



**ST. FRANCIS INSTITUTE OF TECHNOLOGY**  
Mount Poinsur, Borivali (West), Mumbai-400103  
**Department of Information Technology**  
**Information Technology Students' Association (ITSA)**



Date: 26th September 2021

**Report on “Mental Health Panel Discussion”**

Event Date: 25th September 2021

Time: **01:00 pm to 03:00 pm (2Hrs)**

Venue: **Online (Google meet)**

No. of Registered Students: **98 participants**

**Meet code: (vdr-fufr-yqy)**

Resource Person:**i) Dr.Kavitagauri Joshi[Psychologist(Clinical), Emotional Health**

**Consultant (14 years & 6 months experience)]**

**ii) Dr.Shriharsh Jahagirdar[Assistant Professor (Occupational Department)**

**at T.N medical college & B.Y.L Nair Ch. Hospital (12 years experience)]**

**iii) Mr.Eldrin Fernandes[Associate Vice President(Human resources-Learning and Organisational Department) at Tata Capital (19 years of experience)]**

**iv) Ms.Neha Agnihotri [Assistant Professor(Communication Skills)**

**Department of Basic Science and Humanities at St.Francis Institute of Technology (5 years of experience)]**

As a part of Academic Activity of “ ITSA” of the INFT Department, the Mental Health Panel Discussion was arranged on 25th September 2021. The Panel Discussion was a successful event with all due efforts from each ITSA members also ITSA coordinators and very impactful session by our panelists Dr.Kavitagauri Joshi, Dr.Shriharsh Jahagirdar, Mr.Eldrin Fernandes, Ms.Neha Agnihotri. Introduction by Mr.Pratham Goankar (PR Executive) and Mr.Dhruv Dave (Vice President) of ITSA for the year 2021-22. All the four panelists and all other participants were then welcomed for the Panel Discussion.

