



**PERIYAR  
MANIAMMAI**  
INSTITUTE OF SCIENCE & TECHNOLOGY  
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## **PROGRAMME REPORT ON**

### **Monthly activity-Promotion of Mental Health Among Adolescent**

Resource Person

**J.KARANLOUIS.MSW Community Mental Health Officer Athma  
Mind Care Hospital Trichy.**

Organized by

**CA- PMIST**



**PERIYAR MANIAMMAI INSTITUTE OF SCIENCE & TECHNOLOGY**

Periyar Nagar, Vallam, Thanjavur - 613403  
Tamil Nadu, INDIA

**FACULTY NAME / NAME OF THE CLUB / SIMILAR**

**Department of Computer Applications**

Special Lecture	Experts / Guest Speaker	Beneficiaries
Promotion of Mental Health Among Adolescent	<p><b>J.KARANLOUIS.MSW</b> Community Mental Health Officer Athma Mind Care Hospital Trichy.</p> <p>Mobile: +91 9943329555</p>	Students
<p><b>Date / Period:</b> 15-10-2025 <b>Time:</b> 9.20 am to 11.30 am</p>		60
<p><b>Report / Summary / Key points discussed:</b> Adolescence is a crucial stage marked by emotional and social changes, making mental health promotion essential. The session focused on understanding stress, anxiety, and peer pressure faced by adolescents. It highlighted the importance of early intervention, open communication, and emotional support from parents and teachers. Encouraging healthy habits such as proper sleep, balanced diet, physical activity, and limited screen time helps improve well-being. Building self-confidence, resilience, and positive thinking were emphasized. The discussion concluded that promoting mental health among adolescents requires awareness, empathy, and timely guidance to help them lead balanced and happy lives.</p>		



Geotagged Photo with caption



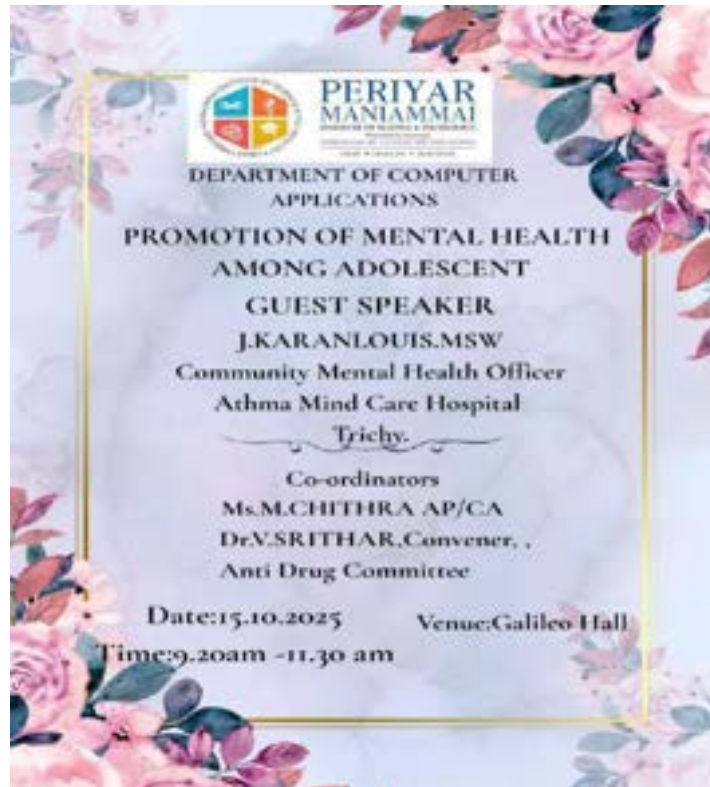
Geotagged Photo with caption

**Attachments (as separate file):**

1. Event Flyer / Poster [PDF]

2. Participants' list with attestation (signature & seal of the organizer) [Scanned PDF]
3. Feedback (if applicable)

## POSTER



## PROGRAM SCHEDULE



 **PERIYAR  
MANIAMMAI**  
INSTITUTE OF SCIENCE & TECHNOLOGY  
PONDICHERRY CAMPUS  
PONDICHERRY - 605 019

DEPARTMENT OF COMPUTER APPLICATIONS  
PROMOTION OF MENTAL HEALTH  
AMONG ADOLESCENT

WELCOME ADDRESS  
Dr.V.SRITHAR, Convener.

GUEST LECTURE  
J.KARANLOUIS.MSW  
Community Mental Health Officer  
Athma Mind Care Hospital  
Trichy.

