

NAM COLLEGE KALLIKKANDY



Mind Healing: A Path to Inner Healing **04 NOV 2024**

The Department of Computer Science at NAM College Kallikkandy organized a seminar on "Mind Healing: A Path to Inner Healing" on 4th November 2024, in association with the Jeevani Counselling Center. The session was conducted by Smt. Fatima Saeeda, a renowned consultant psychologist, with the aim of promoting mental health awareness and providing practical strategies for emotional well-being.

The program began with a warm welcome address by Sri Firdouse N, Assistant Professor, who greeted the participants and set the tone for the event.

Dr. Shameer A P, Head of the Department of Computer Science, presided over the function. In his address, he highlighted the growing importance of mental health in today's fast-paced and competitive environment and reiterated the department's dedication to nurturing both the academic and personal well-being of students.

In her keynote session, Smt. Fatima Saeeda captivated the audience with her insights on mental health challenges. She emphasized the importance of breaking the stigma surrounding mental health and adopting positive coping mechanisms. She provided actionable tips for emotional resilience, including mindfulness techniques, efficient time management, and fostering healthy interpersonal relationships. Additionally, she stressed the significance of seeking professional help when necessary to achieve inner healing.

The session featured interactive activities where participants actively engaged by sharing their experiences and seeking guidance. Smt. Fatima's empathetic and approachable style encouraged open discussions, creating a supportive and reflective atmosphere.

The seminar concluded with a vote of thanks by Muhammed Sanih, VI sem student, who expressed gratitude to Smt. Fatima Saeeda, the Jeevani Counselling Center, and all those who contributed to the success of the event.

The seminar proved to be an enriching and impactful experience, leaving participants better equipped to prioritize and enhance their mental well-being in both their academic and personal lives.

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