

**Activity Report: Academic Year 2023-2024****Activity Name: TALK ON MENTAL HEALTH****Department /Committee / Club : POSTGRADUATE AND RESEARCH DEPARTMENT OF ECONOMICS**

Name of the Co-ordinator	Venue	Day & Date	Time
RESHMA RAICHEL KOSHY	MAR CLEMIS HALL	17 TH OCTOBER 2023	10.30 AM
Number of Participants: 50	Nature: Indoor	Type of Activity: Student Support	
Scheduled	Funding Source: Self		
Amount:	Chief Guest:Dr. John Jacob M, Ms. Sherly Varghese,Restore Minds		

BRIEF INFORMATION ABOUT THE ACTIVITY

Topic/ Subject of the Activity	An interactive session on reaching out.
Objective	Familiarize the students with art of living and the importance of mental health
Methodology	Invited talk led by Dr. John Jacob M, Restore Minds.
Outcomes	Students were made aware to talk about mental health issues and to reach out for help if facing any mental health issues.

PROOFS & DOCUMENTS ATTACHED (Tick mark the proofs attached):

Notice & Letter	List of Participants ✓	Activity Report ✓	Geo TaggedPhotos✓	Feedback Form
Feedback Analysis	News Clip with details	Certificate	Any Other	

IQAC Document No: 11/ECO/2023-24	Criterion No: V	NAAC Metric No:
Departmental File No: CCP-ECO-52	IQAC File No: CCP/IQAC/19	Regional

Name of Teacher & Signature with Date	Name of Head/ Committee Incharge& Signature with Date	IQAC Coordinator (Seal & Signature)
RESHMA RAICHEL KOSHY	DR. SHYNI T. ALEXANDER	DR. RENNY P. VARGHESE



15

NAME OF THE ACTIVITY : TALK ON MENTAL HEALTH

DATE & TIME : 15th OCTOBER 2023 , 10:30 AM

VENUE : MAR CLEMIS HALL

COLLABORATING AGENCY : RESTORE MINDS

RESOURCE PERSON : DR. JOHN JACOB M.

RESTORE MINDS

NUMBER OF PARTICIPANTS :

Sl.No	Name of the Participant	Signature
1.	Dr. Shymy T. Alexander	Shymy
2.	Bejoy D Abraham	Bejoy
3.	Reshma Rachel Keshy	Reshma
4.	Reechy Anna Jacob	Reechy
5.	Elizabeth Johnson	Elizabeth
6.	J. K. Jacob	J. K. Jacob
7.	Sandra Mol. T. S	Sandra
8.	Roseethy Poakash	Roseethy
9.	Surya T. S.	Surya
10.	Sneha S Josh	Sneha
11.	Sreevidya S	Sreevidya
12.	Anza. N	Anza
13.	Jinu. K.S	Jinu
14.	Abhishek K.S	Abhishek
15.	midhun. K	midhun
16.	Arun krishna R	Arun
17.	Renga Prasad	Renga
18.	Akbar Sha S	Akbar
19.	Reshmi S	Reshmi
20.	Nandana Anilkumar	Nandana
21.	Aswin Sudhakaran	Aswin
22.	Fatima. S. Kareem	Fatima
23.	Vinaya	Vinaya
24.	Grashma Sreedharan	Grashma
25.	Manya S. Madhu	Manya
26.	Kavga. K	Kavga



16

27.	Nandana Biju	Nandana
28.	Keerthi Vinod	Keerthi
29.	Zidan Muhammed	Zidan
30	Billy Thomas	Billy
31	Manoj. M.M	Manoj
32	Abhinav V	Abhinav
33.	Sneha Biju	Sneha
34	Anandhu. M.P	Anandhu
35.	Princy. S	Princy
36.	Seba. V.S.R	Seba
37.	Surya. S	Surya
38	Surya. S.	Surya
39	Adithya Sunil Kumar	Adithya
40	Anna Mary Pramod	Anna
41	Athul. M	Athul
42.	Naima Fathima. N	Naima
43	Roopesh Rahul	Roopesh
44	Harsha. G	Harsha
45.	Anupama Ref	Anupama
46.	Adhil mohammed. H	Adhil
47	Bijin. P	Bijin
48.	Amrita MR	Amrita
49.	Arya. Rajendran	Arya
50	Farsana. Feroz	Farsana
51	Abel Mathews Alex	Abel
52	Amrita vijayakumar	Amrita
53	Abhinav	Abhinav
54	Crupika. Biju	Crupika
55.	Anala M.S	Anala

DR SHANIT ALEXANDER
Associate Professor and Head,
Post Graduate Department of Economics
Catholicate College, Pathanamthitta
Kerala - 689 645



TALK ON MENTAL HEALTH

A talk on mental health was organised by the postgraduate and research department along with Restore Minds part of commemorating world mental health day. The session was chaired by Dr.Shyni T. Alexander. The session was handled by Dr. John Jacob M , chairman of Restore Minds.

An interactive session was also arranged along, handled by Mrs.Shirley Varghese, Alumni of department of economics, furnishing the queries raised by the students on mental health and healthy relationships.



CATHOLICATE COLLEGE PATHANAMTHITTA

