

Date	Programme	Resource Person
23/08/23	First year students orientation programme "ಯಿಶ್ವಯ 2023" "ನಿರಾಸಕ್ತ ಅರಿವು"	Dr. Umesh Puthiran Medical Director of Chinmayi Hospital, Kundapura

BRIEF REPORT:

Dr. B. B. Hegde First Grade college, Kundapura under the leadership of student welfare council of the college organised orientation programme "ಯಿಶ್ವಯ 2023" for first year students. The fourth session of the day was 'Mental Health'. The resource person was Dr. Umesh Puthiran. He spoke about how to maintain mental wellbeing. He also gave information about reasons for depression and gave advice about how to overcome from depression. Principal Prof. K. Umesh Shetty and vice principal Mr. Chethan Shetty Kovady were present in the programme. The whole ceremony was mastered by Ms. Vinaya V. She Asst. Professor in Commerce, Ms. Pooja Asst. Professor in comm introduce the resource person.

PRINCIPAL
PRINCIPAL
Dr. B. B. Hegde First Grade College
Kundapura

Vinaya V.
FACULTY COORDINATOR

Encl: Notice/Invitation/Agenda/Attendance/Feedback/Photos/News Paper cuttings etc.




PRINCIPAL
Dr. B. B. Hegde First Grade College
Kundapura