



Finolex Academy of Management & Technology, Ratnagiri

Internal Complaint Committee

A Session on Mental Health Awareness

Internal Complaint Committee (ICC) of Finolex Academy of Management and Technology, Ratnagiri organized a session on **Mental Health Awareness** on Friday 20 October 2023, at 3.00 p.m. The objectives of the session were to create awareness and understanding regarding Mental Health and let the students understand the importance of mental well-being as well as to highlight the importance of self-care practices for being in good mental health. **Prof. M. D. Babar (Counsellor and Psychologist, Ratnagiri)** was the **resource person** for the same.

Prof. M. D. Babar elaborated the concept of mental health and causes of mental stress with a special focus on the stress faced by college-going students. He also explained the importance of being mentally healthy and various ways to overcome mental stress and to be in good mental health. He also conducted a small test of self-assessment to check the mental health of the present audience.

Dr. Sharada Chougule (Convener - ICC) introduced the programme by clarifying the objectives and responsibilities of the Internal Complaint Committee. Prof. Vrinda Kulkarni presented a vote of thanks. Ms Gayatri Suvare from the S.E. EXTC department anchored the programme. A total of 89 students from various branches attended the program.



Dr. Sharada Chougule welcomed the guest



Prof. M. D. Babar conducting the session



Audience attending the session