



LOYOLA COLLEGE OF EDUCATION
Accredited (3rd Cycle) at 'A' Grade by NAAC
Recognized by NCTE & Affiliated to TNTEU
Nungambakkam, Tamil Nadu, India, Chennai - 600 034

**HEALTH AND HYGIENCE COMMITTEE
& WOMEN CELL**
Programme on “Mental Health Literacy”

Details of the Programme/Activity:

Name of the Programme/Activity:	A Programme on “Mental Health Literacy”
Date of the Programme/Activity:	04.08.2026
Time of the Programme/Activity:	10.30 am – 12.00
Target Audience of the Programme/Activity:	B.Ed. Second Year
No. of participants in the Audience:	102
Objectives of the Programme/Activity:	1. To promote health and hygiene practices among student teachers, faculty members, and staff, ensuring a clean and healthy environment 2. To ensure the availability of basic medical facilities and first aid services within the college campus 3. To organize health awareness programs, workshops, and seminars to educate student teachers on various health-related issues. 4. To encourage student teachers, faculty members, and staff to adopt a healthy lifestyle, including regular exercise, balanced diet, and stress management 5. To maintain sound mental health and better coping strategies among student teachers
Name of the Resource Person/Chief Guest:	Dr.Christiana Venita Deepa, D., Counsellor, Loyola College, Chennai.
Brief note about the Resource Person/Chief Guest:	- She is a mental health professional with over 18 years of experience in counselling, psychotherapy, and psychological wellbeing. - She holds degrees in Psychology, Social Work, and Counselling and Psychotherapy, along with specialized training in advanced counselling,

	psychometrics, art-based therapy, family therapy, and several other therapeutic approaches. - She completed her Ph.D. in Psychiatric Social Work at the University of Madras, where her research on Mental Health Literacy received a “Highly Commended” recognition.												
Few insights given by the Resource Person/Chief Guest (2 lines max.):	Dr. Christina spoke about the importance of recognizing and validating the emotions of others rather than ignoring or dismissing them. She explained that empathy, active listening, and effective communication are essential for building healthy relationships. She briefly spoke about Autism Spectrum Disorder (ASD), explaining that its signs can often be identified as early as two years of age. She highlighted that early identification and timely intervention can greatly support the development and wellbeing of children on the autism spectrum.												
Learning Outcomes of the Programme/Activity:	Very Informative Mental Wellness with practical life experiences I learned about how to approach and understand students I got many tips to lead a life with good mental health. I hope it is useful for us while going on internship. The session encouraged me to practice self-care and support others with empathy while reducing the stigma surrounding mental health. It was good to know how to handle the children and how to manage one's emotions.												
Feedback Analysis	<table> <tr> <th>Parameters</th><th>Result (in %)</th></tr> <tr> <td>1. Usefulness</td><td>92</td></tr> <tr> <td>2. Clarity of content</td><td>92</td></tr> <tr> <td>3. Presentation</td><td>92</td></tr> <tr> <td>4. Time Management</td><td>91</td></tr> <tr> <td>5. Level of Knowledge gained</td><td>91</td></tr> </table>	Parameters	Result (in %)	1. Usefulness	92	2. Clarity of content	92	3. Presentation	92	4. Time Management	91	5. Level of Knowledge gained	91
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2. Clarity of content	92												
3. Presentation	92												
4. Time Management	91												
5. Level of Knowledge gained	91												

	6. Interaction	91
	7.Overall experience	90
Overall Impact of the Programme/Activity:	Excellent	
Any other remarks on the Programme/Activity:	It needs to be more personal and about oneself, how to balance oneself. Frequent sessions like this from the same resource person will be appreciated. We need more like this session.	

Details of the Committee which organized the event:

Name of the Committee:	Health and Hygiene Committee & Women Cell
Name of the Organizers:	Dr.T.Komalavalli, Dr.H.A.Anbuselvi
Name of the Co-organizers:	Dr.V.Ajantha, Dr.M.Venmani, Mr.Arul Martin, Ms.A.Stella Mary

Signature of the Principal

Signature of the Organizer

INVITATION



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Health and Hygiene Committee

*&
Women Cell
Organize*

A Programme on

"MENTAL HEALTH LITERACY"



