



**DEPARTMENT OF COMPUTER APPLICATION**

**Report Submission: 30/03/2026**

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| <b>Semester:</b> EVEN         | <b>Academic Year:</b> 2025–26    | <b>Venue:</b> AIGS ROOM 101 |
| <b>Event Date:</b> 12/03/2026 | <b>Time:</b> 10:40 AM TO 12:20PM | <b>Duration:</b> 1.5 Hours  |

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**TYPE OF EVENT: WORKSHOP**

**EVENT NAME: “MENTAL HEALTH WELLBEING AND RESILIENCE”**

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| <b>Target Audience:</b> II Sem BCA Students | <b>Number of Participants:</b> 100 |
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**Objectives:**

The major objectives of the “Mental Health wellbeing and Resilience” workshop were:

1. To increase awareness about mental well-being by helping participants understand the importance of emotional health, stress management, and maintaining a balanced lifestyle.
2. To develop resilience skills by equipping participants with practical strategies to cope with challenges, setbacks, and everyday stress in a healthy and constructive manner.
3. To promote positive mental health practices by encouraging techniques such as mindfulness, self-care, and supportive communication that enhance overall well-being.

**Program Introduction:**

The workshop on Mental Health Wellbeing and Resilience was organized for BCA students to promote awareness about emotional well-being and coping strategies in academic and personal life. The session began with a prayer song, creating a calm and positive environment. This was followed by the introduction of the three resource persons, who are experienced psychologists specializing in mental health and counselling.

The workshop aimed to provide students with practical techniques to understand their emotions, manage stress, and build resilience in everyday life.



**Theme of the Event:**

“Promoting Mental Wellbeing and Building Emotional Resilience among Students.”

The theme focused on creating awareness about the importance of mental health and emotional balance in students' lives. It emphasizes helping students understand, express, and manage their emotions through positive practices and interactive activities. The workshop also aimed to equip students with resilience skills to handle stress, challenges, and everyday pressures effectively.

**Resource Persons**

Name: Ms. Kshithi Nagaraj

Designation: Associate Psychologist /Project Manager

Company name: Inner World Counselling Centre for Mental Well-being

Profile details: Qualified mental health professional with an M.Sc. in Clinical Psychology from JSS Medical

College, specializing in counselling and therapeutic support for children, adolescents, and adults.

Name: Ms. Kumari Rashmi G

Designation: Assistant Counselling Psychologist

Company name: Inner World Counselling Centre for Mental Well-being

Profile details: M.Sc. in Counselling Psychology from Jain University.

Name: Ms. Priya N

Designation: Assistant Counselling Psychologist

Company name: Inner World Counselling Centre for Mental Well-being

Profile details: Completed M.Sc. in Clinical Psychology.

**Detailed Report:**

The workshop on mental health was conducted in a highly engaging and interactive manner, with the primary aim of creating awareness among students about the importance of emotional well-being and resilience. The session began on a calm and positive note with a soothing prayer song, which helped establish a relaxed and focused atmosphere for all participants. This was followed by a brief introduction of the resource persons, who brought valuable expertise and guided the session in an effective and approachable way.

The first activity, titled “Pass the Chit,” encouraged active participation by prompting students to answer a series of thoughtful and positive questions. This activity played a crucial role in breaking the



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ice and fostering a safe, open, and non-judgmental environment. Students felt more comfortable expressing their ideas and personal experiences, which significantly boosted their confidence and overall involvement in the session. It also encouraged peer interaction and helped participants understand diverse perspectives within the group.

The second activity focused on colour theory and emotions. Students were encouraged to associate different colours with various emotional states and reflect on their own feelings. This creative exercise allowed participants to express themselves freely while also understanding the connection between emotions and visual representation. It helped them recognize, process, and articulate their emotions more effectively, promoting self-awareness and emotional clarity.

Another important segment of the workshop was the role play activity. Students were given the opportunity to act out real-life scenarios commonly experienced in college, such as academic stress, anxiety, peer pressure, and relationship challenges. This practical approach made the session more relatable and meaningful, while also helping students explore possible solutions. The resource persons offered valuable insights, coping strategies, and guidance to handle such challenges effectively.

Overall, the workshop was informative, interactive, and impactful, helping students better understand mental health, express themselves confidently, and build resilience in their daily lives.

**Photos:**



Arranging the Students for the Workshop



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Students actively participating in the positive chit activity



Activity about emotions using colour theory



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Ms. Kshithi Nagaraj interacting with the students



Kumari Rashmi G explaining a role play activity to be performed



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Vote of thanks

**Outcome:**

The Mental Health Wellbeing and Resilience workshop had a significant impact on the participating students. The major outcomes include:

- Improved awareness of mental health:  
Participants will gain a better understanding of mental well-being, common stressors, and the importance of maintaining emotional balance.
- Enhanced coping and resilience skills:  
Participants will learn practical techniques such as stress management, mindfulness, and positive thinking to handle personal and professional challenges more effectively.
- Adoption of healthy mental well-being practices:  
Participants will be encouraged to incorporate self-care habits, supportive communication, and resilience-building strategies into their daily lives.

### Student feedback summary



### Conclusion:

The Mental Health Wellbeing and Resilience workshop was highly effective in promoting awareness about emotional health among students.

The combination of interactive activities such as passing the chit, colour-emotion mapping, and role play made the session engaging and meaningful. The resource persons provided valuable insights that helped students understand and manage their emotions better.

The workshop successfully encouraged students to prioritize their mental well-being and develop resilience to face academic and personal challenges confidently.