



Activity Report	
Academic Year	2022 - 2023
Name of Activity	Session on Problem Solving and Ideation Workshop Global Priority: Mental Health for All
Date of Activity	10/10/2022
Organized by	MIET Greater Noida
Resource Person	Dr. Naveen Herold Simon and Dr. Harish Kumar
Objective	Mental health awareness is the ongoing effort to reduce the stigma around mental illness and mental health conditions by sharing our personal experiences. Often, because of misconceptions about mental health and mental fitness, people often suffer in silence and their conditions go untreated. The Webinar was conducted to make aware about fitness of Mind by different activities.
Brief Report	Good mental health is essential for all students to achieve their academic success. Many people experience mental health difficulties. It is quite common that students experience psychological distress or mental health difficulties, such as acting inappropriately or in disruptive ways; exhibiting aggression and disrespect and so on. For interstate students, there are additional sources of stress, both acute and chronic. Such as dealing with the disorientation of cultural shock, the challenges of adapting to a new environment and the demands of language barriers. Mental health difficulties can significantly reduce a student's capacity to meet their course requirements; it can also highly impact their personal lives throughout all aspects. various activities available to help promote mental wellbeing and facilitate a healthy student's life cycle, such as Stress-Free Week before the exams each semester, Mental health



*h.214*

*Signature*  
Director

Mangalmay Institute of Engineering & Technology  
Greater Noida (U.P.)-201309  
(College Code-785)



*h.214*



<p><b>Outcome</b></p>	<p>campaigns and workshops.</p> <p>Many students and faculties had joined the webinar to understand why good mental health is necessary and how to live stress free life. In Discussion we found that students are more curious to know how to study without taking stress and they want more webinar on mental health discussion. Many Faculties and Students were involved in discussion during the session.</p>
<p><b>Photographs/ News Paper cutting</b></p>	



*H. Pal*

*Director*  
Mangalmay Institute of Engineering & Technology  
Greater Noida (U.P.)-201310  
College Code-786



*H. Pal*

# MIET



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**WELCOMES  
Our Guest Speaker**

Prof. Dr. Naveen Herold Simon  
Principal, School of Nursing and  
Health Sciences, DSW



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Director MIE  
Prof. Kanchan S

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10 Oct. 2022  
5 pm onwards

Session On  
**Mental Health For All**

<http://www.mangalmay.org/>

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IIC Convenor



H. Paly

*Director*  
Mangalmay Institute of Engineering & Technology  
Greater Noida (U.P.)-201310  
(College Code-786)



H. Paly