

**JAI SHRIRAM ENGINEERING COLLEGE, TIRUPPUR – 638 660****(An Autonomous Institution)**

Approved by AICTE, New Delhi & Affiliated to Anna University, Chennai

Recognized by UGC & Accredited by NAAC and NBA (CSE and ECE)

EVENT REPORT**IQAC Doc No: JSR/IQAC/2025-26/WDC/03****Dept. Ref. No: JSREC/WDC/2025-26/PR/03****Date: 21.02.2026****Event Name: Women Awareness Program****Event Title: Awareness on Mental Health****Objective of the Seminar:**

- To create awareness about the various topics like First Aid of Epilepsy, Suicidal Thoughts, Mental Health, Social Media Addiction, Menstrual Hygiene
- To educate students on emergency helpline numbers in case of drug usage, medical help and others.
- To enhance students' knowledge on the importance and treatments available for Mental Health

Funding Agency (Int / Ext): Internal**Alumni Contribution (if any): Nil****Venue: Conference Hall****Date of event: 20.02.2026**

Budget (in INR)	Proposed	Actual	Participant's details	Internal	External
	-NIL-			78	Nil

Guest Details

Name	Ms. Thiruselvi	Designation	Psychiatric Trainer
Organization (Specify address)	Tamilnadu State Rural Development Mission, Tiruppur	Mobile	--
		EmailId:	--

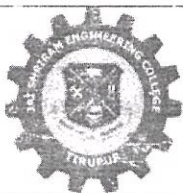
Topic: Awareness on Mental Health**Outcome of the event:**

- Students learned to identify common mental health issues such as stress, anxiety, and emotional pressure.
- The program encouraged students to adopt healthy coping strategies and positive thinking.
- Participants understood the importance of seeking guidance, counseling, and peer support when facing mental health challenges.

Picture of the event**Feedback****Feedback enclosed****Enclosure:**

1. IQAC Report, 2. Approval letter with Budget, 3 Invitation, 4. Brochure/Circular, 5. Participant list, 6. Certificate, 7. Feedback – Individual, 8. Feedback – Consolidation, 9. Expenditure details, 10. External Agency Approval Letter (if any) 11. Report of the event 12. Media (if any) 13. Any other documents

Event Coordinator**IQAC Dept Coordinator****HOD/Dean****IQAC Convenor**



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WOMEN DEVELOPMENT CELL

AWARENESS PROGRAMME ON MENTAL HEALTH

ATTENDANCE SHEET

DATE: 20.02.26

S.No	Student Name	Year/ Branch	Signature
1.	K. Hari Hara Vignesh	I-Year/B.Tech FT	K. Hari Hara Vignesh
2	R. Karthick	I-Year/B.Tech FT	R. Karthick
3.	K. Yoganathan	I-Year/B.Tech FT	K. Yoganathan
4	B. Surya Prabou	I-year/B.Tech FT	B. Surya Prabou
5.	G. Soumya	I-year/B.Tech FT	G. Soumya
6.	S. Gayathri devi	I-Year B.Tech FT	S. Gayathri
7	C. Nandhitha	I-year/B.Tech FT	C. Nandhitha
8.	M. Pooja	I-year/B.Tech FT	M. Pooja
9.	S. Hemavanshini	I-year/B.Tech FT	S. Hemavanshini
10.	Adharsha R.S	I-year B.Tech FT	Adharsha R.S
11.	S.T. Manishika	I-year B.Tech FT	S.T. Manishika
12.	S. Deepika	I-year B.Tech FT	S. Deepika
13.	V. Pavithra	I-year B.Tech FT	V. Pavithra
14.	M. Anurita	I-Year B.Tech FT	M. Anurita
15.	M. Ranjitha Priya	I-Year B.Tech FT	M. Ranjitha Priya
16	M. Kavya	I-Year B.Tech FT	M. Kavya
17.	J. Sruthi	I-Year B.Tech FT	J. Sruthi
18.	B. Sayeena Bogam	I-Year B.Tech FT	B. Sayeena Bogam
19.	B. Nivetha	I-Year B.Tech FT	B. Nivetha
20.	B. Pavithra	I-Year B.Tech FT	B. Pavithra
21.	C. Mahalakshmi	I-Year B.Tech FT	C. Mahalakshmi
22.	S. Poornima	I-Year B.Tech FT	S. Poornima
23.	S. Jenifer	I-Year B.Tech FT	S. Jenifer
24.	M. Adrika	I-Year B.Tech FT	M. Adrika

