



Mental Health Club

Swami Vivekananda Institute of Management, (SVIM), Baniatangi, Khordha, has constituted the Mental Health Club which promotes emotional well-being and awareness among students through workshops, peer support, and stress-relief activities. It creates a safe space for open conversations, reduces stigma around mental health, and encourages healthy coping strategies to support a balanced and mentally resilient campus community.

Objectives of Mental Health Club

- a. To raise awareness about mental health and well-being.
- b. To create a safe and supportive environment for students.
- c. To reduce stigma associated with mental health issues.
- d. To encourage healthy coping and stress management strategies.

Members of Mental Health club

Sl. No	Name	Designation	Position
1.	Prof.Sonalisha Srichanandan	Asst. Professor	Adviser
2.	Suchismita Nath	Student 2nd semester MBA	Coordinator
3.	Kishori Mahalik	Student 4th semester MBA	Coordinator
4.	Purnima Mallick	Student 2nd semester MBA	Member
5.	Snehalata Mallick	Student 4th semester MBA	Member

Functions of Mental Health club:

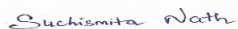
- a. Organize workshops, seminars, and awareness campaigns.
- b. Provide peer support and listening spaces.
- c. Collaborate with counselors and mental health professionals.
- d. Conduct activities like mindfulness sessions, group talks, and wellness challenges.

Roles and Responsibilities

- a. Adviser: Provides guidance, ensures club activities align with college policies, and supports overall development.
- b. Convenor: Leads the club, organizes meetings and events, coordinates with members, and ensures smooth execution of plans.
- c. Members: Actively participate in activities, contribute ideas, support event organization, and uphold the club's values and objectives.

Outcome

The Mental Health Club has helped create a more open and supportive campus environment by raising awareness and reducing stigma around mental health issues. Through regular activities and peer engagement, it has encouraged students to seek help when needed, improved emotional well-being, and promoted a culture of empathy and self-care.



Coordinator



Chair-person