

# Mental Health Literacy Program 2024



## I Basic Details

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

## II Brief Information about the Activity

Topic/Subject of the Activity	'MENTAL HEALTH LITERACY PROGRAM 2024'
Objectives for conducting Activity	<ul style="list-style-type: none"><li>• To destigmatize mental health and equip future educators with essential skills to provide mental health first aid.</li><li>• To empower future educators with essential knowledge and skills to navigate mental health concerns.</li><li>• To emphasize the pivotal role teachers' play in creating a supportive environment for individuals facing mental health challenges.</li></ul>
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







Mumbai, Maharashtra, India

St. Teresas Institute Of Education, 2nd Hasnabad Ln, Santacruz West, Mumbai,  
Maharashtra 400054, India

Lat 19.076833°

Long 72.838931°

16/01/24 11:24 AM GMT +05:30

*Giselle D'souza*

**Prof. Dr. Giselle D'souza**  
**Principal In-charge**

St. Teresa's Institute of Education  
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