25.	Gowthami . N	I-FT. B. Tech FT	Gpoo
26.	Naveena . S	I-Year B. Tech FT	N2f
27.	Isaimozhi	I-Year B. Tech FT	Isay
28.	Maikol Meguna	I-Year B. Tech FT	Mun. E
29.	Bhavani . C	I-year B. Tech FT	Bhm. C
30.	Aaritha . V	I-year B. Tech FT	Aaritha. V
31.	Aishwarya . P	I-year B. Tech FT	Aishw. P
32.	Vaishnavi	I-year B. Tech FT	Vaish
33.	Satanyadani . W	I-Year B. Tech FT	V. Suf
34.	Sri Janani . K	I-year B. Tech FT	K. Jff
35.	Derish . A	I-year B. Tech FT	A. Derish
36.	M. Muniswari	I-year B. Tech FT	Muniswari
37.	P. Kalimuthu	I-Year B. Tech FT	P. Jari
38.	B. Evangelin	I-year B. Tech FT	B-Evangelin
39.	C. Rajashree	I-year B. Tech AD	C. Raji
40.	Dhanhini . R	I-year B. Tech AD	Dhij
41.	Abiya . V	I-AD	Abi
42.	K. Devi Pushpa Malu	I-AD	K. Devi.
43.	P. Emajya	I-AD	P. Emajya
44.	G. Dhvani	I-AD	G. Dhani
45.	PRATHAKSHINI M	I-AD	Prathakshini - M
46.	KAUITHA . S	I-AD	S. Kauth
47.	Vineela Dartene S	I-AD	Sy
48.	Aadhila Nassim M	I-AD	Aadh
49.	Bhavana M	I-AD	M. Bhava
50.	P. LIKITHA	I-AD	P. Likitha
51.	U. Raksha	I-AD	U. Raksh
52.	P. Koberi I	I-AD	P. Koberi I
53.	S. Rajitha	I-AD	S. Rajith
54.	S. Aravind	I-AD	S. Arav
55.	N. Manikandan	I-AD	N. Mani
56.	R. Vijay	I-AD	R. Vijay

54	S. Sreeja	I-AD (B.Tech)	Sreeja
58	S. Sivasankari	I-AD (B.Tech)	Sreeja
59	Sanani Vansha . R	I-AD (B.Tech)	R. Sanani
60	S. Parumaza	I-AD (Tech)	S. Parumaza
61	K. Priyanka	I-AD (Tech)	K. Priyanka
62	S. Yathin Raja	I-AD (B.Tech)	S. Yathin Raja
63	Vishal . K	I-AD (B.Tech)	Vishal . K
64	KANAKANATHAN	I-AD (B.Tech)	K. P. Kanakanathan
65	HARIKRISHNAN. AB	I-AD (B.Tech)	V. Hari Krishnan
66	Willson	I-AD (B.Tech)	Willson
67	N. Mukil	I-AD (B.Tech)	N. Mukil
68	M. Taswanth	I-AD (B.Tech)	M. Taswanth
69	S. Arun Kumar	I-AD (B.Tech)	S. Arun Kumar
70	A. Pranesh	I-AD (B.Tech)	A. Pranesh
71	J. Anwar Vijay	I-AD (B.Tech)	J. Anwar Vijay
72	A. SRINIVASAN	I-AD (B.Tech)	A. Srinivasan
73	Harishudhan . K	I-AD (B.Tech)	Harishudhan . K
74	Sathanasree	I-AD (B.Tech)	S. Sathanasree
75	Sruthi . B	I-AD (B.Tech)	Sruthi . B
76	GOLKILA . V	I-AD (B.Tech)	Golkila . V
77	DEEPIKA . V	I-AD (B.Tech)	Deepika . V
78	P. N. Jayashree	I-AD (B.Tech)	P. N. Jayashree
79	B. P. Darshana	I-AD (B.Tech)	B. P. Darshana
80	G. Subha	I-AD (B.Tech)	G. Subha
81	S. V. Bhavana	I-AD (B.Tech)	S. V. Bhavana
82	V. Muthakrishnan	I-AD (B.Tech)	V. Muthakrishnan

