

# Report on Webinar

## “MIND AND HEALTH”

Date: 23<sup>rd</sup> June 2021

### Event Coordinators:

Mrs. Priyanka N B, Assistant Professors  
Dept. of Mathematics, ATMECE

Mrs. Keerthi A Kumbar, Assistant Professors  
Dept. of ECE, ATMECE

Mrs. Shruthi H G, Assistant Professors  
Dept. of CV, ATMECE

### Chief Patron:

**Dr. Basavaraj L**  
Principal  
ATMECE  
Mysore

### Convener:

**Dr. Bhagyashree S R**  
Dean Research  
ATMECE, Mysuru

## Report on Webinar

# “MIND AND HEALTH”

Women’s committee has organized a **Webinar on “MIND AND HEALTH”** on **23<sup>rd</sup> June 2021**. The webinar was targeted for students, faculties and public. A detailed report regarding the event is furnished below.

**Date:** 23<sup>rd</sup> June 2021

**Title:** Webinar on “MIND AND HEALTH”

**Coordinators:** Mrs. Priyanka N B, Assistant Professors  
Dept. of Mathematics, ATMECE  
Mrs. Keerthi A Kumbar, Assistant Professors  
Dept. of ECE, ATMECE  
Mrs. Shruthi H G, Assistant Professors  
Dept. of CV, ATMECE

**Timings:** 3.30 PM to 4.30 PM

**Resource Person:** Ms. Shakuntala Venugopal  
Founder of Chintana organization

**Meeting Platform:** MS Teams

**Meeting link:**

[https://teams.microsoft.com/l/meetup-join/19%3ameeting\\_NjQwODgwMDYtNTdmMy00YWE5LWJhZDQ0tN2I2MGUzZGMxMTI0%40tHread.v2/0?context=%7b%22Tid%22%3a%2289f95930-ff96-41a1-9e3e-b6d194192bff%22%2c%22Oid%22%3a%22ce82981f-e35b-4627-b998-a19e4b0a483f%22%7d](https://teams.microsoft.com/l/meetup-join/19%3ameeting_NjQwODgwMDYtNTdmMy00YWE5LWJhZDQ0tN2I2MGUzZGMxMTI0%40tHread.v2/0?context=%7b%22Tid%22%3a%2289f95930-ff96-41a1-9e3e-b6d194192bff%22%2c%22Oid%22%3a%22ce82981f-e35b-4627-b998-a19e4b0a483f%22%7d)

**Targeted participants:**

Targeted participants for the webinar were the **students, faculties and public**. A poster was circulated in WhatsApp group inviting the participants to attend the webinar. The webinar was offered free of cost.

A total of 86 participants were participated in the webinar.

The E-poster circulated for the participants is shown below:

**ATME**  
College of Engineering

10 YEARS  
2000-2020  
DECENNIAL CELEBRATION

NATIONAL BOARD OF ACCREDITATION  
ACCREDITED BY

A.J.A.  
ISO 9001:2015

UKAS  
MANAGEMENT  
SYSTEMS  
0273

Women's Committee  
Organises a Webinar on  
**Mind & Health**

Date: 23 June 2021  
Time: 3:30 pm

**Resource Person**  
Shakuntala Venugopala  
Founder of CHINTANA organization  
Retired Bank Employee

**Chief Patrons**

Sri. L Arun Kumar  
Chairman, ATMECE

Sri. K Shivashankar  
Secretary, ATMECE

Sri. R Veeresh  
Treasurer, ATMECE

Dr. Basavaraj L  
Principal, ATMECE

**Chair Person**  
Dr. Bhagyahree S R  
Dean Research,  
Women's Committee

Participants will get the E - Certificate

The agenda is as follows:

