Mental Health Literacy Program 2024



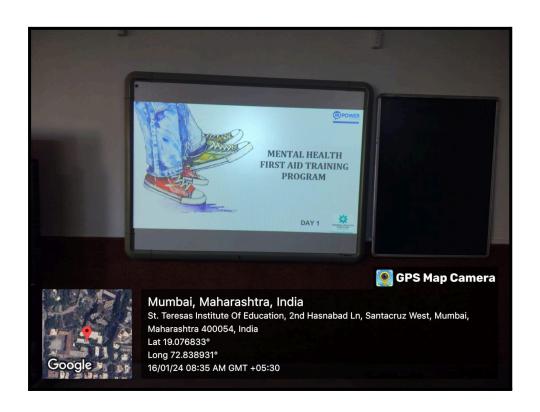
I Basic Details

Date, Time	Faculty	Department/Committee	Co-ordinator name	
16th January	Arts	Education		
to 18th			Dr. Cinderella D'mello	
January				
2024				
8:30 am to				
1:00 pm				
	Venue	Activity for Class/Group	Nature:	
		with Total Number of	Indoor/Outdoor	
		Attendees		
	Method room and	S.Y. B.Ed students	Indoor	
	psychology lab, St.	attended		
	Teresa's Institute			
	of Education			
Names of Students who Supported				
Salomy Farel				
Carol Fernandes				

II Brief Information about the Activity

Topic/Subject	'MENTAL HEALTH LITERACY PROGRAM 2024'	
of the Activity		
Objectives for conducting Activity	 To destigmatize mental health and equip future educators with essential skills to provide mental health first aid. To empower future educators with essential knowledge and skills to navigate mental health concerns. To emphasize the pivotal role teachers' play in creating a supportive environment for individuals facing mental health challenges. 	
Methodology	Seminar	
Outcome	This session helped the teacher trainees to identify and understand how to appropriately and effectively deal with mental health issues and thus create a pathway for timely intervention.	

III Proofs Attached











Prof. Dr. Gisélle D'souza Principal In-charge

Giselle Sounge

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