AWARENESS PROGRAMME ON MENTAL HEALTH - 20.02.2026

S.No	Name	Year / Branch	1. Were you aware of the above topics before attending this program?	2. How would you rate your understanding of the Mental Health after attending	3. Which topics were most informative for you? (Select all that apply)	4. Was the information shared scientifically accurate and easy to understand?	5. Was the explanation on various topics helpful?	6. How would you rate the overall organization of the program?
1	S. Kaviya	1st year/B.tech FT	Yes, Fully aware	Excellent	Drug/Substance Abuse Awareness; Menstrual Health & Hygiene	Agree	Very helpful	Excellent
2	Maikel meguna.E	1ST YEAR FT	Yes, Fully aware	Good	Menstrual Health & Hygiene	Agree	Helpful	Good
3	Hari Sudhan k	1/AD	Somewhat	Good	First Aid for Epilepsy; Identifying & Responding to Suicidal Thoughts; Drug/Substance Abuse Awareness; Social Media Addiction; Menstrual Health & Hygiene; All of the Above	Strongly Agree	Very helpful	Excellent
4	Manikandan. N	B.TECH AI&DS	Somewhat	Good	All of the Above	Agree	Very helpful	Excellent
5	Dhinesh k	Frist year/ B.Tech FT	No	Good	First Aid for Epilepsy	Agree	Helpful	Excellent
6	G. Varalakshmi	AIDS	Somewhat	Good	Social Media Addiction	Neutral	Helpful	Good

7	Poorani.S	1st year - BTech FT	No	Good	All of the Above	Agree	Helpful	Good
8	Sajeena Begam.B	1st year/ B.tech FT	Yes, Fully aware	Good	First Aid for Epilepsy;Social Media Addiction	Neutral	Helpful	Good
9	MAHALAKS HMI.C	1ST YEAR/B.TE CH FT	Yes, Fully aware	Good	All of the Above	Agree	Helpful	Average
10	Yoganathan K	Ist year/ FT	Yes, Fully aware	Good	Menstrual Health & Hygiene	Neutral	Helpful	Good
11	C.Nandhitha	2025/B.techF T	Yes, Fully aware	Good	Drug/Substance Abuse Awareness	Agree	Very helpful	Excellent
12	K.Devi Pushpa Malar	B.Tech AD	Yes, Fully aware	Good	Drug/Substance Abuse Awareness;Social Media Addiction;Menstrual Health & Hygiene	Agree	Helpful	Excellent
13	NIVASHINI V	B.Tech(AD)	Yes, Fully aware	Poor	First Aid for Epilepsy	Agree	Helpful	Good
14	Muthukrishna n	1year-B.Tech AD	Yes, Fully aware	Good	Social Media Addiction	Strongly Agree	Very helpful	Excellent
15	k.janani	1st year fasion technology	Somewhat	Good	All of the Above	Neutral	Helpful	Good
16	Rajashree C	B.Tech.AD- 1st year	Yes, Fully aware	Excellent	All of the Above	Strongly Agree	Very helpful	Excellent
17	S.PARIMAL A	1st year AD	Yes, Fully aware	Good	Menstrual Health & Hygiene	Agree	Helpful	Good

18	A.PRIYADH ARSHINI	1-year/B.TECH H FT	Somewhat	Average	Identifying & Responding to Suicidal Thoughts	Agree	Helpful	Good
19	ABIRAMI M	1 yr BTECH AI&DS	Somewhat	Average	All of the Above	Agree	Helpful	Good
20	MANISHKA S T	B.Tech FT	Yes, Fully aware	Good	Menstrual Health & Hygiene	Neutral	Helpful	Good
21	Deva shree K	B .Tech AI&DS	Yes, Fully aware	Good	Drug/Substance Abuse Awareness;All of the Above	Agree	Helpful	Good
22	B.P.Darshana	1-B.Tech AI&DS	Yes, Fully aware	Good	All of the Above	Agree	Helpful	Excellent
23	Aakash s	First year	Yes, Fully aware	Good	Drug/Substance Abuse Awareness	Strongly Agree	Helpful	Good
24	Vineelaa Darlene S	I - AD	Somewhat	Excellent	All of the Above	Strongly Agree	Very helpful	Excellent
25	Karthick	1st year B.Tech FT	Somewhat	Average	Social Media Addiction	Agree	Very helpful	Excellent
26	Janani Varsha.R	B.Tech AI&DS	Yes, Fully aware	Excellent	Identifying & Responding to Suicidal Thoughts;Drug/Substance Abuse Awareness;Social Media Addiction	Agree	Helpful	Excellent
27	M MUNISWARI	2026/B.Tech FT	No	Good	Menstrual Health & Hygiene	Agree	Very helpful	Excellent
28	Rogithwaran s	1st year / B.Tech AI&DS	Yes, Fully aware	Good	All of the Above	Agree	Very helpful	Good

