

## Report on:- Mental Health Awareness

Held on:- 02.11.2020

Date of Event	02.11.2020
Name and Type of Event	Mental Health Awareness-Webinar
Conducted by	Prof. Arvind Kumar Pandey
No. Of Participant	150

The week long orientation program commenced on 28th of October 2020 on a virtual platform to welcome the newly admitted fresher's of BCA & MCA .Day Six of the program was hosted by UtkarshKumar , a student of BCA Final year. It was started with the session on Mental Health Awareness by Ms. Anindita Sandilya . She discussed on how to care your mental health by keep yourself calm. She was very much friendly with the students and explained that how much it is important to take care of their mental health in college life.