VOTE OF THANKS  
Ms.M.CHITHRA AP

DATE :15.10.2025  
TIME :9.20am-11.30am  
Venue :Galileo Hall



**I BCA -A ATTENDANCE SHEET**  
**PROMOTION OF MENTAL HEALTH AMONG ADOLESCENT**

S.NO	REGISTER NUMBER	NAME	SIGNATURE
1.	1250121521632	AAKASH S	S Aakash
2.	1250111521633	ABIRAMI A	A Abirami
3.	1250121521634	ABISHEK P	P Abishek
4.	1250121521635	ABISHEK T	T Abishek
5.	1250121521636	AKASH M	M Akash
6.	1250121521637	AKASH R	R Akash
7.	1250111521638	DEEPIKA M	M Deepika
8.	1250111521640	DHATCHAYINI S	S Dhatchayini
9.	1250121521641	ELAKIYAN C	C Elakiyan
10.	1250121521642	ESWAR R	R Eswar
11.	1250121521643	GURUPRASATH P	P Guruprasath
12.	1250121521644	GURUSEELAN R	R Guruseelan
13.	1250121521645	HARIPRASATH B	B Hariprasath
14.	1250121521646	HARISH PANDIYAN P	P Harish Pandiyan
15.	1250121521647	HARISH S	S Harish
16.	1250121521648	HARSHA VARTHAN P	P Harsha
17.	1250121521649	JANESWARAN R	R Janeswaran
18.	1250111521650	JAYA PRABHA A	A Jaya Prabha
19.	1250111521651	JEBINENDHRA K	K Jebinendhra
20.	1250121521652	KANAGARAJ P	P Kanagaraj
21.	1250121521653	KANNAN D	D Kannan
22.	1250111521654	LAVANYA R	R Lavanya
23.	1250121521655	MADHAN P S	S Madhan
24.	1250121521656	MALARAVAN R	R Malaravan
25.	1250111521657	MANISHMA S	S Manishma
26.	1250121521658	MOHAMED IBRAHIM J	J Mohamed Ibrahim
27.	1250121521659	MOHAMED SHAMSUDEEN FARHAN S	S Mohamed Shamsudeen Farhan
28.	1250121521660	MOHAMEDANAZA A	A Mohamedanza
29.	1250121521661	MUJIBUR RAHMAN A	A Mujibur Rahman
30.	1250121521662	NAVEEN KUMAR T	T Naveen Kumar
31.	1250121521663	NAVEENRAJ N	N Naveenraj
32.	1250121521664	NISHANTHRAJA A	A Nishanthraja
33.	1250121521665	PRAVEEN KUMAR S	S Praveen Kumar
34.	1250121521666	RAGURAMAN D	D Raguraman
35.	1250121521667	RAKSHAN J	J Rakshan
36.	1250121521668	SANJAY G	G Sanjay
37.	1250121521669	SARAVANAKUMAR G	G Saravanakumar
38.	1250121521670	SAROJINI S	S Sarojini

39	1250121521671	SILVAGANAPATHY S	S. Selva Ganesh
40	1250121521672	SHYAM SUNDAR G	G. Shyam Sundar
41	1250121521673	SIRAJDHEENA	A.S.J
42	1250111521674	SUBASRI M	M. Subasi
43	1250121521675	SUDHARSAN R	Sudharsan R
44	1250111521676	SUHILDA LENCY G	G. S. H.
45	1250121521677	SUKIRTHAN S	S. S. K.
46	1250121521678	TAMILMANI M	M. T.
47	1250111521679	THANZILA M	M. Thanzia
48	1250121521680	THEERAN K	V. Theeran
49	1250111521681	VAISHNAVI V	Vaishnavi V
50	1250121521682	VENKATESH P	P. Venkatesh
51	1250121521683	VENKATESH S	V. S.
52	1250121521684	VIGNESHA	Vignesh
53	1250121521685	VIKASH P	V. P.
54	1250121521686	VISHWA S	V. S.
55	1250121521687	WILWIN JONES A	W. Jones
56	1250121521688	YOGESHWARAN M E	Y. M. E.
57	1250121521689	YOGESHWARAN S	Y. S.
58	1250121521690	YOONES KHAN J	J. Yoonesshan
59	1250111521811	ATCHAYA R	A. R.
60	1250121521814	NAVINKISHOR D	N. D.

(M. V. SAITHARA)  
M. Leel [M. CHITHRA]  
COORDINATORS

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Head of the Department  
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