



# **MALLA REDDY COLLEGE OF ENGINEERING**

## **DEPARTMENT OF HUMANITIES AND SCIENCES**

### **WORKSHOP ON “RESILIENCE BUILDING”**

**BY**

**Ms. Shivani Puttabakula**

**Trainee Counsellor**

**Montfort Institute of Advanced Studies**

**Bangalore**

**A Report**



## **MALLA REDDY COLLEGE OF ENGINEERING**

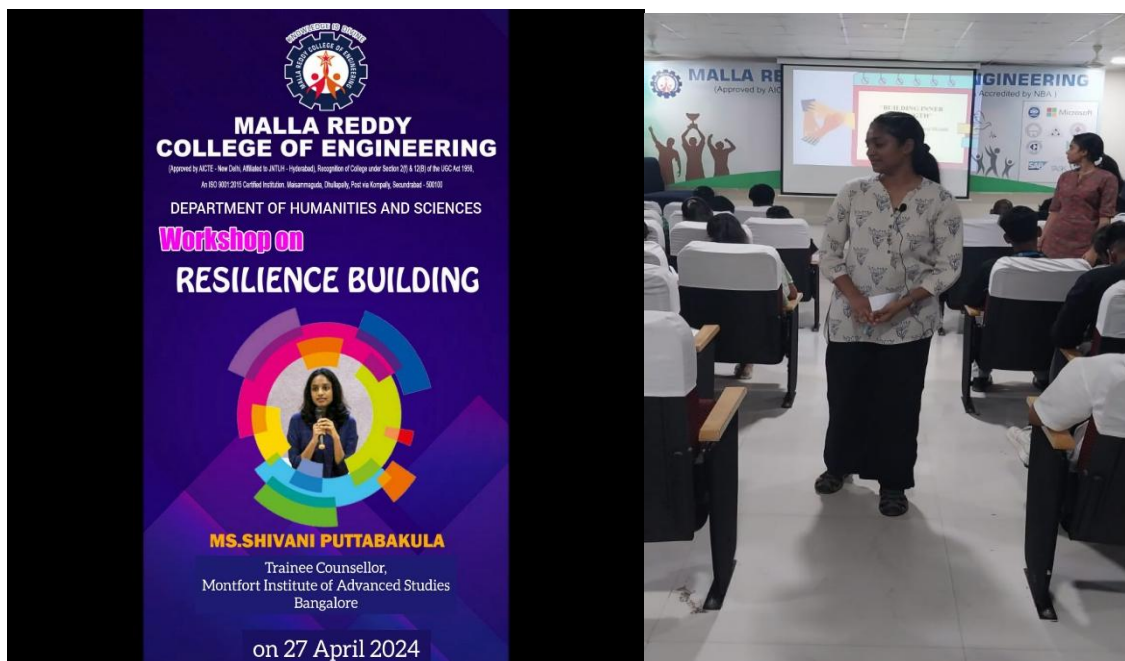
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Maisammaguda, Dhulapally, post via Kompally, Secunderabad - 500100

### **WORKSHOP** **ON** **'RESILIENCE BUILDING'**

A workshop named “Mental Health and Resilience Building” was conducted at Malla Reddy College of Engineering on **27th April, 2024** by Ms. Shivani Puttabakula, a trainee counsellor from Montfort Institute of Advanced Studies, Bangalore.



88 students from the first year of Engineering have participated in the workshop. The duration of the workshop was for 2 hours.



The workshop contained an introduction to mental health, challenges faced by emerging adults, discussion about resilience and help-seeking practices, 'I'm not alone' worksheet and art therapy technique for resilience building.



Through the workshop, the students have gained an awareness about mental health and its relevance.



Through team building and reflective activities, they have learnt to acknowledge their unpleasant emotions, to take care of their mental health, what to do in a situation of psychological crisis, and to appreciate and enhance their resilience for the challenges in life. They have understood the role of help-seeking practices in building resilience. They have also gained access to contacts for counselling and mental health crisis to reach out for additional support.





The workshop concluded with a vote of thanks by the compere.

