



ACTIVITY COMPLETION REPORT

Institute: Faculty of Polytechnic, Major S.D. Singh University, Farrukhabad

Activity: Mental Well-being Awareness Programme

Date: 28/07/2026

Venue: Seminar Hall, Faculty of Polytechnic, Major S.D. Singh University, Farrukhabad

Organized by: Faculty of Polytechnic

Objectives

- To create awareness about the importance of mental and emotional well-being.
- To help students understand common causes of academic and personal stress.
- To promote healthy coping and stress-management practices.
- To encourage students to maintain a balanced lifestyle.
- To develop positive thinking and emotional resilience.
- To encourage students to seek appropriate support whenever required.
- To create a supportive, respectful, and inclusive campus environment.

Description of the Activity

The **Mental Well-being Awareness Programme** began with an introductory session highlighting the importance of emotional well-being in academic and personal life. The resource person explained that maintaining mental well-being is an important part of overall health and can positively influence concentration, academic performance, relationships, decision-making, and personal growth.

The session discussed common sources of stress experienced by students, including academic workload, examinations, time management, career concerns, adjustment to a new academic environment, peer pressure, and personal responsibilities. Students were encouraged to recognize early signs of excessive stress and understand the importance of communicating their concerns with trusted individuals.

Outcome of the Activity

- Increased awareness of mental and emotional well-being among students.
- Improved ability to manage academic and everyday stress.
- Promotion of healthy lifestyle and positive habits.
- Development of emotional resilience and self-awareness.
- Creation of a supportive and inclusive campus environment.
- Increased willingness among students to communicate their concerns appropriately.

Highlights

- Interactive awareness session on student well-being.
- Discussion on academic pressure and stress management.
- Practical guidance on time management and healthy lifestyle.
- Student participation through group discussion and Q&A.

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मेजर एस.डी. सिंह
विश्वविद्यालय

University Polytechnic

- Emphasis on positive thinking and emotional resilience.
- Promotion of a supportive and respectful campus environment.
- Well-being pledge taken by participating students.



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