


ACTIVITY REPORT

1.	Name of the activity	Mental Health Week: “Stress management workshop”
2.	Date & Time	10/10/2024 Thursday
3.	Venue / Place	Sushrut Hall
4.	Total number of participants/beneficiaries (No of individuals benefited by activity)	Faculty 38
5.	Organizing Faculty / Medical team	Psychiatry Dept.
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 Faculty. On the occasion of world mental health week 2024, stress management workshop was organized for Faculty, by the department of Psychiatry. Workshop highlighted the common symptoms of stress and how to manage stress, it was interactive session, Speaker Dr. Aneesh Bhat (HOD Psychiatry) 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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Reg No.: 2005/03/1908
Professor & Head



GPS Map Camera



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