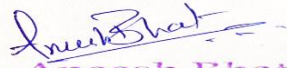


ACTIVITY REPORT

1.	Name of the activity	Mental Health Week: “Stress management workshop”
2.	Date & Time	22/10/2024 Tuesday
3.	Venue / Place	Sushrut Hall
4.	Total number of participants/beneficiaries (No of individuals benefited by activity)	20
5.	Organizing Faculty / Medical team	Psychiatry Department
6.	In-charge	Dr. Aneesh Bhat
7.	Brief summary of the event in around 100 words (purpose, conduct, feedback, impact, suggestions)	Stress management workshop for supporting staff: On the occasion of world mental health week 2024, stress management workshop was organized for supporting staff, by the department of Psychiatry. Workshop highlighted the common symptoms of stress and how to manage stress, it was interactive session. Dr. Aneesh Bhat (HOD Psychiatry) also guided related to the topic, Workshop was ended with vote of thanks by Dr. Swati Magare. Positive feedback was received by participants
8.	Number of faculties attended (Guest lecture/CME/Workshop/Seminar/Health camps)	03
9.	Number of Students Attended	06


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