29	Sreemathi	AIDS	Yes, Fully aware	Good	First Aid for Epilepsy	Strongly Agree	Very helpful	Excellent
30	SANDHIYA. M	I-AI&DS	Yes, Fully aware	Excellent	All of the Above	Strongly Agree	Very helpful	Excellent
31	Krishnan R	I/FT	Yes, Fully aware	Good	Social Media Addiction	Agree	Helpful	Good
32	Ranjith C	I-year AIDS	Yes, Fully aware	Excellent	All of the Above	Agree	Helpful	Good
33	M.Amrita	1/ B.Tech FT	Somewhat	Excellent	All of the Above	Strongly Agree	Very helpful	Excellent
34	M.Adrika	I-B.Tech FT	Yes, Fully aware	Good	Menstrual Health & Hygiene	Strongly Agree	Very helpful	Excellent
35	S.Sreeja	2025/B.Tech	Yes, Fully aware	Excellent	All of the Above	Agree	Helpful	Excellent
36	Emaiya. P	Ist year / B. Tech AI& DS	Yes, Fully aware	Excellent	First Aid for Epilepsy;Identifying & Responding to Suicidal Thoughts;Drug/Substance Abuse Awareness;Social Media Addiction;Menstrual Health & Hygiene;All of the Above	Agree	Very helpful	Excellent
37	M.NISHANT H	1-FT		Good	All of the Above	Agree	Neutral	Excellent
38	Thenmathi P	1/AIDS	Yes, Fully aware	Good	Identifying & Responding to Suicidal Thoughts	Agree	Helpful	Good
39	K.Hari Hara Vignesh	1st year/b.tech FT	Yes, Fully aware	Good	Drug/Substance Abuse Awareness	Agree	Helpful	Good
40	R.Santhosh	1year /FT	Yes, Fully aware	Good	Social Media Addiction	Neutral	Very helpful	Good

