



SRM Institute of Science and Technology
Tiruchirappalli

College of Allied Health Sciences

**Report on Student Health, Welfare, and Psychological & Emotional Well-being
Initiatives (AY 2024-25)**

The College of Allied Health Sciences remains committed to promoting the holistic development of students through proactive initiatives that support their physical, psychological, emotional, and social well-being. In alignment with this vision, the institution organized a series of impactful programs aimed at fostering mental health awareness, emotional resilience, and life skills among students. These initiatives were conducted throughout the academic year and are detailed below:

Program Title	Date
Student's induction program 2025 – life in campus / student welfare	30/07/2024
World Mental Health Day – <i>“Let's Help Each Other: Mind Matters”</i>	22/10/2024
Art Therapy Workshop	14/02/2025
Awareness Session on Teenage Challenges and Coping Strategies	28/01/2025
<i>Breaking Barriers:</i> Cultivating Confidence, Communication, and Courage	19/03/2025
Stress Awareness Program	23/04/2025

These diverse programs were designed to cater to the psychological, emotional, and developmental needs of students across disciplines. The **Art Therapy Workshop** enabled creative emotional expression, providing students with a healthy outlet to explore their inner thoughts. The **World Mental Health Day** celebration focused on building a community of support and reducing the stigma around mental health through student performances, expert talks, and group activities.

Recognizing academic stress as a common issue, the **Stress Awareness Session** equipped students with practical techniques to manage pressure and maintain emotional balance. Addressing the specific concerns of young adults, the **Awareness Session on Teenage Challenges** helped students identify and cope with peer pressure, digital distractions, and emotional regulation.



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