



Criterion : III – Research, Innovations and Extension

Metric : 3.6.3 & 3.6.4 Extension Activities

Year : 2019 – 2020



**ROTARACT CLUB OF FATIMA COLLEGE
OBSERVING WORLD MENTAL HEALTH DAY 2019**

Date : 17-10-2019

Time : 10 A.M – 12 P.M

No of participants:

Venue : MBH

On 17th October 2019, Rotaract Club of Fatima College students observed World Mental Health Day. Students had a group discussion about mental health and summarized a few points about mental health. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Emotional and mental health is important because it's a vital part of our life and impacts our thoughts, behaviors and emotions. Being healthy emotionally can promote productivity and effectiveness.

Ways to maintain positive mental health include:

- Connecting with others
- Staying positive
- Getting physically active
- Helping others
- Getting enough sleep
- Developing coping skills

OUTCOME: Students observed “World Mental Health Day”. Students came up with practical ways to maintain good mental health. They also made a pledge that they will give importance to mental health and take care of themselves.



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LIST OF PARTICIPANTS

1.	2019BB01	AARTHI P
2.	2019BB02	ABINAYA T
3.	2019BB03	ACSHAYA M
4.	2019BB04	ANCY ARUL MALAR S
5.	2019BB05	ANUPADMINI M
6.	2019BB06	ANUSHREE I
7.	2018BB08	BAVANISANTHIYA S
8.	2018BB09	BHAVANI T
9.	2018BB10	BHUVANESHWARI S
10.	2018BB11	DEEPA N
11.	2018BB12	DEEPIKA M
12.	2018BB13	DENINKA M
13.	2018BB14	DHANALAKSHMI M
14.	2018BB15	DHARANI N
15.	2018BB16	DHARANI S
16.	2018BB17	GAYATHRI S
17.	2018BB18	GOWRI S
18.	2018BB19	GOWSALYA G
19.	2018BB20	HARINI R
20.	2018BB21	HEERA M
21.	2018BB22	HEMALATHA P
22.	2019BB24	JEEVETHA LAKSHMI G
23.	2019BB25	JEEVITHA C
24.	2019BB26	JERINHASINA S
25.	2019BB27	JOTHIKA A



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26.	2019BB28	KALAISELVI G
27.	2019BB29	KARTHIGA S
28.	2019BB30	KAYALVIZHI V
29.	2019BB31	KEERTHANA P
30.	2019BB32	KOTHAIVAISHNAVI C T
31.	2019BB34	MUTHUSARANYA M
32.	2019BB35	NAGA JOTHI M
33.	2019BB36	PADMA PREETHA S
34.	2019BB37	POORANI K
35.	2019BB38	RAHINI M
36.	2019BB39	RAJALAKSHMI K
37.	2019BB40	RAJARAJESHWARI S
38.	2019BB41	RAM PRIYANKA M
39.	2019BB42	RITA P
40.	2019BB43	SANGAVI T
41.	2019BB44	SANJANA G
42.	2019BB45	SARANYA C
43.	2019BB46	SARULATHA K
44.	2019BB47	SEELAVARSHINI G
45.	2019BB48	SHAMINAPARVEEN P
46.	2019BB49	SHAQEEQAMUFFREEN K
47.	2019BB50	SITHICK SYED MEERA P
48.	2019BB52	SIVASANKARI D
49.	2019BB53	SNEHA R
50.	2019BB54	SNEKAPRIYA T G