



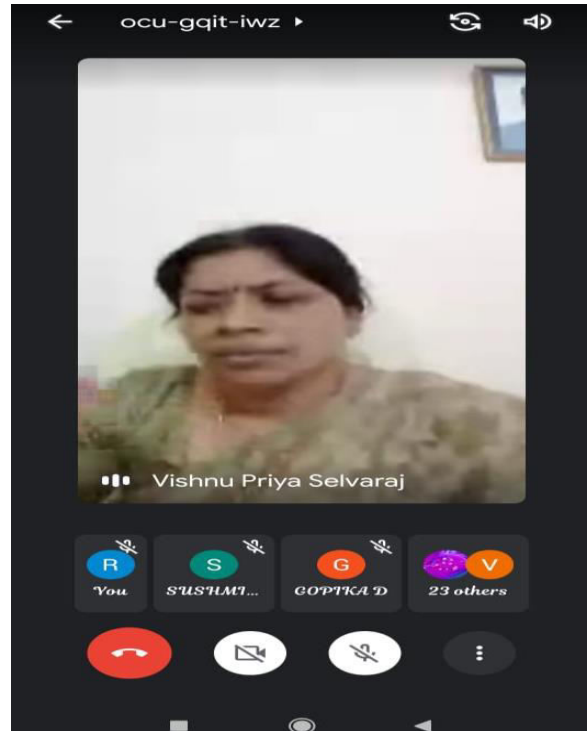
PSGR Krishnammal College for Women



UGC Certified College of Excellence Autonomous Affiliated to Bharathiar University ISO 9001: 2015  
Reaccredited with A++ Grade by NAAC Ranked 6<sup>th</sup> in NIRF 2021 by MHRD

# YRC ACTIVITIES 2020-2021

## AWARENESS ON WOMEN'S MENTAL HEALTH



The aim of the program was to promote widespread understanding that women's mental health as it is an essential part of their overall health. The guest addressed on improve mental health services of women and to increase the effectiveness of personal care of women and addressed how to reduce the personal, economic, and societal tolls of mental illnesses in women. The program was very impactful

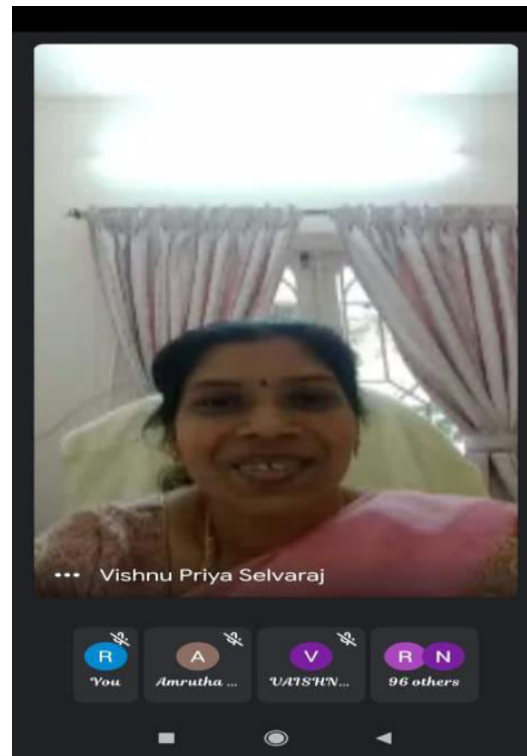


## ONLINE AWARENESS PROGRAM ON PHYSIOLOGICAL HEALTH



The guest addressed aspects like ability to maintain health, or recover to a healthy state after disease. She explained physiological health as an active process involving distinct adaptation mechanisms coordinating interactions between all physiological systems of an organism

## AWARENESS ON HEALTHCARE



The program created awareness on healthcare in general and stressed upon healthy lifestyle to promote physical and mental wellness of all in appropriate ways. The guest addressed on expanding the knowledge based and use of evidence-based practices to throw light upon health issues affecting the lives. Special emphasis was given for increasing the ability of women and girls to promote their own mental health and foster resilience in the face of distress, adversity, and mental illness.