EBSB@ TITUS COLLEGE
An initiative to implement the MHRD Govt Of India Project
REPORT
ONLINE BRAINSTORMING SESSION
An online brainstorming session on the topic ‘Mental Health & Hygiene Among Young Adults’ was conducted on 28th June 2020 by Titus II Teachers College, Thiruvalla. 30 students participated in this programme. As prospective teachers we felt that this issue is of greater concern. The students expressed their views on mental health and hygiene and given suggestions on how to develop a positive attitude / outlook during the time of difficulties. The participation was open and we are happy that good participation and encouragement made our venture successful.