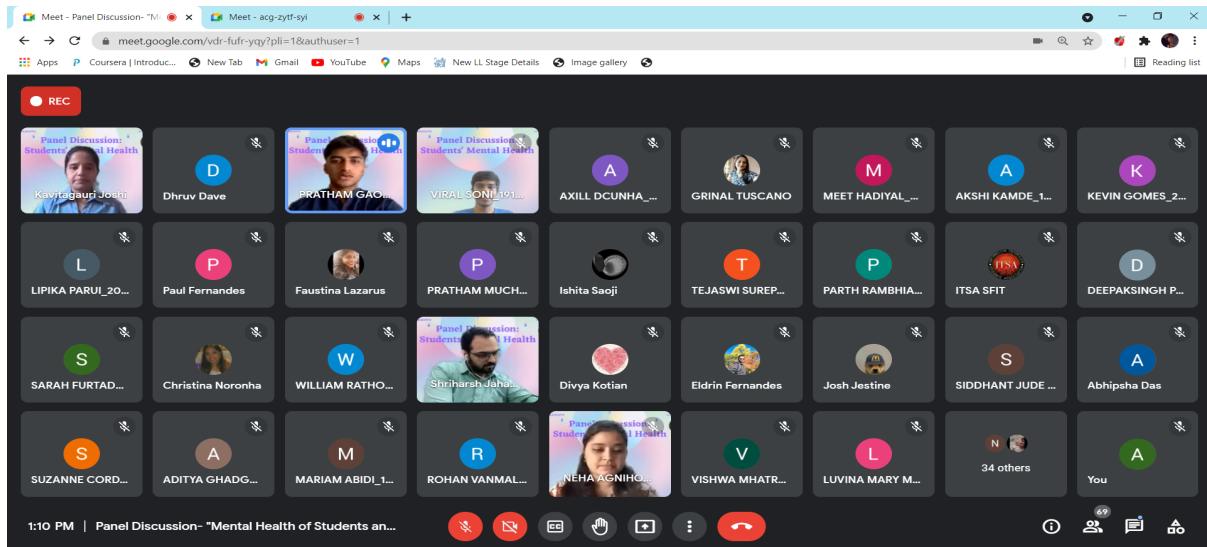
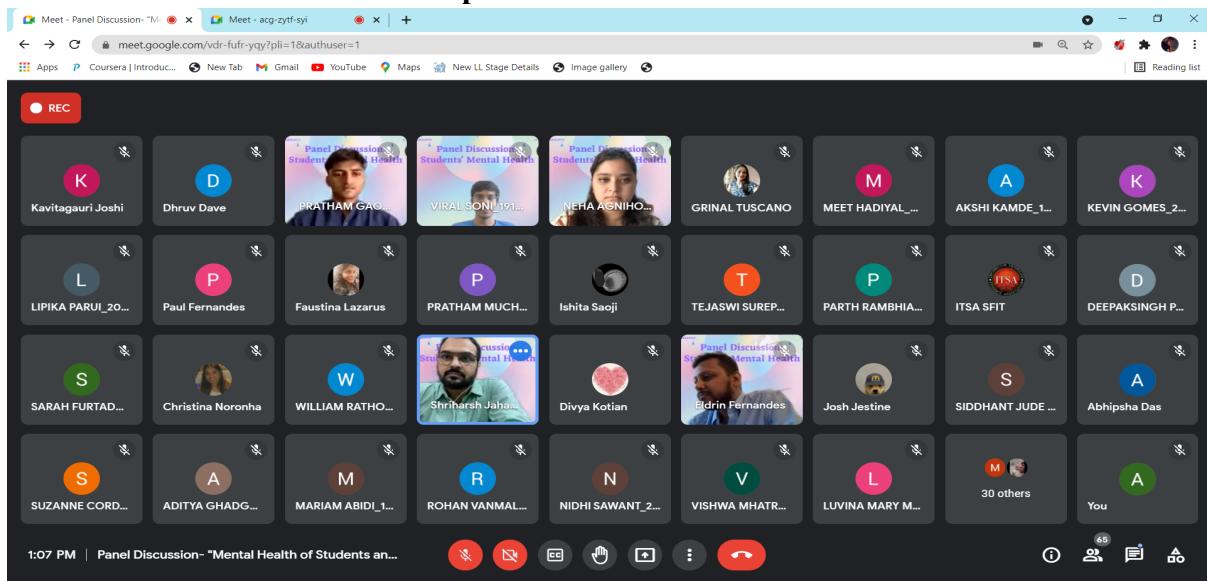
The following topics were covered during the session:

- i) The effect of pandemic on student's mental health.
- ii) Methods to treat mental health during pandemic.
- iii) Overcoming stress, anxiety and exam pressure effectively.
- iv) Experiences about overcoming mental illness.

