### Circular









ARKA JAIN

University

GRADE A

SCHOOL OF LAW

AJU/SOL/45-i/2023-2024

07-05-2024

#### Circular

This is hereby informed to all the students of law that the School of Law, ARKA JAIN University is organizing a session on Mental Health Programme on 08th May 2024 at Nagarjuna Block-E. The particulars of the event are mentioned below:

Date-08th May, 2024

Time:03:00 PM onwards

Location - Nagarjuna Block-E

Coordinator:

Dr. Arthita Dash

Assistant Professor School of Law Arka Jain University

toreading Congenor:

Prof. (Dr) Praveen Kumar Thakur Dean in Charge School of Law Arka Jain University

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Trehita Dash Dr Programme Coordinator School of Law Arka Jain University

Copy to:-

- 1. PS to Vice Chancellor
- PS to Director
  PS to Registrar
- 4. Faculties of School of Law
- 5. Students
- 6. Departmental Circular File 7. Departmental Notice Board



# **INTERACTIVE SESSION ON MENTAL HEALTH**

Date of Event	08.05.2024
Name of Event	Interactive session on Mental Health
Type of Event	Academic
Conducted by	School of Law
No. of Participants	20

### **OBJECTIVE:**

The objective of this program was to help students to understand the importance of mental health in human life. Good Mental Health helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

### **DETAILS**:

**MENTAL HEALTH SESSION** was conducted by the School of Law at Nagarjuna block- E, Arka Jain University, Jamshedpur to aware the students that how the current situations are pushing us towards stress and anxiety.

The participation of the students was mandatory as it involves people of every stage. There was a total of 20 participants. The event had speaker from National University of Study and Research in Law, Ranchi.

## TAKEAWAY (OUTCOMES):

Mental health awareness is critical to promoting mental health treatment and behavioral health. It's a necessary and foundational conversation for changing to a more proactive model of mental heal.th.



## POSTER OF THE EVENT



Figure 1: Poster of the event "Interactive Session on Mental Health"



## PHOTOS OF THE EVENT



Figure 2: Guest along with the Students.



Figure 3: The students actively attending the session.



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Figure 4: Discussing the perspective of young minds.

## LIST OF THE PARTICIPANTS







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#### SESSION ON AWARENESS OF MENTAL HEALTH

### 08<sup>TH</sup> MAY 2024

#### ATTENDANCE SHEET

S.NO.	STUDENTS NAME	ENROLLMENT NO.	SIGN
1.	Megha Indal	ATU/191456	Malan
2.	Anshu kumari	AJU/ 191 307	- And
3 .	Manas kumar	EZD OEL LUFA	Jensendy former
14.	Rajeer Misling	AJU/ 191 016	Payerer Michny.
15.	Laplie Mahato	1970/ 191342	Ruce makte
16.	Yash Prakash	AJU/ 200 307	Jash Prakadly
7.	Sheershadeb Das	AJU/200126	Sumen del des
8.	Dimple Prasad	AJU 208094	D. Prasad .
9.	Gyan Vaibhar	AJU/ 200 799	yyon
10.	Rajesh Yadar	ADU/ 200 524	Fajsh- pan
11:	Albhishek Kr. Sings		Abrink Singh
1124	Oraiza Wasin Anchi	AIU 200969	amsan -
13	Raja Ray	AJU/ 200 536	Baja Ray
14:	Shubban bi Jamra	AJU/ 200 1120	Serbins
15.	Abhioher Naryan	AJU/ 210 670	Aphyhet
16.	Komad Mishra	A50/ 210136	Hernel
17.	Tarana Dao	AJU/ 210296	- Turnen dous
178.			Niheriles
	Dhananjay tristm	AJU/ 210741	Fanture Kolon
120	Ashaloy Starries	n njuj 210767	Armen.
191	J		
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