

EVENT REPORT

1	Title of the event	International Women's Day
2	Date of the event	March 10 th 2025
3	Organizing department / Centre / college	Student Council
4	Organizing committee members	Student Council members
5	Name / s of the resource person, designation and affiliation	
6	Event schedule (enclose brochure if available)	<div style="text-align: center;">     </div> <p style="text-align: center;">She Speaks, She Heals</p> <p style="text-align: center;">A WOMEN'S DAY SPECIAL</p> <p style="text-align: center;">MARCH 10TH, 2025, 2PM-4PM</p> <p style="text-align: center;">AUDITORIUM, YENEPOYA AYURVEDA MEDICAL COLLEGE</p> <p style="text-align: center;">AN INTERACTIVE MENTAL HEALTH SESSION FOR GIRLS WITH MS. IDA DSOUZA, ASSISTANT PROFESSOR, PSPH, MAHE, MANIPAL</p> <div style="text-align: center;">  </div> <p style="text-align: center;">HAVE QUESTIONS? DROP THEM ANONYMOUSLY IN THE BOX AT RECEPTION BY SATURDAY. LETS TALK. LETS HEAL.</p> <p style="text-align: center;">ORGANIZED BY STUDENT COUNCIL</p>

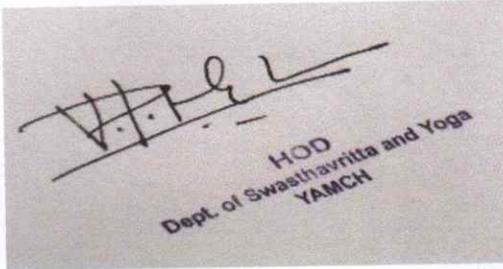


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7	<p>Brief report of the event <i>(Please describe the objectives of the event and benefit (impact) to students, teachers, patients, or society)</i></p> <p>Report: She Speaks, She Heals – Girls-Only Mental Health Session</p> <p>On the occasion of International Women’s Day, the Student Council of Yenepoya Ayurveda Medical College and Hospital organized an interactive mental health session titled She Speaks, She Heals on 10th March 2025. This girls-only event was conducted to foster open conversations around mental health and well-being, providing a safe and supportive environment for female students.</p> <p>The session commenced with a welcome address by Ifath, followed by a soulful prayer and lamp lighting ceremony. Priyanshi introduced the esteemed guest speaker, Ms. Ida Dsouza, Assistant Professor, PSPH, MAHE, Manipal, who led the session with her insightful and empathetic approach. The presidential address was delivered by the Principal, highlighting the importance of mental health awareness among young women.</p> <p>Students anonymously submitted their queries via a drop box, ensuring confidentiality, and these were moderated and addressed during the session. The event was smoothly moderated by Manvi, who also served as the emcee, engaging the audience effectively. The session concluded with a vote of thanks by Blessy, expressing gratitude to the speaker and attendees.</p>									
8	<table border="1"><tr><td data-bbox="284 1155 794 1218">Number of beneficiaries <i>(Attach copy of the attendance sheet)</i></td><td data-bbox="794 1155 1155 1218">Students</td><td data-bbox="1155 1155 1530 1218">185</td></tr><tr><td data-bbox="284 1218 794 1281"></td><td data-bbox="794 1218 1155 1281">Teachers</td><td data-bbox="1155 1218 1530 1281">5</td></tr><tr><td data-bbox="284 1281 794 1800"></td><td data-bbox="794 1281 1155 1800">Others (specify)</td><td data-bbox="1155 1281 1530 1800"></td></tr></table>	Number of beneficiaries <i>(Attach copy of the attendance sheet)</i>	Students	185		Teachers	5		Others (specify)	
Number of beneficiaries <i>(Attach copy of the attendance sheet)</i>	Students	185								
	Teachers	5								
	Others (specify)									
9	Attach geotagged photographs of the event with appropriate captions. <i>Please ensure quality of the photographs as the same may be used in various reports and websites.</i>									



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10	Seal and signature of the organizer	 <p>HOD Dept. of Swasthavritta and Yoga YAMCH</p>
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