

Positive mental health amongst students

Wed 10.03.2010

Place: panjagutta
Times: 01:00 to 02:30
Category: Our Events
Additional Information:

The session comprised of: defining mental health, causes of stress and negative emotional health amongst students, how to improve the academic performance, importance of good mental health and how to achieve it as students. The session ended with importance of goal setting and role of Helpdesk.

Outcome: 75 students were benefitted from this session.

Photos: [click here](#)

Print date: Thu 19.05.2022

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