

REPORT ON MENTAL HEALTH AWARENESS PROGRAM IN SCHOOL

From the department of Psychology Dr.S.Mahalakshmi went to Government Girls High School, Asokapuram, Coimbatore to conduct the awareness programme. In this regard, we went to the school and got permission on the same day to hold an awareness program. The awareness program was held on 09/03/2022. Educated the students regarding the usage of social media, problem faced by them on over usage of social media, remedial measures, exam tips, memory techniques, mental health awareness, subject of Psychology etc. The students' doubts were then allayed, and the program concluded.



