA NILOFER M
45	II SOC	AISHWARYA P
46	II SOC	ALAGU SUMATHI M
47	II SOC	DIVYA S
48	II HISTORY	S. ABARNA
49	II HISTORY	P. ABISTHA
50	II HISTORY	S. ABIRAMI