

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

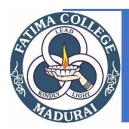
Venue: Fatima College, Madurai

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.



Criterion : III – Research, Innovations and Extension

Metric : 3.6.3 & 3.6.4 Extension Activities

Year : 2018 – 2019



The chief guest addressing and interacting with the students



PARTICIPANTS LIST

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



Criterion : III – Research, Innovations and Extension

Metric : 3.6.3 & 3.6.4 Extension Activities

Year : 2018 – 2019



7	II PHYSICS	M. SURIYA PRABHA
8	I PHYSICS	PRATHIKSHA.S
9	I PHYSICS	KANISIYA.R.
10	IMATHS	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

THE COLLEGE OF THE CO

Criterion : III – Research, Innovations and Extension

Metric : 3.6.3 & 3.6.4 Extension Activities

Year : 2018 – 2019



31	DUK		
32	31	II CSc	
A.S.AROKIA DAYANA KIRUBA 33			G.ANGEL VINCY
33	32	II CSc	A G A DOWN A DAWANA WIDNIDA
VEERALAKSHMI .S VIDHYA SHREE . M VIDHYA SHREE . M VIDHYA SHREE . M YAMUNA . C 36	22	II Tomil	A.S.AROKIA DAYANA KIRUBA
34	33		VEED AT AKSHMI S
VIDHYA SHREE . M	34	II Tamil	VEEKALAKSIIIVII .S
YAMUNA . C			VIDHYA SHREE . M
36	35	II Tamil	
II CHE			YAMUNA . C
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 48 II HISTORY P. ABISTHA	36		
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 P. ABISTHA			AKSHAYA K
38 II CHE ANURATHIKA 39 III 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 P. ABISTHA	37	II CHE	ANIGHA BIHH M
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 DIVYA S 48 II HISTORY P. ABISTHA	20	HCHE	ANISHA RIJUL M
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	38	II CHE	ANI IR ATHIK A
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 P. ABISTHA	39	II CHE	ANUKATTIKA
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 P. ABISTHA		II CIL	ASHWINI N S
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	40	II CHE	
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 P. ABISTHA			BALA KEERTHANA C
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	41	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			SIVARANJANI 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	42	II B.Com	GOWD FWA G
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	12	II D Com	SOWMIYAS
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	43	II B.Com	VAISHNAVA DEVI S
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	44	ILSOC	VAISIIIVAVADLVIS
AISHWARYA P 46 II SOC ALAGU SUMATHI M 47 II SOC DIVYA S 48 II HISTORY S. ABARNA 49 II HISTORY P. ABISTHA	' '	n soc	AASHIFA NILOFER M
46 II SOC ALAGU SUMATHI M 47 II SOC DIVYA S 48 II HISTORY S. ABARNA 49 II HISTORY P. ABISTHA	45	II SOC	
ALAGU SUMATHI M 47 II SOC DIVYA S 48 II HISTORY S. ABARNA 49 II HISTORY P. ABISTHA			AISHWARYA P
47 II SOC DIVYA S 48 II HISTORY S. ABARNA 49 II HISTORY P. ABISTHA	46	II SOC	
DIVYA S 48 II HISTORY S. ABARNA 49 II HISTORY P. ABISTHA			ALAGU SUMATHI M
48 II HISTORY S. ABARNA 49 II HISTORY P. ABISTHA	47	II SOC	DUMAG
49 II HISTORY P. ABISTHA	10	II LICTODV	
	48	HIBIOKI	S. ADARNA
	49	II HISTORY	P. ABISTHA
50 II HISTORY S. ABIRAMI			
	50	II HISTORY	S. ABIRAMI