AWARENESS PROGRAMME ON MENTAL HEALTH

Publish analytics

Name

41 responses

S.PARIMALA

Poorani.S

Thenmathi P

k.janani

Dhinesh k Deva

shree K

B.P.Darshana

Yoganathan K

Maikel meguna.E

S. Kaviya Janani

Varsha.R

Krishnan R

SANDHIYA.M

ABIRAMI M

Manikandan.N

MAHALAKSHMI.C

A.PRIYADHARSHINI

M MUNISWARI

Karthick

MANISHKA S T

M.NISHANTH

Emaiya. P

Rogithwaran s K.Devi

Pushpa Malar

Rajashree C

S.Sreeja

C.Nandhitha

Hari Sudhan k

K.Hari Hara Vignesh

Sreemathi Jaswanth.M

M.Amrita

Vineelaa Darlene S

NIVASHINI V

G. Varalakshmi

Ranjith C

R.Santhosh

M.Adrika

Sajeena Begam.B

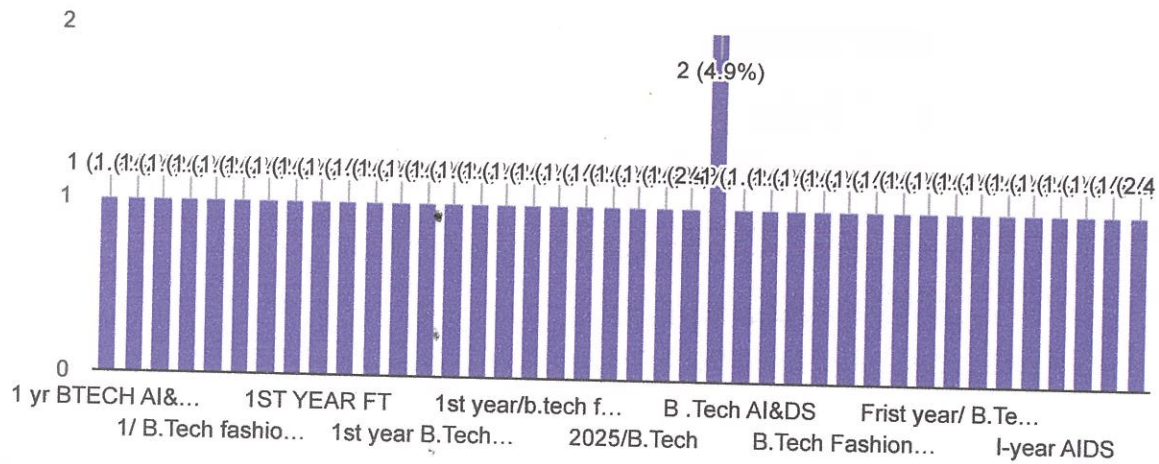
Aakash s

Muthukrishnan

Year / Branch

41 responses

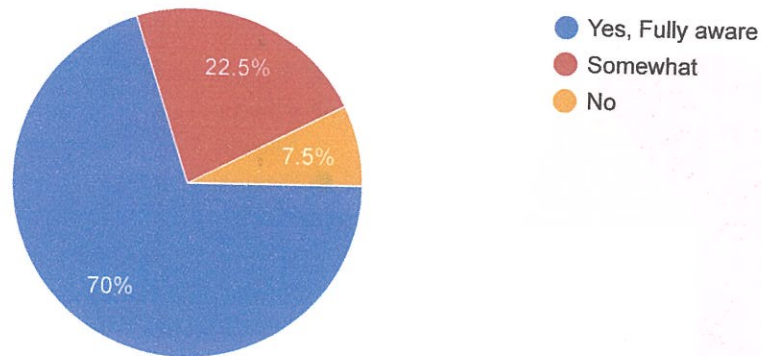
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1. Were you aware of the above topics before attending this program?

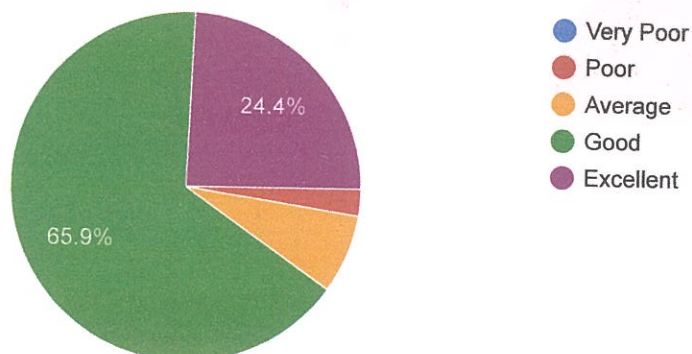
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40 responses

2. How would you rate your understanding of the Mental Health **after** attending this session?

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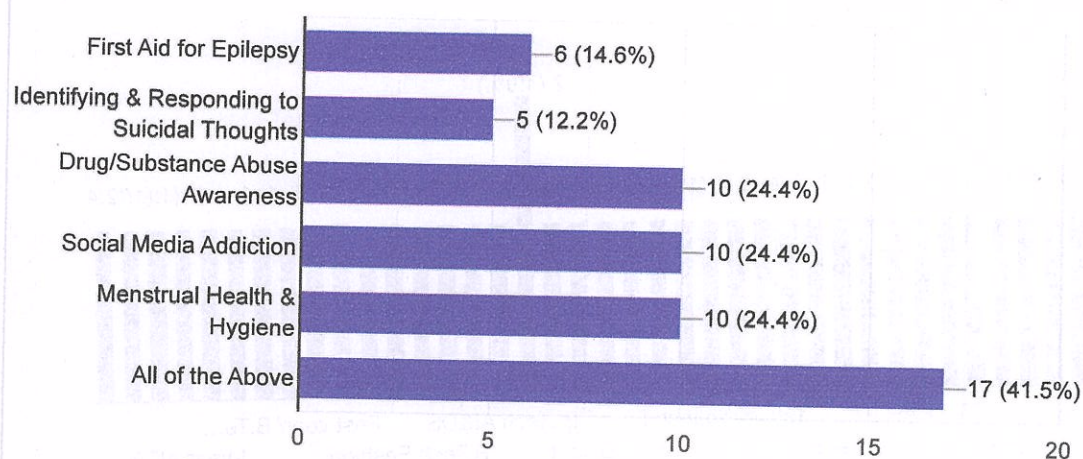
41 responses



