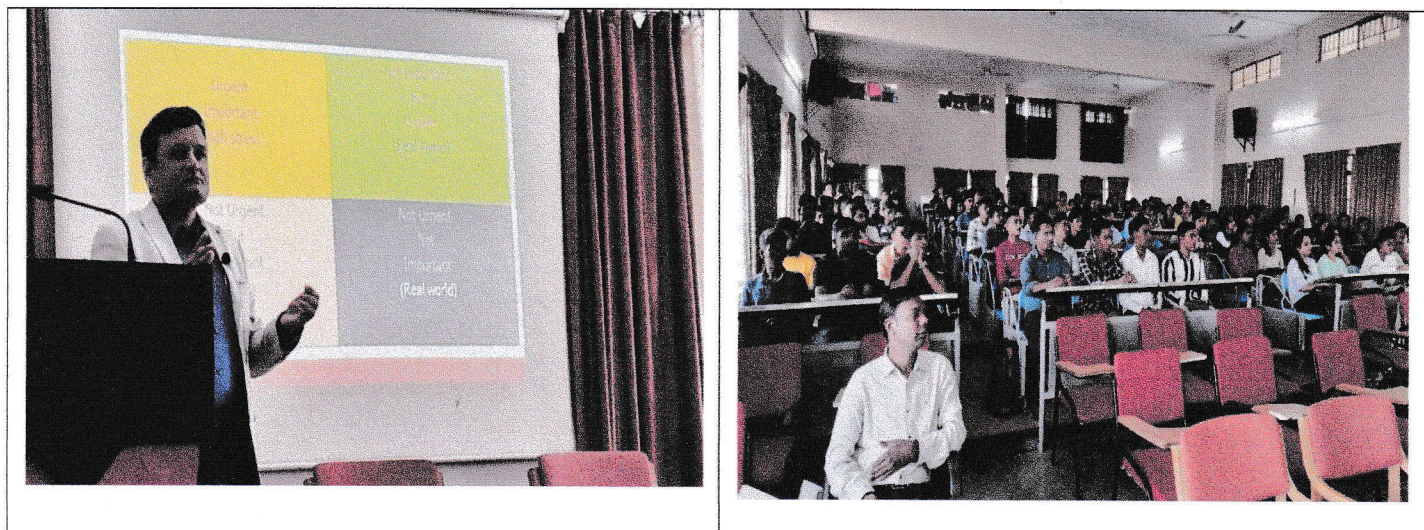
	<b>S J P N Trust's</b> <b>Hirasugar Institute of Technology, Nidasoshi</b> <i>Inculcating Values, Promoting Prosperity</i> Approved by AICTE, New Delhi, Permanently Affiliated to VTU, Belagavi Recognized under 2(f) & 12B of UGC Act, 1956 Accredited at 'A' Grade by NAAC & Programmes Accredited by NBA: CSE & ECE	
	Institute	
	Red Cross	
	Activity Report	
		<b>2022-23</b>

### Activity Title: "Mental Health A must for all"

Date of activity held	12 <sup>th</sup> July 2022
Time	10:00 am to 12:00 pm
Type of Activity	Red Cross unit HSIT, Nidasoshi Conducted a Talk on "Mental Health A must for all" for students and staff.
Resource Person/s	Dr. S. S. Chate
Professional details of resource person	Professor & HOD of Psychiatry KAHER's J. N. Medical College, Belagavi
No. of students and staff participated	193
Activity In-charge	Dr. S. L. Patil
Activity Description/Objectives: <ul style="list-style-type: none"> <li>➤ Reduction of pressure on the healthcare system.</li> <li>➤ Raise awareness about the mental health continuum, reduce stigma associated with mental illness, promote help seeking behaviors and emotional well-being practices, and prevent suicide through individual education and outreach events.</li> </ul>	

### Activity Photograph:



  
**PRINCIPAL**  
**Hirasugar Institute of Technology**  
**Nidasoshi-591 236**