

DST FIST Activities (2025)

Workshop:

On 17 July 2025, DST FIST (PG Colleges) Level A Project, organised a highly engaging and interactive **workshop** on “**Mental Health and Well-being**”, aimed at fostering emotional resilience and self-awareness among undergraduate and postgraduate students of 3 the science departments — **Physics, Chemistry, Botany, Zoology, and Biotechnology**.

The workshop, themed “*Rise & Thrive: Cultivating Positivity through Adversity*”, was conceptualized and led by **Dr. R. Sudha**, Head of the Department of Psychology, followed by **Mrs. K. S. Paviyazhini**, Assistant Professor of Psychology.

Key Takeaways:

- Students recognized the legitimacy of mental health as equally vital as physical and academic health.
- The workshop challenged the misconception that seeking help is a sign of weakness.
- Laughter therapy and street plays served as accessible, non-clinical tools for emotional release and awareness.
- Inter-departmental bonding occurred organically leading to mutual support planning.

The workshop succeeded not merely as an informative session, but as a *transformative experience* — empowering science students to *pause, reflect, and prioritize their inner world*.

Village Visits:

10 villages were targeted (UBA and NSS based). SSR activities such as awareness programmes and related skits by science students on mental health and well being were conducted to benefit the village community. Further, impact assessment pertaining to activities conducted regarding AMR awareness during last academic year was carried out in those villages.