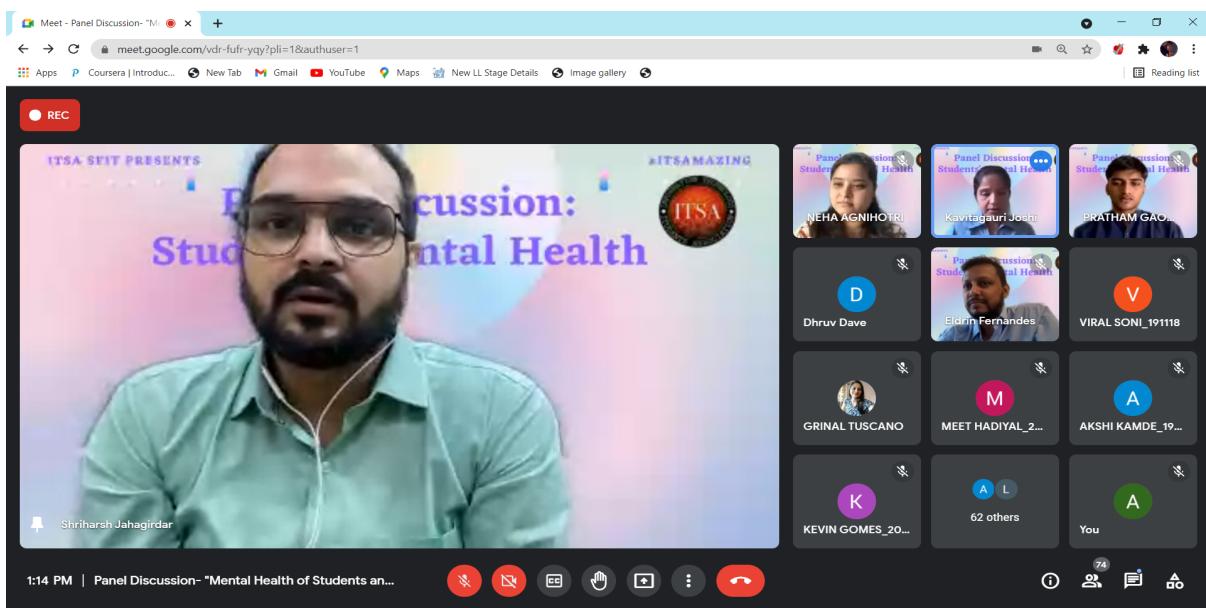
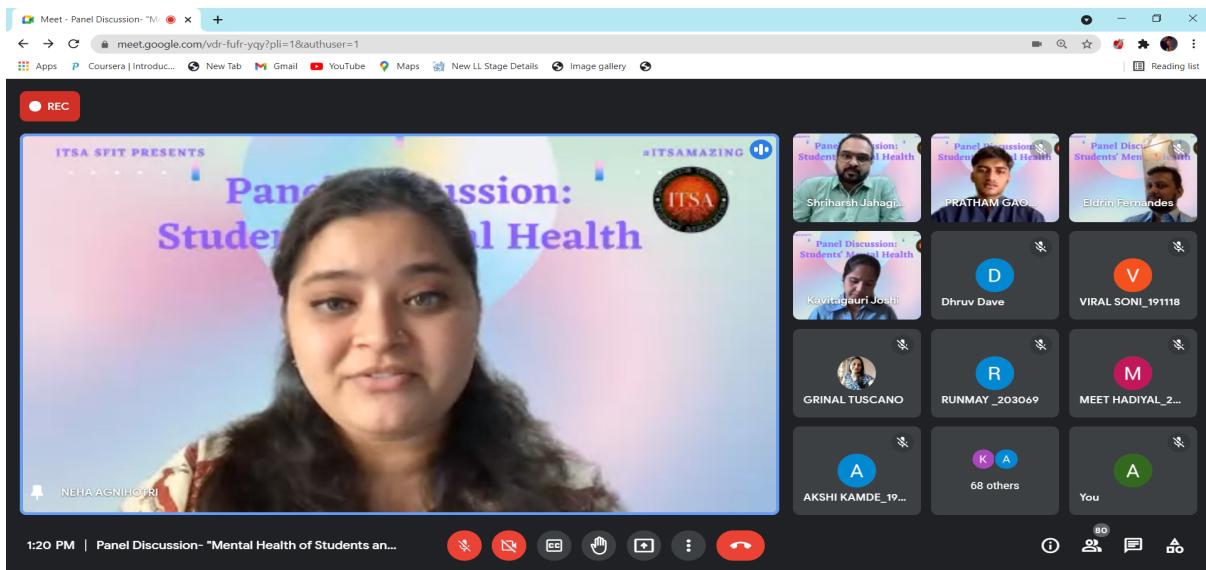
Our four panelists Dr.Kavitagauri Joshi, Dr.Shriharsh Jahagirdar, Mr.Eldrin Fernandes, Ms.Neha Agnihotri are highly experienced experts in the field of Psychology and Mental Health. The Panelists delivered an excellent session giving insights about the importance of Mental Health and how to keep our mental health stable during this pandemic. This made students aware about the importance of good mental health and how to be mentally strong and stable even during this tough pandemic situations.