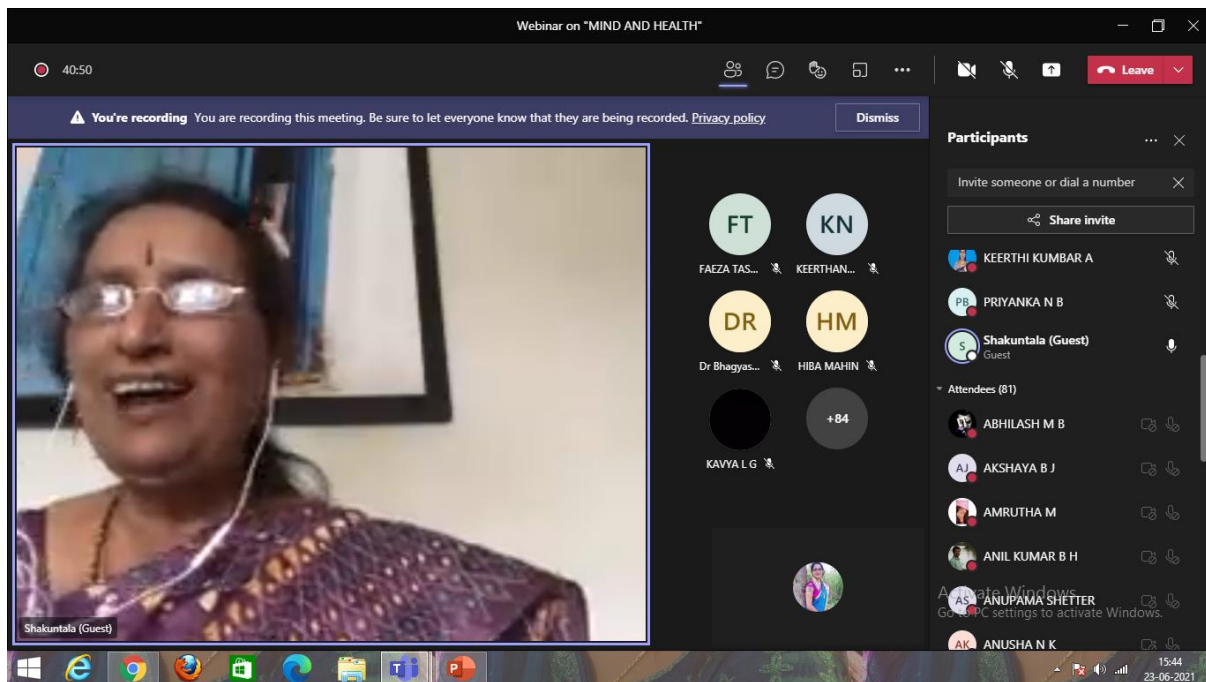
### AGENDA

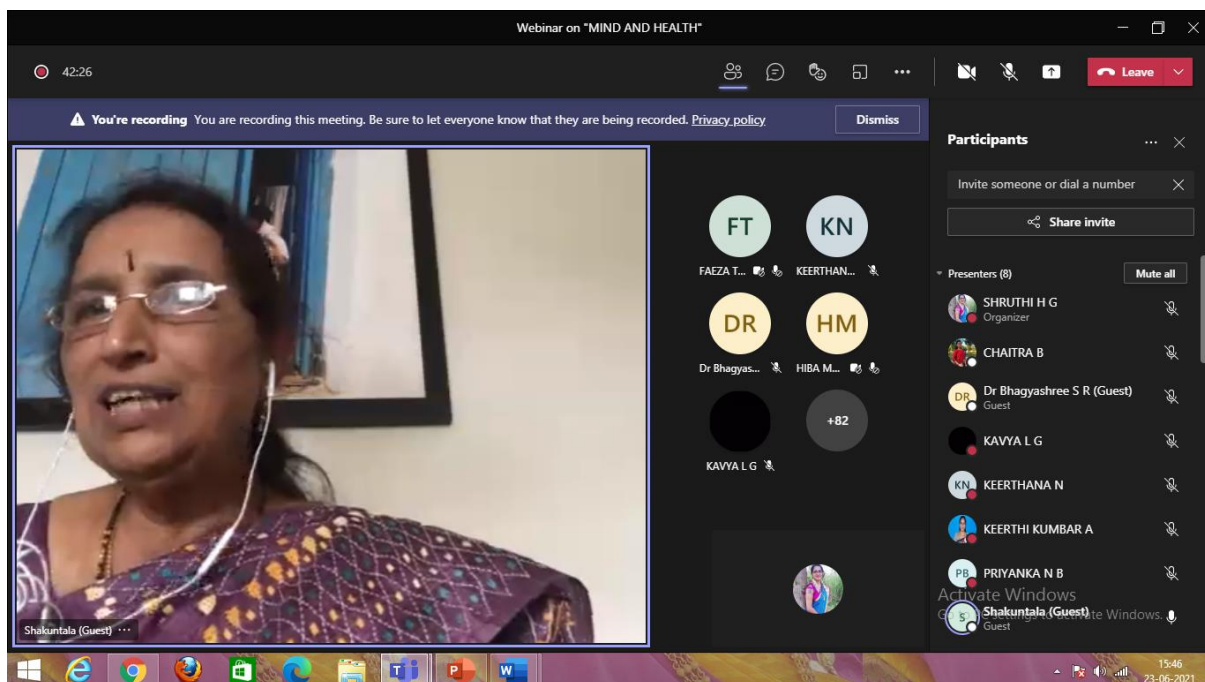
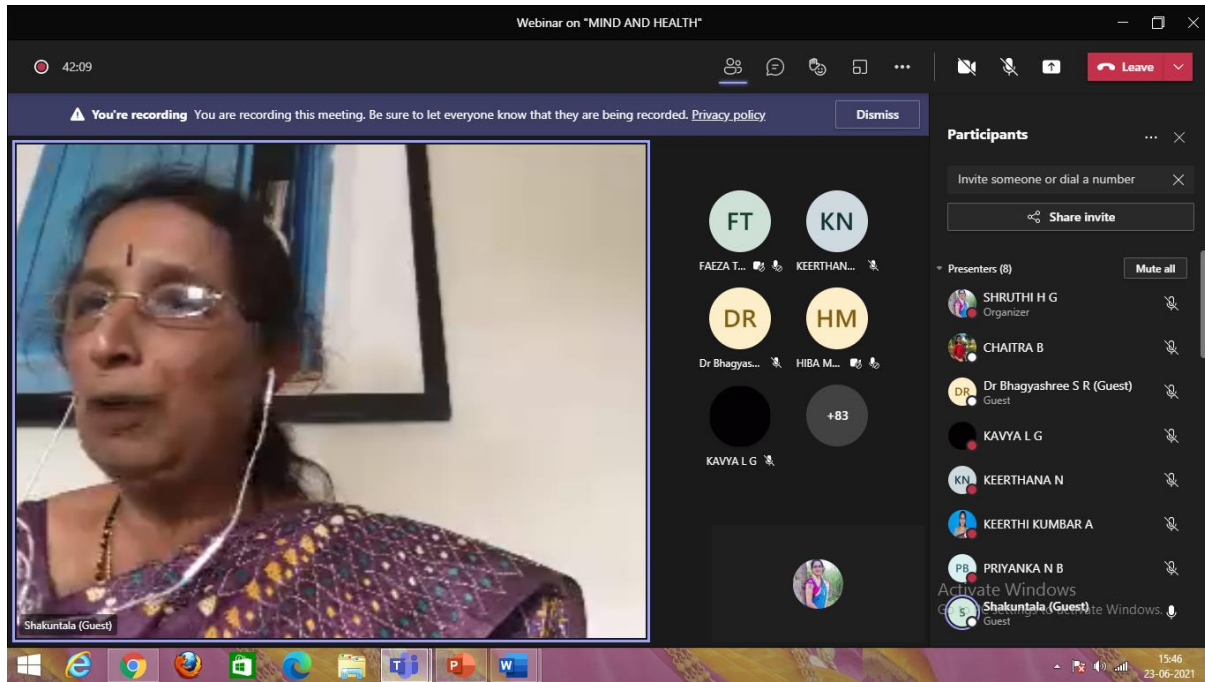
- MOC- Ms. Keerthana N, II year CSE, ATMECE, Mysuru
- Invocation – Ms. Kavya L G, II year CSE, ATMECE.
- Welcome Speech – Ms. Hiba Mahin, II year ECE, ATMECE
- Speech by Chairperson- Dr. Bhagyashree S R  
Professor and Dean Research,  
Chairperson, Women's Committee, ATMECE
- Introduction of Resource Person – Ms. Faeza Taskeen, I year EEE, ATMECE
- Speech by Resource Person - Ms. Shakuntala Venugopal  
Founder of Chintana organization
- Vote of Thanks- Ms. Chaitra B, II year ECE, ATMECE

