

VAC Name: Mental Health and Hygiene  
(VAC-HSC-10)



SHAHEED BABA DEEP SINGH

Department of Home Science

FACULTY OF ARTS & SOCIAL SCIENCES

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No. 91-9639010541



SWAMI VIVEKANAND SUBHARTI UNIVERSITY

Subhartipuram, NH-58, Delhi Haridwar Meerut Bypass Road, Meerut-  
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Ref. No. /Notice/HSC/2017-18/26

02 /01/2018

NOTICE

Value Added Courses are being organized by Department of Home Science from 15/01/2018. Interested students are requested to contact Dr. Nishma and Ms. Shalu Nehra for the registration.

S.No.	Name of Course	Programe Coordinator	Date
1	Child and women Rights	Dr. Nishma Singh	15/Jan /2018
2	Maternal and Child Nutrition	Dr. Nishma Singh	02/April/2018
3	Basics of child Psychology	Dr. Nishma Singh	03/ Oct/2018
4	Human Psychology	Dr. Nishma Singh	04/Dec/2018
5	Mental Health and Hygiene	Ms. Shalu Nehra	1/August/2019

All the above courses are free and a Certificate shall be provided at the end of the session.

Dr. Jyoti Gaur

(Head Department of Home Science)

DEPARTMENT OF HOME SCIENCE  
S. V. Subharti University, Meerut

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**FACULTY OF ARTS & SOCIAL SCIENCES**

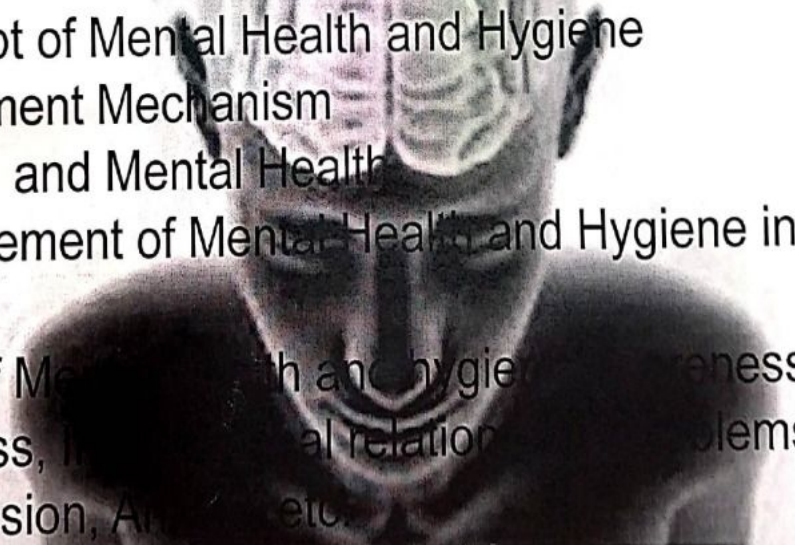
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Value Added Course  
**“Mental Health and hygiene”**  
Syllabus

- 
- Concept of Mental Health and Hygiene
  - Adjustment Mechanism
  - Fitness and Mental Health
  - Management of Mental Health and Hygiene in primary care
  - Lack of Mental Health and hygiene awareness leads to Stress, Interpersonal relationship problems, Depression, Anxiety etc.

## **REPORT**

### **VALUE ADDED COURSE ON “MENTAL HEALTH AND HYGIENE”**

**PROGRAMME NAME: “MENTAL HEALTH AND HYGIENE”**

**DATE OF VAC:** 1.8.2019 to 1.9.2019

**VENUE:** Department of Home Science

**TIME:** 2:00-3:00(Every Thursday)

**DURATION OF THE COURSE -** 30 hours

**NAME OF THE FACULTY-** Ms Shalu Nehra

**TOTAL NUMBER OF PARTICIPANTS-** 45

Shaheed Baba Deep Singh, Department of Home Science of SVSU, Meerut held a value added course on mental health and hygiene from 1.8.2019 to 1.9.2019. The course was attended by 45 participants from different degree programme. The course aimed to strengthen mental health with the phrase ‘Health is Wealth’; an old proverb is true for all of us. If one is healthy then one can contribute their best in achieving their goals which will lead one to prosperity. Hygiene is one of the factors that contributes towards better health. Hence, it is important to understand, especially in this given situation, about mental health and hygiene.

In order to create awareness, a workshop on mental Health and Hygiene was conducted. This session was aimed to highlight the importance of maintaining good personal hygiene and to illustrate the importance of comprehensive cleaning to maintain a good mental health and a better personality in the society.

