

# St. Xavier's College Mahuadanr

## Latehar- 834001

1. **Title of the Program:** Life Skill on Mental Health
2. **Organizing Departments:** Physics
3. **Date/Duration:** October 10, 2023
4. **Number of participants:** 25
5. **Objective:** Life skills education for mental health objective to provide individuals with the tools they need to properly manage their emotional, psychological, and social well-being.

6. **Detailed Description of the event:**

On 10<sup>th</sup> October 2023, Life Skill on Mental Health organized by the department of physics at ICT Room. The aim of integrating life skills with mental health education is to promote overall well-being by developing the necessary skills to cope with the stresses of daily life and build healthy relationships. The program opened with an introduction lecture by HoD, Md Zafar Aqubal, highlighting Preventing Mental Health Issues: Life skills education can prevent mental health problems before they arise by teaching individuals how to handle stress, make healthy choices, and maintain balance in their lives.

Resource Person Areful Haque from the department of Geography shared his insights that Life skills are vital for fostering and maintaining mental health. They provide individuals with the tools they need to manage stress, regulate emotions, develop resilience, and establish meaningful connections. Integrating life skills education into mental health efforts is critical for improving emotional well-being, reducing mental health problems, and increasing overall quality of life. Individuals who develop these talents can better cope with life's problems while still maintaining a healthy and balanced mental state, which contributes to their success and happiness.

There are 20 enthusiastic participants in the program from the department of physics and Mathematics. Each participant was given the freedom to ask questions .

7. **Outcome:** The outcomes of a mental health program is to Improve Mental Health Awareness .Participants become more knowledgeable about mental health issues, including recognizing symptoms of common mental health disorders such as anxiety,

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depression, and stress. This increased awareness often reduces stigma and encourages open discussions about mental health.

## 8. Photo:



## 9. Brochure:

**St. Xavier's College, Mahuadanr Latehar**  
**Organized by Department of Physics**

**Life Skill on Mental Health**

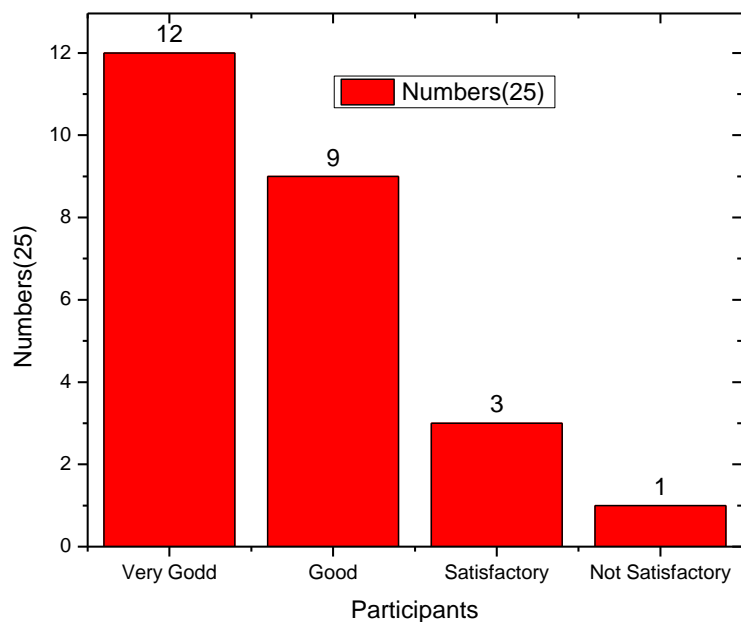
**Patron**  
Dr. Fr. M.K Jose S.J.  
Principal  
St. Xavier,s College Mahuadanr

**Resource Person:-**  
Asst. prof. Areful Haque  
Department of Geography  
SXCM

**Date: 10<sup>th</sup> October 2023**

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## 10. Feedback



## 11. Participants List:

Name of Program: Mental Health Department of Physics (List of Participants)	
Ribeka Lakra	Ribeka Lakra
Kunti Kumari	Kunti Kumari
Nisha Dipti Toppo	Nisha dipti Toppo
Raj Ekka	Raj Ekka
Ashish Kumar	Ashish Kumar
Akhlesh Oraon	Akhlesh Oraon
Sameer Kujur	Sameer Kujur
Ranjan Kumar	Ranjan Kumar
Vikramjit Nagesia	Vikramjit Nagesia
Priyal Raj Soni	Priyal Raj Soni
Joshi Thithio	Joshi Thithio
Tekmani Ekka	Tekmani Ekka
Ruchi Kumari Soni	Ruchi Kumari Soni
Lalita Kumari	Lalita Kumari
Amrita Nagesia	Amrita Nagesia
Alma Nagesia	Alma Nagesia
Akancha Tigga	Akancha Tigga
Flabiya Ekka	Flabiya Ekka
AbhintaKhalkho	Abhinta Khalkho
Neel Gagon Toppo	Neel Gagon Toppo
Nikky Kumari	Nikky Kumari
Priyanshu Kumari	Priyanshu Kumari
Anchal Kumari	Anchal Kumari
Cherian Turkey	Cherian Turkey
Arun Toppo	Arun Toppo

  
**Principal**  
 St. Xavier's College  
 Mahuadanr