



College of Applied Science, Mavelikara

Under IHRD, Govt. Of Kerala

Affiliated to University of Kerala

Anti-Ragging Workshop for Academic Year 2025-2026

“MENTAL HEALTH AWARENESS PROGRAMME,”

Organised by

Anti Ragging Cell in association with NSS Units 62 & 48

16 September 2025

Venue : Seminar Hall, Thazhakara Campus, CAS, Mavelikkra



**Event Report on Anti – Ragging Workshop for Academic year
2025 -2026**

**“#BeABuddyNotABully” MENTAL HEALTH AWARENESS
PROGRAMME “**

Date and Time: 16 September 2025

Location: Seminar Hall, Thazhakara Campus, CAS, Mavelikara

Purpose:

The Mental Health Awareness ”programme aimed to raise awareness about boosting mental health among students. This event was part of a series of initiatives, including competitions, designed to promote a strong mind and engage students actively in their life.

Organizers:

The Program was organized by the Anti-Ragging Cell and the NSS (National Service Scheme) Units 62 & 48 of the college.

Participants:

Number of Participants: 66+

Types of Participants: Ist year UG Students, and Faculties

Agenda:**Opening Remarks:**

Dr.Aysha V, the Principal of the college delivered the opening remarks. She welcomed the attendees and emphasized the importance of mental health of students in her speech.

Keynote Speech: Ms.Airin Tom,PSW(Mphil,MSW) Taluk Hospital Mavelikkara delivered a keynote address on the significance of Mental health awareness promoting a supportive academic environment.

Q&A Session: Attendees had the opportunity to ask questions and discuss with the speakers

Closing Remarks: Sunitha Das Anti-Ragging Coordinator, CAS, Mavelikkara, provided the closing remarks, summarizing the key points of the event and outlining the next steps for continuing the initiative.

Highlights:

The keynote address by Ms.Airin Tom,PSW(Mphil,MSW) was particularly impactful, emphasizing the Long-term consequences and importance of Mental Health among students. The interactive workshop received positive feedback for its engaging and practical approach.

Conclusion:

The “#BeABuddyNotABully” event successfully achieved its objectives by raising awareness about importance of Mental Health, and promoting a culture of respect. The event fostered meaningful discussions and provided valuable resources for students and faculty members. The session gave an insight that proper follow-up activities and continuous interaction with the students are necessary to address all the concerns of students.

Acknowledgements:

We extend our heartfelt thanks to Principal Dr. Aysha V and Pradeep G, HOD of Commerce, Viji S Kumar HOD of Management and other faculty Members, Pooja Chandran Assistant Professor in English(Anti Ragging Committee member)students and College Anti Ragging Committee members for their timely advice and unwavering cooperation. Their support was instrumental in the successful execution of the “#BeABuddyNotABully” event.



Report Submitted by

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