## B. Images of the Podcast:

### iWelcome and Introduction of all panlist -



ii. -All the panlist started Discussion on Mental Health and question form was shared for participants if they have any questions on their mind.

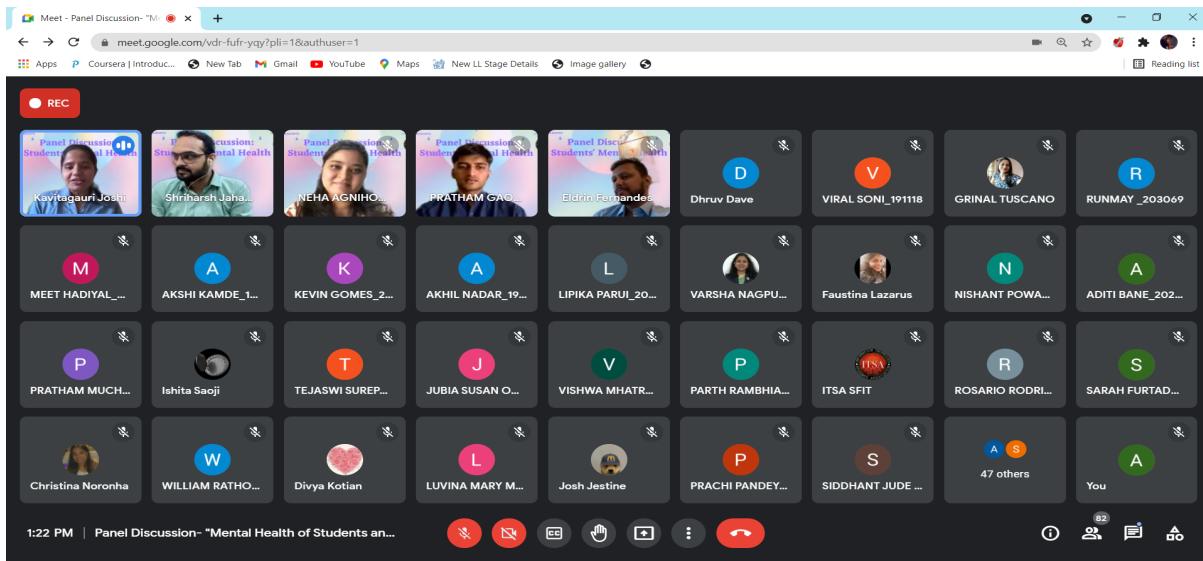




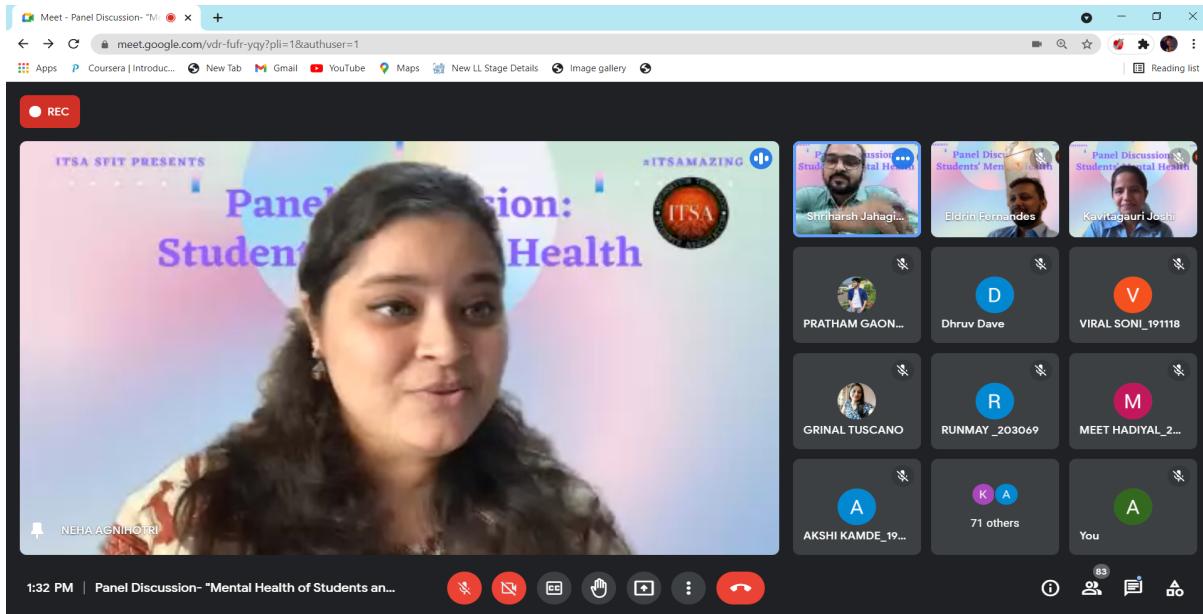
This screenshot shows a Google Meet session with a significantly larger number of participants. The participant grid is filled with numerous small video frames, each showing a different individual. The names of some participants are visible, such as Eldrin Fernandes, Shriharsh Jahagi..., Kavita Gauri Joshi, NEHA AGNIHOTRI, PRATHAM GAON..., Dhruv Dave, VIRAL SONI\_191118, GRINAL TUSCANO, MEET HADIYAL\_2..., KEVIN GOMES\_202..., AKSHI KAMDE\_193..., LIPPIKA PARUI\_2020..., FAUSTINA LAZARUS, NISHANT POWALE..., ADITI BANE\_202008, PRATHAM MUCHH..., Ishita Saoji, TEJASWI SUREPAL..., JUBIA SUSAN OOM..., VISHWA MHATRE\_1..., PARTH RAMBHIA\_2..., 54 others, and You. To the right of the participant grid, there is a sidebar titled "In-call messages" which displays a few messages from participants. The messages are: "MEET HADIYAL\_201252 1:02 PM Hello", "Good afternoon", and "PRATHAM GAONKAR\_201032 1:15 PM https://bit.ly/mentalhealthanonymousequestion". A message input field at the bottom of the sidebar says "Send a message to everyone".

This screenshot shows a Google Form titled "Panel Discussion- 'Mental Health of Students and its Awareness'". The form includes a header with the ITSA logo and the text "Information Technology Students Association". Below the header, there is a section for a question, with the question text being "If you have any questions, you can ask it here [It will be kept anonymous]. \*". There is a text input field for the answer and a "Submit" button. At the bottom of the form, there is a note that says "Never submit passwords through Google Forms." The URL of the form is visible at the top: "docs.google.com/forms/d/e/1FAIpQLSdzPrbtcWgN0cGlnjo4G4uwn8x6B5E\_tWKqxYhk06BgzSHQ/viewform".

