

Workshop on “Mental Wellness through Life Skills”

A workshop was organised by 3rd semester MSc. HD students on 7th August 2018 for the 9th standards students of St. Anne’s School, Millers Road, Bengaluru. The objective of the workshop was to make them aware of the various life skills and to teach strategies to develop life skills. The workshop also focused on teaching certain study skills. Around 50 children studying in 9th std benefited from the workshop. The Mental Health Workshop was filled with fun learning activities which engaged the students throughout the sessions. The activities not only focused on their academics but also on their mental health and aided in promoting better mental health.

List of 3rd semester MSc. HD conducted the workshop

Sl No	Register No	Name of The Students
1.	M17HD01	Anusha J
2.	M17HD02	Arsha Pavithran
3.	M17HD03	Brindha.B
4.	M17HD05	Huma Sarvath
5.	M17HD06	Lakshmi Iyer
6.	M17HD07	Mahima S Chordia
7.	M17HD08	Shah Niyati Mukesh
8.	M17HD09	Syeda Noor Fathima F.A
9.	M17HD11	Yamini Bakliwal
10.	M17HD12	Smitha Mary Jose
11.	M17HD13	Tongbram Kajal Devi
12.	M17HD14	Pavithra Bhat
13.	M17HD15	Sandhya.V
14.	M17HD16	Dias Eamonne Marah
15.	M17HD18	Upasona Mukherjee
16.	M17HD19	Harpitha . N
17.	M17HD20	Harshitha N
18.	M17HD21	K.Mounika