Ms. Shalu Nehra, who conducted this mental Health and Hygiene session. Presentations on physical health, mental health and healthy habits were made and explained in the session. Students were keen to learn more about personal hygiene and came up with a volley of questions in the Q&A session.

This session was a reinforcement to maintain and enhance good hygiene habits and contribute to the wellness of society.

#### **KEY OBJECTIVES OF THE VAC PROGRAMME WAS-**

- Enhance concept of mental health and hygiene
- Adjustment mechanism
- Fitness and mental health
- Management of mental health and hygiene in primary care



Students during value added course

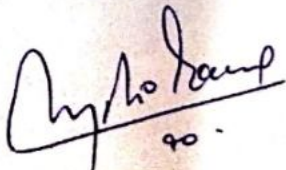
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**HEAD**  
DEPARTMENT OF HOME SCI  
S. V. Subharti University

# VALUE ADDED COURSE ON "MENTAL HEALTH AND HYGIENE"

## ATTENDANCE SHEET

### Value Added Course - Mental Health and Hygiene

Ngurthansangi
Km Neha Tiwari
Swati Sharma
Km Nitika
Priyanshi Baghel
Jagrati
Disha Verma
K Lalruatfeli
Ramdipsangi
Vanshika Chaudhary
Parul
Garima Maurya
Lalaympuii
Km Sweta
Divya Dubey
Faiza Akhlaq
Khushi Tyagi
Nishtha
- Anjali
Sabiya Khatoon
Dushyant Tanwar
- Harshit Kumar
Rohit Bhambota
Birju Sharma
Tanay Khemka
Sanyam Jain
Umang Agrawal
Nazia Saifi
Ritika Khanna
Deepanshi Wadhwa
Abhishek Kesarwani
Abhishek Mishra
Sumedha Vishwakarma
Pooja Singh
Rehan Adil
Srishti Bansal
Kimsi Dhiman
Rashi Chauhan
Himani Gulati
Bhanu Pratap Jangid
Akash Singla
Nishtha Jain
Varsha
Monika Dagar
Hardik Chandna

  
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**HEAD**  
**DEPARTMENT OF HOME SCIENCE**  
S. V. Subharti University, Meerut



**Department of Home Science**  
**Swami Vivekanand Subharti University**

Subhartipuram, NH-58, Delhi Haridwar Meerut Bypass Road, Meerut-250005

**Certificate of Completion**

THIS ACKNOWLEDGES THAT

Ngurthansangi

has successfully completed  
30 hours value added on  
**'Mental Health and Hygiene'**  
(August 1- SEPTEMBER 1, 2019)

**Dr. Jyoti Gaur**  
Head, Department of Home Science

DEAN  
Department of Home Science  
S. V. Subharti University  
Meerut, U.P.

**MS. Shalu Nehra**  
Program Coordinator



**Department of Home Science**  
**Swami Vivekanand Subharti University**

Subhartipuram, NH-58, Delhi Haridwar Meerut Bypass Road, Meerut-250005

**Certificate of Completion**

THIS ACKNOWLEDGES THAT

Km. Neha Tiwari

has successfully completed  
30 hours value added on  
**'Mental Health and Hygiene'**  
(August 1- SEPTEMBER 1, 2019)

**Dr. Jyoti Gaur**  
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**Swami Vivekanand Subharti University**  
Subhartipuram, NH-58, Delhi Haridwar Meerut Bypass Road, Meerut-250005

**Certificate of Completion**

THIS ACKNOWLEDGES THAT

Swati Sharma

has successfully completed  
30 hours value added on  
**'Mental Health and Hygiene'**  
(August 1- SEPTEMBER 1, 2019)

**Dr. Jyoti Gaur**  
Head, Department of Home Science

DEAN  
Faculty of Arts & Social Sciences  
S. V. Subharti University  
MEERUT

**MS. Shalu Nehra**  
Program Coordinator



**Department of Home Science**  
**Swami Vivekanand Subharti University**  
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**Certificate of Completion**

THIS ACKNOWLEDGES THAT

Priyanka Baghel

has successfully completed  
30 hours value added on  
**'Mental Health and Hygiene'**  
(August 1- SEPTEMBER 1, 2019)

**Dr. Jyoti Gaur**  
Head, Department of Home Science

DEAN  
Faculty of Arts & Social Sciences  
S. V. Subharti University  
MEERUT

**MS. Shalu Nehra**  
Program Coordinator

Registrar  
Swami Vivekanand  
Subharti University  
MEERUT