Resource Person

Dr. Christiana Venita Deepa D

Counsellor, Loyola College, Chennai

Venue : Arrupe Auditorium

Tuesday | 04 | August
@ 10.30 a.m. | 2026

Patron

Rev. Dr. Alphonse Manickam, SJ

Secretary

Convenor

Dr. A. Jasmine Christy

Principal

Coordinators

**Dr. T. Komalavalli
Dr. H.A. Anbu Selvi**

Members

**Dr. V. Ajantha
Dr. M. Venmani
Mr. J. Arul Martin
Ms. A. Stella Mary**

Student Coordinators

**Ms. Avendhiga V
Ms. Amuktha
Ms. Reema Sarkar**

PRAYER SONG



WELCOME ADDRESS



HONOURING THE RESOURCE PERSON



AUDIENCE – B.ED. SECOND YEAR



PRESENTATION BY RESOURCE PERSON Dr.CHRISTIANA





Chennai, Tamil Nadu, India 🇮🇳

9, Nelson Manickam Rd, Nungambakkam, Chennai, Tamil Nadu 600034, India

Lat 13.060374° Long 80.236097°

Tuesday, 04/08/2026 10:58 AM GMT +05:30

GPS Map Camera



Chennai, Tamil Nadu, India 🇮🇳

9, Nelson Manickam Rd, Nungambakkam, Chennai, Tamil Nadu 600034, India

Lat 13.060372° Long 80.236088°

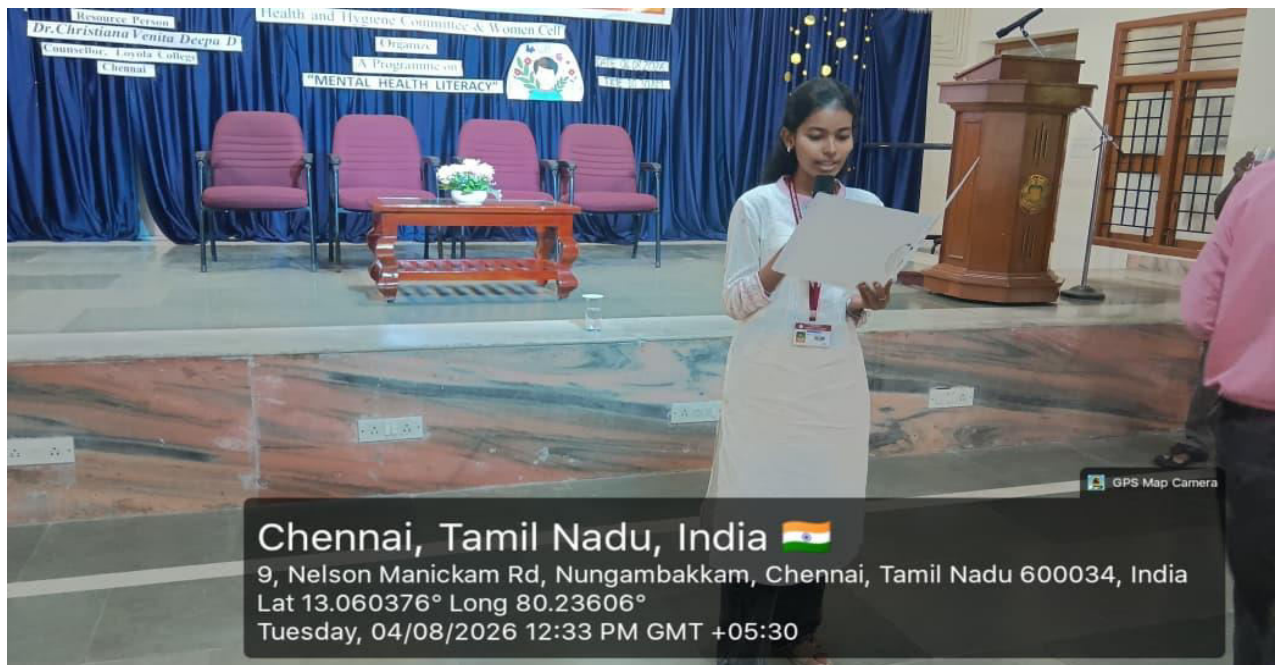
Tuesday, 04/08/2026 12:05 PM GMT +05:30

GPS Map Camera

STUDENT'S INTERACTION WITH RESOURCE PERSON



VOTE OF THANKS





COMMITTEE MEMBERS WITH RESOURCE PERSON

