

Brief Report of
Mental Health of adolescent Girls: An Awareness Programme

Dt: 28.07.2023



Introducing about the Programme, Head Mistress of the school

Dr.T.Chaitanya, Research Associate, Women’s Studies Centre and Department organized a programme on “Mental Health of adolescent Girls: An Awareness Programme” on 28.07.2023, afternoon 3.‘0’clock at Sri Padmavathi Girls High School of class VIII and IX students,Balaji Colony. Dr.M.Indrani, Research Assistant was assisted to the programme. Total participants were 110 members. Dr.T.Chaitanya explained about the concepts of Mental Health, causes and consequences of not having good mental health and how to maintain good mental health through Meditation.



Dr.T.Chaitanya practicing Meditation with the students

Objectives of the Programme:

- To create an awareness on Mental health to the adolescent girls
- To promote Good mental Health to the students

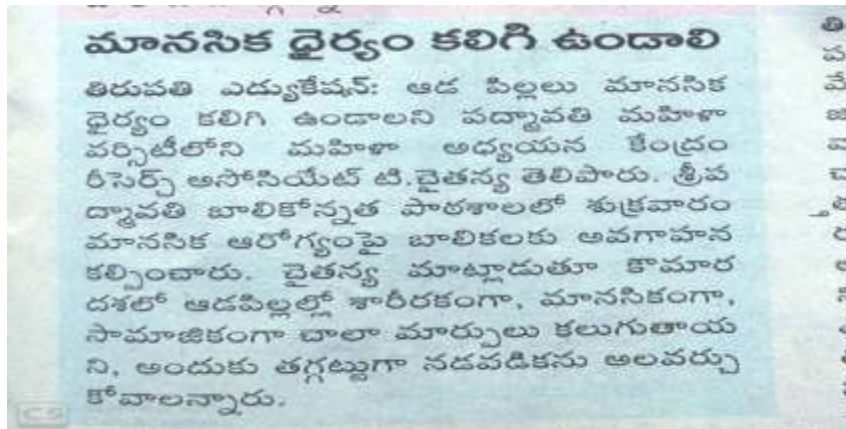
Methodology:

The programme was organized in an interactive mode.



Interaction with the students

Outcome of the Programme: The students were able to know about their strengths and weaknesses. They knew about Mental Health concepts. Knowing Mental Health concepts is useful to their career. Whenever they feel any mentally ill symptoms they will contact the Psychiatrists and they could be suggesting to others also.



Sakshi: 29-07-2023