3. Which topics were most informative for you? (Select all that apply)

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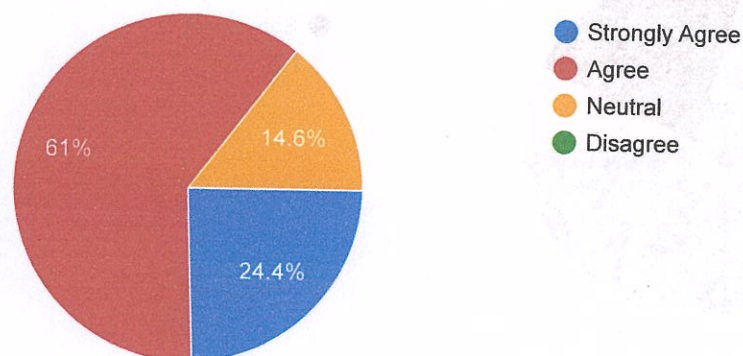
41 responses



4. Was the information shared scientifically accurate and easy to understand?

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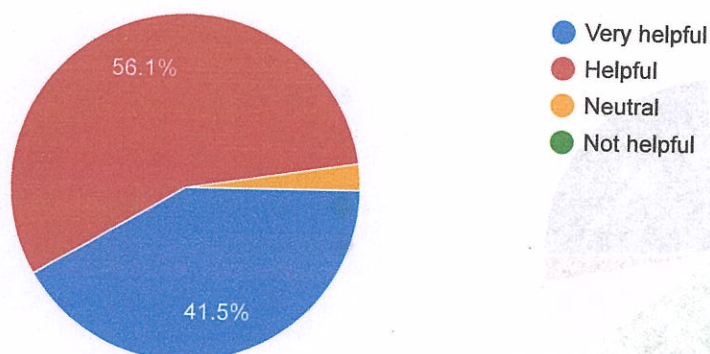
41 responses



5. Was the explanation on various topics helpful?

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41 responses





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PROGRAM REPORT

PROGRAMME NAME	Women Awareness Program on “Awareness on Mental Health”
DATE	20.02.2026
TIME	03.00 PM – 04.00 PM
PLATFORM	OFFLINE
DURATION	1 HOUR

OBJECTIVE OF THE EVENT

- To create awareness among women students about the importance of mental health and emotional well-being.
- To educate participants about common mental health challenges faced by students and young women.
- To encourage students to recognize stress, anxiety, and emotional issues and seek appropriate support.
- To promote healthy coping strategies and positive mental health practices.
- To reduce stigma related to mental health and encourage open discussions about psychological well-being.

EVENT REPORT

A Women Awareness Program on “Awareness on Mental Health” was organized on 20 February 2026 at the Conference Hall of Jai Shriram Engineering College. The program aimed to create awareness among women students about the importance of maintaining good mental health and emotional balance in their academic and personal lives.

The event began with a welcome address by the organizing coordinator, who emphasized the significance of mental health awareness, especially among young students facing academic pressure and life challenges. The resource person explained the importance of understanding mental health and recognizing early signs of stress, anxiety, and emotional imbalance. The session highlighted the impact of Social Media Addiction, first aid for epilepsy and how mental health plays a crucial role in academic performance, relationships, and overall well-being.

During the session, the following key topics were discussed:

- Importance of mental health for students
- Common mental health challenges faced by young women
- Managing stress, anxiety, and academic pressure
- Healthy lifestyle practices for emotional well-being
- Importance of seeking help and counseling when needed

The speaker also shared practical tips such as maintaining a balanced lifestyle, practicing relaxation techniques, time management, and building supportive relationships. An interactive session was conducted where students actively participated by sharing their thoughts and asking questions related to stress management and mental well-being.



Glimpses of session on 20.02.2026

OUTCOME OF THE EVENT

- Participants gained awareness about the importance of mental health and emotional well-being.
- Students learned to identify common mental health issues such as stress, anxiety, and emotional pressure.
- Participants understood the importance of seeking guidance, counseling, and peer support when facing mental health challenges.
- The awareness program helped reduce stigma related to mental health and promoted open discussions among students.

[Signature]
21/3/26
Event Coordinator

[Signature]
23/2/26
WDC Convenor

[Signature]
12/3/26
IQAC Convenor