

TITUS II TEACHERS COLLEGE

THIRUVALLA, KERALA-689101

Re-Accredited by NAAC with 'A' Grade



EBSB@ TITUS COLLEGE

*An initiative to implement the MHRD
Govt Of India Project*

REPORT

ONLINE BRAINSTORMING SESSION



Name of Event/Activity: Online Brainstorming Session

Theme: Mental Health & Hygiene Among Young Adults.

Venue: Online, TITUS II TEACHERS COLLEGE, THIRUVALLA

DATE: 28th June2020

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.