



NEW HORIZON COLLEGE MARATHAHALLI

Permanently Affiliated to Bengaluru North University,
Recognized by the Govt. of Karnataka Recognized under section 2 (f) of the UGC Act, 1956
Accredited by NAAC with 'A' Grade

LEO CLUB

Mental Health Awareness

Date: 9th October 2025

Timings: 9:00 AM to 12:30 PM

Target Audience: B.Com first year students

Venue: Chanakya Seminar Hall

Organized by: LEO Club

No of Audience: 93

Teacher Coordinator: Ms Nischitha B P

Student Coordinator: LEO Club Team

Introduction

The Leo Club organized an impactful awareness session titled “Mental Awareness Matters” with the goal of promoting mental health awareness, emotional well-being, and positive coping strategies among students. The session emphasized the importance of understanding mental health as an essential part of overall well-being and aimed to break the stigma surrounding it.

Through interactive discussions, expert talks, and group activities, participants gained valuable insights into stress management, self-care practices, and ways to support peers facing mental health challenges. The event encouraged open conversations and highlighted the importance of empathy, listening, and mutual support within the college community.

Objectives

1. To spread awareness about mental health and emotional well-being.
2. To educate students on recognizing and managing stress, anxiety, and other mental health challenges.
3. To promote open discussions about mental health and reduce social stigma.
4. To encourage self-care practices and the importance of seeking help when needed.
5. To build a supportive and empathetic environment within the college.

Outcomes

1. Increased understanding and awareness among students about mental health issues and their impact on daily life.
2. Participants learned effective techniques to manage stress and maintain emotional balance.
3. The session fostered empathy and encouraged students to support one another.

4. Open discussions helped reduce stigma and fear associated with talking about mental health.
5. The event inspired students to prioritize mental well-being and seek guidance when necessary.

Event Highlights

1. The session began with an insightful introduction on the importance of mental health awareness in today's fast-paced world.
2. An expert speaker shared valuable information on recognising signs of stress and anxiety and provided coping strategies.
3. Students actively participated in interactive activities and group discussions promoting mindfulness and positivity.
4. The event received overwhelming participation, with students expressing gratitude for the initiative and its meaningful impact.
5. Volunteers worked efficiently to ensure smooth coordination and engagement throughout the session.

Conclusion: The “Mental Awareness Matters” session was a thoughtful and much-needed initiative that encouraged students to prioritize their mental health and support others in doing the same. The event successfully created a safe space for open dialogue and awareness, reinforcing that mental well-being is as important as physical health. By spreading awareness and compassion, the Leo Club continues to make a positive difference in promoting emotional strength and understanding within the community.

Acknowledgment

The Leo Club extends heartfelt thanks to everyone who contributed to the success of this event, including the college administration, students, and staff. Your generosity and support are greatly appreciated.

Photographs of the Event









Club Head

IQAC-Coordinator

Principal