Vivekananda College of Engineering & Technology, Puttur
[A Unit of Vivekananda Vidyavardhaka Sangha Puttur ®]
Affiliated to VTU, Belagavi & Approved by AICTE New Delhi

REPORT

RE: MIND-MENTAL HEALTH WEEK-2026

Date: 12-10-2026 to 17-10-2026

Resource Person: Ms. Rajeshwari and Ms. Sharanya

Target audience: VCET Engineering Students

On the occasion of World Mental Health Day, observed globally on October 10, the Department of Basic Science, in collaboration with Akanksha Charitable Trust and the College Internal Complaints Committee (CICC), organized **REMIND – Beyond the Silence**, a mental health awareness initiative at Vivekananda College of Engineering and Technology (VCET), Puttur, from October 12 to 17, 2026.

The programme was inaugurated on October 12, 2026, by the chief guest, Ms. Preethi Shenoy, Psychologist. The initiative aimed to promote mental health awareness, encourage open conversations about emotional well-being, and highlight the importance of stress management among students and staff across the VCET campus.

Sessions were conducted On 12th for 1ME branch , On 14th 11:00 AM – 11:30 AM for CV and Cd/Cs ,On 16th 3:00 pm – 3:30pm for AI branch and 02.00 – 02:30 PM for 1EC branch students.



