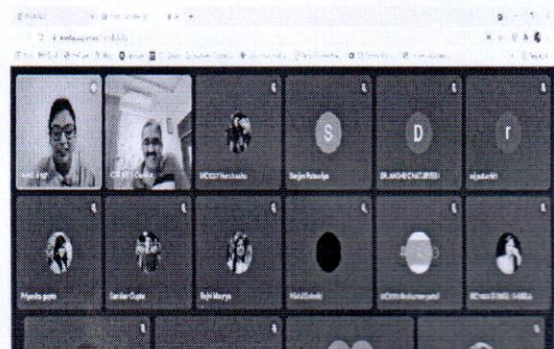
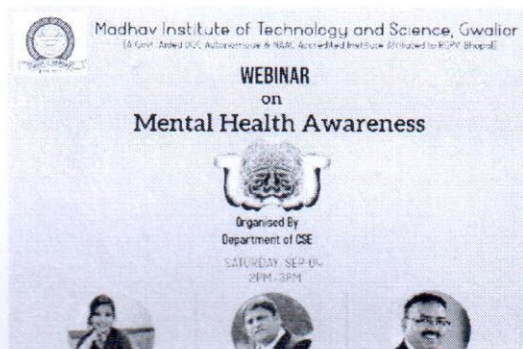


Date: 06/09/2021

Report of Workshop
on
“Mental Health Awareness”

Type of activity:	Seminar/Webinar
Title of the activity:	Mental Health Awareness
Date and duration of activity:	04/09/2021 (2:00 PM to 03:00 PM)
Number of Participants:	50
Resource Person:	Ms. Swati Singh (Writer, Philosopher & Alumni, MITS, Gwalior)
Objectives of the workshop:	<ol style="list-style-type: none"> 1. Spread awareness on mental health 2. Importance of yoga in maintaining mental health
Outcome of the workshop:	<ol style="list-style-type: none"> 1. Bring awareness to individuals about aspects of Human life 2. Aware participants about different types of mental disorders and how to cope up with them 3. Gives real life examples of various known faces to make it more understandable to the participants

Some Glimpses of the Workshop



MADHAV INSTITUTE OF TECHNOLOGY & SCIENCE, GWALIOR (M.P.)
(A Govt. Aided UGC Autonomous & NAAC Accredited Institute Affiliated to RGPV, Bhopal)
Department of Computer Science and Engineering



A handwritten signature in blue ink, appearing to be 'Dr. Manish Dixit'.

(Dr. Manish Dixit)

Prof. & Head