



# SS INSTITUTE OF PHARMACY

*(A unit of VS Educational & Charitable Trust)*

Approved by Tamilnadu Government & Pharmacy Council of India, New Delhi.  
Affiliated to the Tamilnadu Dr. M.G.R. Medical University,  
and The Directorate of Medical Education, Chennai.

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## MENTAL HEALTH AWARENESS

**Date: 12.12.2022**

**From:**

Program Coordinator  
SS Institute of pharmacy,  
Sankari- 637301.

**To:**

The Principal  
SS Institute of pharmacy,  
Sankari- 637301

**Respected sir,**

**Subject:** Request for approval to conduct “**Mental Health Awareness Program**”.

We are writing a request your approval and support for conducting a “**Mental Health Awareness Program**” at our college and the nearby village of Manjakkalpatti village. The proposed program is scheduled to be held on 23.12.2022 and aims to educate both our students and the local community about the importance of mental health, coping strategies, and the available resources for those in need.

**Thanking you,**

**Yours sincerely,**  
Program Coordinator,  
SS Institute of pharmacy.



**PRINCIPAL,**  
SS INSTITUTE OF PHARMACY,  
KUPPANUR (PO), SANKARI (TK),  
SALEM - 637301.



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## CIRCULAR

Date: 19.12.2022

Dear all,

**Subject:** conducting activities on - “Mental Health Awareness”.

It is with great enthusiasm that we announce a “Mental Health Awareness Program” organized by **SS Institute of pharmacy** on 23.12.2022. This initiative aims to promote mental well-being among our students and residents of the nearby village, Manjalkkalpatty village.

### Program Highlights:

- **Date:** 23.12.2022
- **Time:** 10.30AM – 12.30PM.
- **Venue:** Nearby villages

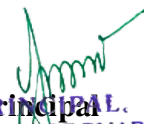
### Program Activities:

- **Interactive Workshops** on mental health topics, including stress management and mindfulness.
- **Group Discussions** to encourage open conversations about mental health challenges and coping mechanisms.
- **Q&A Sessions** with mental health experts to address any concerns or queries from participants.

### Copy to:

- Chairman sir
- Administrative office
- Notice board.



  
**Principal,**  
SS INSTITUTE OF PHARMACY,  
KUPPANUR (PO), SANKARI (TK),  
SALEM - 637301



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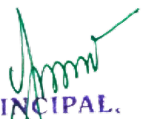
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## LIST OF VOLUNTEERS:

S.NO	VOLUNTEERS	YEAR
1.	T.DHINESH	IV - YEAR
2.	T.DINESH	IV - YEAR
3.	E.ELAVARASAN	IV - YEAR
4.	D.HEMAVATHI	IV - YEAR
5.	SYED YASIN S.M	III- YEAR
6.	TAMILARASAN .A	III- YEAR
7.	THAMIZHARASAN .N	III- YEAR
8.	THILAGAVATHI .M	III- YEAR
9.	THIRUMURUGAN .R	III- YEAR
10.	UMAVATHI .P	III- YEAR
11.	VALLARASU.D	III- YEAR
12.	BATHRINATH.A	II- YEAR
13.	BOOPATHI.G	II- YEAR
14.	BOOPATHI.P	II- YEAR
15.	CHITHARTHA.M	II- YEAR
16.	DEVIPRIYA.K	II- YEAR
17.	DHATCHNAMOORTHILK	II- YEAR
18.	DHIVYA.N	II- YEAR
19.	GAYATHIRI.S	II- YEAR
20.	PRAVEEN.T	I - YEAR
21.	PRETHIKA.B	I - YEAR
22.	PRIYA.V	I - YEAR
23.	PRIYADHARSHINI.P	I - YEAR
24.	PRIYADHARSHINI.S	I - YEAR
25.	SAKTHIPRIYA.K	I - YEAR
26.	SAKTHIVEL.S	I - YEAR



  
PRINCIPAL,  
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## PHOTOCOPY OF THE EVENT:



## MENTAL HEALTH AWARENESS



  
PRINCIPAL,  
SS INSTITUTE OF PHARMACY,  
KUPPANUR (PO), SANKARI (TK),  
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## EVENT REPORT

**Date:** 26.12.2022

### Introduction:

**Subject:** Report on -“Mental health awareness”.

The “Mental Health Awareness Program” organized by SS Institute of pharmacy on 23.12.2022 was a significant step toward promoting mental well-being among students and residents of the **Manjakkalpatty village**.

### Objectives of the Program:

The main objectives of the program were:

- To educate participants on the importance of mental health.
- To reduce the stigma associated with mental health issues.
- To provide information on stress management and mindfulness.

### Program Overview:

**Date:** 23.12.2022

**Time:** 10.30AM – 12.30PM

**Venue:** Manjakkalpatty


### Beneficiaries:

- **Students:** 26 from various departments.
- **Village Residents:** Approximately 40 from Manjakkalpatty Village.
- **Facilitators:** Mental health professionals, including psychologists, counselors, and social workers.

### Conclusion:

The “Mental Health Awareness Program” was a successful initiative that not only raised awareness about mental health issues but also brought the college and local community closer together in a shared goal of promoting mental well-being.



  
**PRINCIPAL,**  
SS INSTITUTE OF PHARMACY,  
KUPPANUR (PO), SANKARI (TK),  
SALEM - 637301



# SS INSTITUTE OF PHARMACY




## CERTIFICATE OF APPRECIATION

This is to certify that Mr./Mrs./Miss....ELAVARASAN, E..... of  
.....IVth..... year .....B. PHARM..... branch has been actively participated in  
the event of ....MENTAL... HEALTH... AWARENESS..... on  
...23.12.2022..... organised by **NSS**

  
**PRINCIPAL**



  
**NSS CO-ORDINATOR**

  
**PRINCIPAL,**  
SS INSTITUTE OF PHARMACY,  
KUPPANUR (PO), SANKARI (TK),  
SALEM - 637301