**Following points were covered in the Webinar.**

1. Mind health is a balanced mental and emotional state which allows a person to be productive during their day.
2. When the balance is disrupted, it can be difficult to function positively.
3. Coping with life stresses can become challenging.
4. When a person's mind health is negatively affected, how they think and feel is also influenced, in turn impacting on how they function on a day-to-day basis.
5. Tips to students to manage their health and studies during exam time. etc.

Following are some of the screenshots from the webinar.





After the completion of the webinar, feedback was collected from the participants regarding the event.

Feedback link: <https://forms.gle/cRPmb9Nv6RpcCwQX6>

A total of 70% students, 27 % faculty and 1 % public participated and given their valuable feedback regarding the webinar. Following questions were asked in the feedback. Participants were asked to rate the session in the scale of 1 to 5, 1: Poor, 2: Average, 3: Satisfactory, 4: Good, 5: Excellent

- Was the resource person knowledgeable on the topic
- The program was well paced within the allotted time

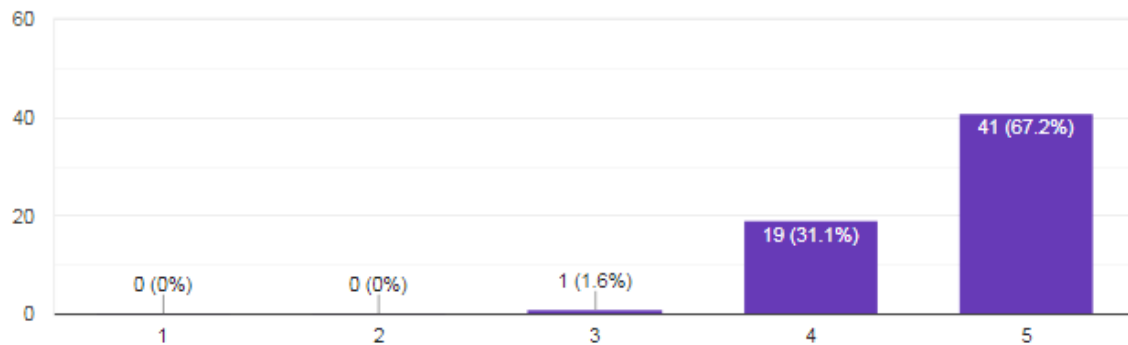
- The presenter maintained my interest during the entire presentation
- How do you rate the overall session

Following are the screenshots of the feedback:

How do you rate the resource person in delivering the content in the session?

