



	Report
Name of Activity	Awareness Program on Psychological Problems
Date	Friday, April 9, 2021
Venue	Seminal Hall, Block – A, MIMT
Organized by	MIMT, Greater Noida
Coordinated by	Mr. Himanshu Rastogi (Faculty, MIMT)
Name of Expert	Mr. Praveen Kumar, Assistant Professor, Education Department, MIMT
Participated by	BCA Students (All Semester)
Activity Convener	Dr. Kanika Sharma (Faculty, MIMT)
Objective	Awareness about the Psychological Problems is an important issue for all students. A student's mental health has on learning and achievement, and they realize that there's a great deal that can be done to help students with psychological problems.
Content	<p>The event was started with the welcome of session expert, Mr. Praveen Kumar, by event coordinator, Mr. Himanshu Rastogi by presenting the flower plant. After that Mr. Praveen Kumar were called on the podium to share some topics related to the Psychological Problems.</p> <p>While addressing to the students he said the goal of the programme is to help people with mental illnesses understand that they are not alone in their struggles—and that getting treatment can make all the difference. He explained that though mental health conditions have different symptoms, they can impact every aspect of your life. In truth, your mental health influences the way that you think, feel, and behave. This means that your social, professional, and personal life can be greatly impaired.</p> <p>He also explained some concepts about Personality, Persona, behavior, conscious and unconscious mind, psychology and related issues. He also suggested some of the strategies undertaken to target awareness and address stigma around mental illness include participation by family members, sensitization to treatment and social inclusion. Lack of knowledge about the mental illnesses poses a challenge to the mental health care delivery system. During the session various queries were asked by the faculties and students.</p> <p>The session was ended with a beautiful note “You don’t have to struggle in Silence”.</p>



Mangalmai Institute of Management Technology
Greater Noida (U.P.)



Outcomes of Activity	<ul style="list-style-type: none">• Provides a better understanding of how psychological problems can affect a person's life• It can help to reduce the stigma of psychological problems• Gives you confidence when helping those who are suffering• Helps you to recognize early signs and risks of psychological problems
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OFFICE OF THE BCA DEPARTMENT

Ref No: MIMT/BCA/20-21/EVEN/Notice/

Date: April 5, 2021

NOTICE

All the students of **BCA** all semesters are hereby informed that **an awareness program** on **“Psychological Problems”** will be organized on **Friday, April 9, 2021**. It is mandatory for all the students to attend the session.

Mr. Himanshu Rastogi will be Coordinator for the same.

(Prof Abhay N Tripathi)

Head of the Department

CC to:

1. Hon'ble Chairman Sir
2. Hon'ble Vice Chairman Sir
3. Principal, MIMT
4. All Faculty members
5. IQAC Coordinator
6. All students
7. Notice Board/ Digital Platform
8. Office file