



GENERAL REQUEST FORMAT FOR PROGRAMS and EVENTS

Date: 8/12/2022

From,

Programs Officer
National Service Scheme (246)
GEMS Arts and Science College
Ramapuram.

To,

The Principal
GEMS Arts and Science College,
Ramapuram, Malappuram, 679321

Sl No	Name of Department	Name of the Program	Date	Time	
				From	To
1.	NSS	Mental Health Awareness class	12/12/2022	2 pm	4 pm

Venue: College Rooftop Auditorium.

Resource person (if any):

Associating Clubs/Departments (if any): Crata Hospital permtal menne

Sanctioning Details:

Approved Not Approved

Dr. NARJEN MOHAN
PRINCIPAL
GEMS ARTS AND SCIENCE COLLEGE
KADUNGAPURAM (PO), RAMAPURAM
MALAPPURAM DT., KERALA-679 321

Programme Officer
National Service Scheme
Gems Arts and Science College
Signature

Seal

- Note: 1. Brochure shall be displayed/circulated in the college notice board.
2. Program Report shall be submitted within 5 days.

Circular No: NSS/22-23/09

Date:09/12/2022

CIRCULAR

This is to inform you all that National Service Scheme (NSS) 246 of GEMS college organizing a Mental Health Awareness class on 12th December 2022..The program scheduled at college Rooftop auditorium at 2PM.



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Programme Officer
National Service Scheme
Gems Arts & Science College
Ramapuram



NSS GEMS UNIT (246)
in association with IQAC

Mental Health - Raise awareness & Erase The Stigma



 **Venue Rooftop auditorium**
Date 12/12/2022
Time 2pm

Dr. shalima shamsudeen
>Consultant psychiatrist
>Craft hospital perinthalmanna

Secretal-f

Programme Officer
National Service Scheme
Gems Arts & Science College
Ramapuram

Dr. NAVEEN MOHAN
PRINCIPAL
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GEMS ARTS AND SCIENCE COLLEGE
(A Unit of Global Education and Management Studies Co-operative Ltd., No.M.782)
(Affiliated to University of Calicut)

MENTAL HEALTH AWARENESS PROGRAM

Date: 12.12. 2022

Time: 10 AM


Venue: Rooftop

Program Schedule

Welcome address: Mr. Junaid
Program officer
NSS unit
GEMS Arts and Science College.

Resource person: Dr. Shalimar Shamsudheen
Consultant psychiatrist
Craft Hospital, Perinthalmanna

Vote of Thanks: Ms. Fathimath Rishana.
Student


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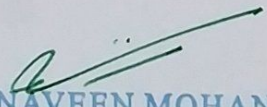
PROGRAM REPORT
MENTAL HEALTH AWARENESS PROGRAM