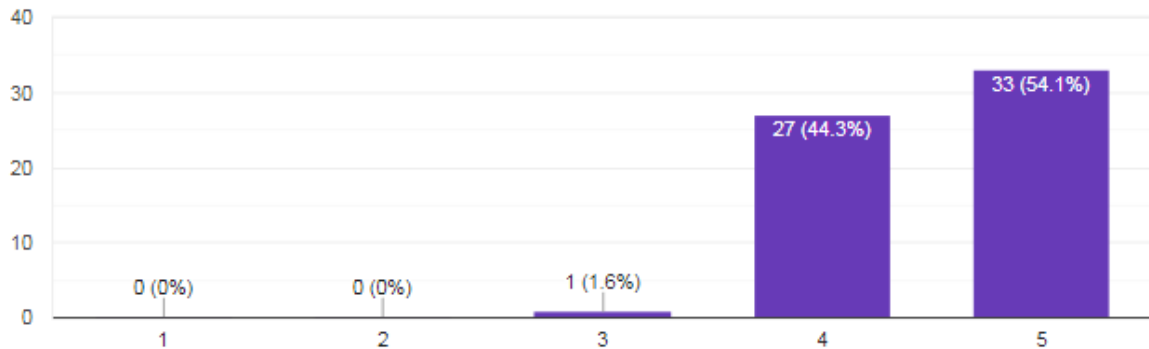


61 responses



The presenter maintained my interest during the entire presentation

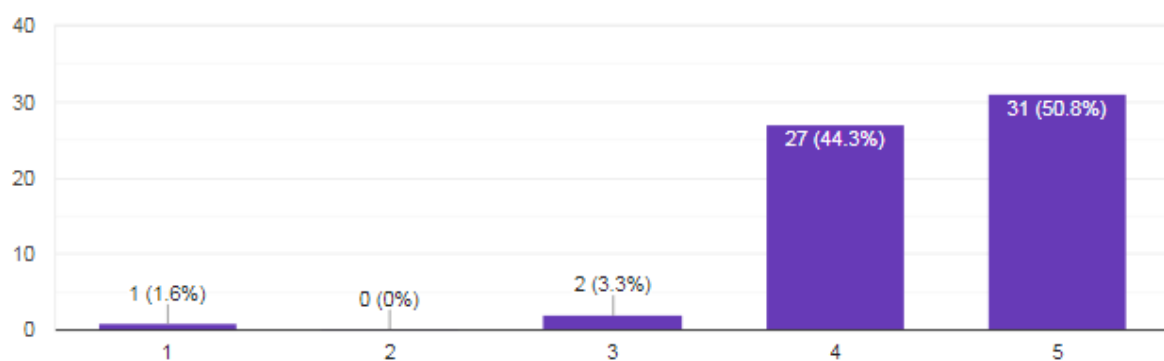
61 responses



The presenter answered questions effectively

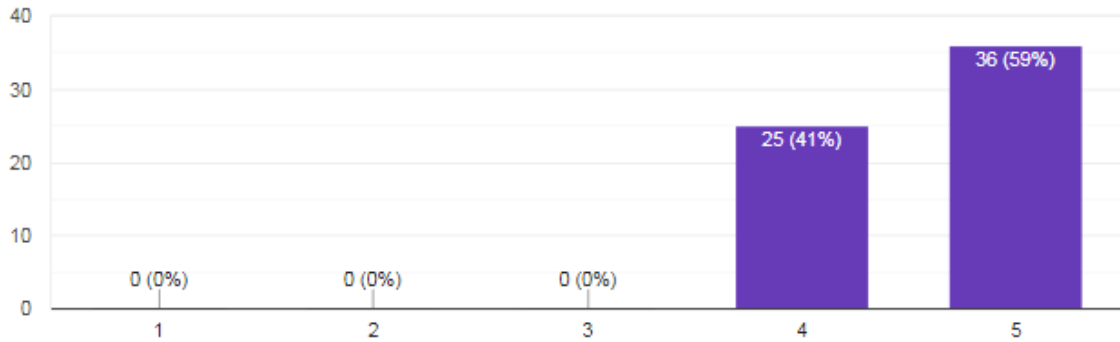


61 responses



### How do you rate the overall session

61 responses



Our sincere thanks to **Management**, ATME College of Engineering, **Dr. L. Basavaraj**, the Principal, ATMECE for their kind support towards conduction of the webinar. Event coordinators are greatly indebted to **Dr. Bhagyashree S R, Dean Research, ATMECE, Mysuru** for her continuous encouragement and the support for the successful completion of the webinar.

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