12.12.2022

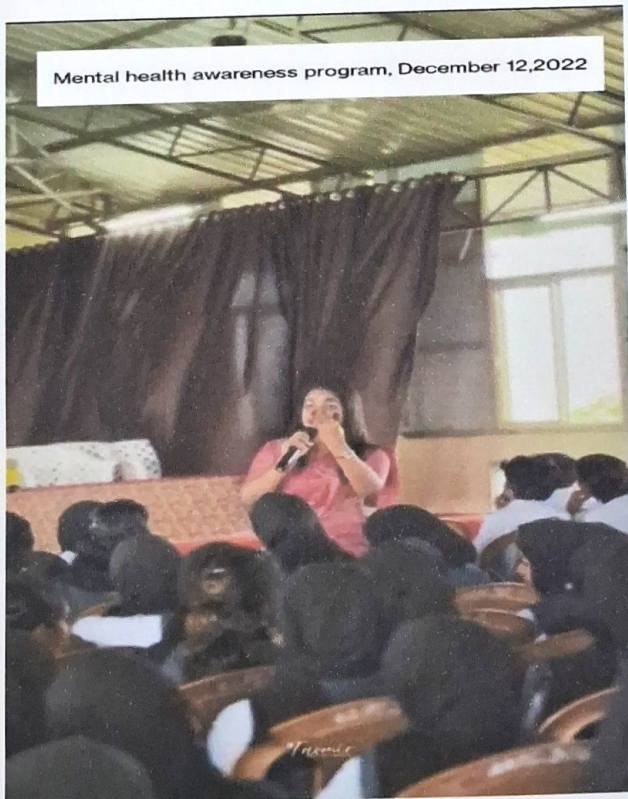
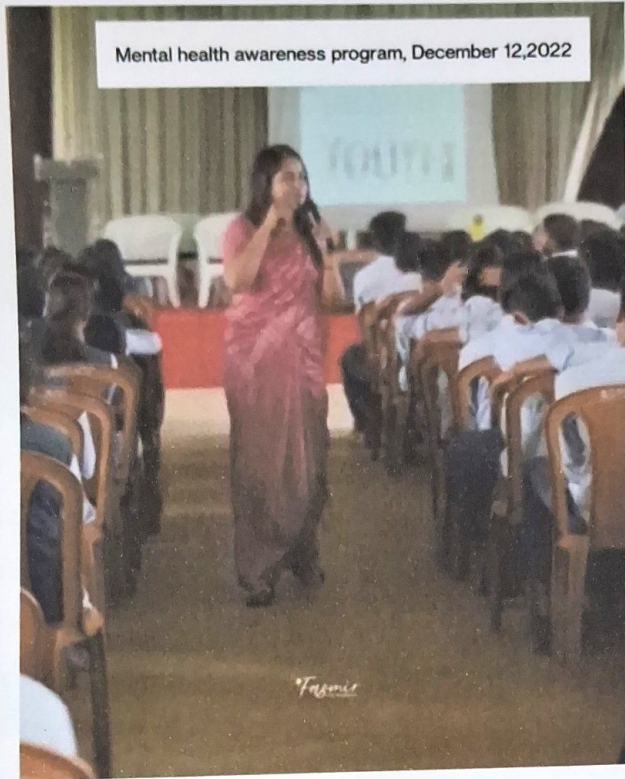
On 12.12.2022, the NSS GEMS unit undertook a commendable initiative by organizing a mental health awareness program centered on the crucial theme of "Mental Health: Raise Awareness and Erase the Stigma." The program aimed to shed light on an often-neglected aspect of overall well-being and promote open conversations surrounding mental health challenges. Under the guidance of the unit, the program served as a significant step toward breaking down stigmas and encouraging a more compassionate approach to mental health issues. The heart of the program was a session led by Dr. Shalimar Shamsudheen, a consultant psychiatrist from the prestigious Perinthalmanna Craft Hospital. Dr. Shalimar's expertise added a layer of credibility and depth to the discussion, ensuring that the information shared was accurate and sensitive. By addressing mental health from a professional perspective, the program effectively educated participants about the complexities of various conditions and the importance of seeking help when needed.

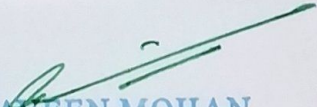
The session's focus on raising awareness and erasing the stigma surrounding mental health underscored the NSS GEMS unit's commitment to fostering a supportive environment for its members and the wider community. Dr. Shalimar's role in the session allowed for a more comprehensive understanding of mental health issues, enabling participants to grasp the significance of mental well-being in maintaining a balanced and fulfilling life. In conclusion, the mental health awareness program organized by the NSS GEMS unit, featuring the guidance of Dr. Shalimar Shamsudheen, marked a significant stride in promoting open dialogues about mental health and destigmatizing the topic. By providing accurate information, fostering understanding, and encouraging empathetic conversations, the program contributed to creating a more inclusive and supportive community that values the mental well-being of all its members. About 54 participants were present.




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Photographs




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