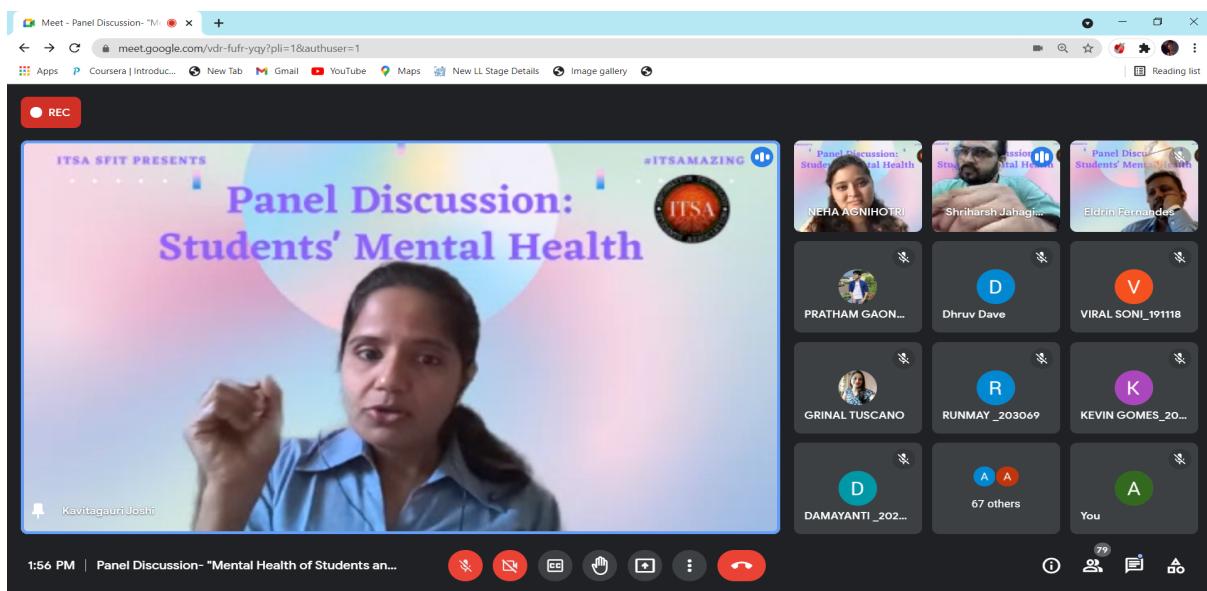
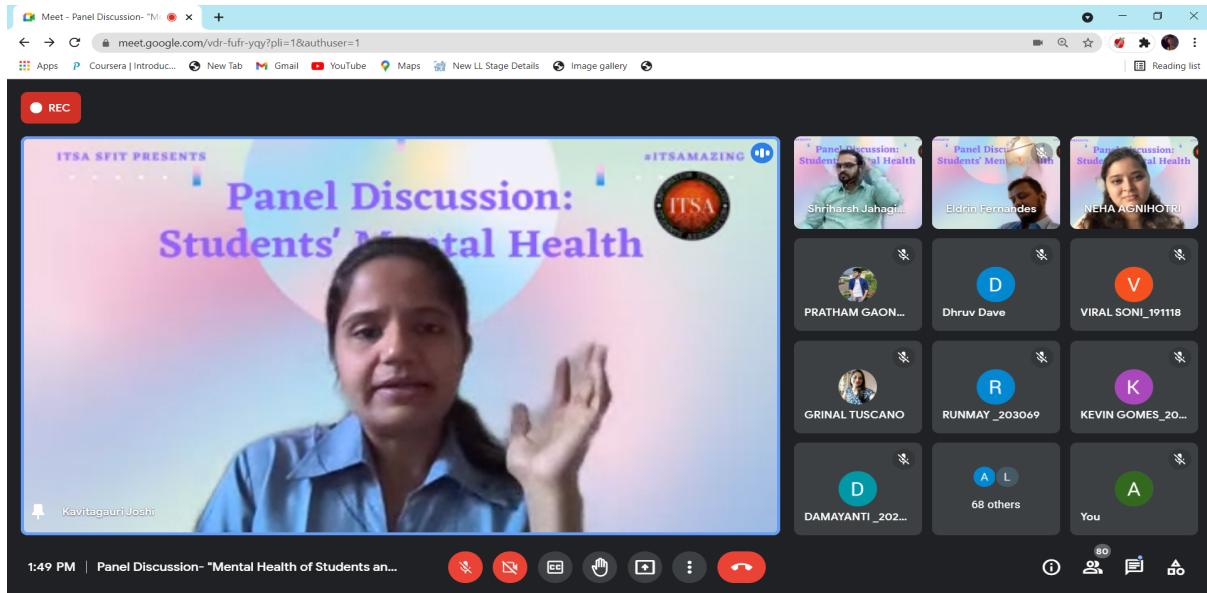
### iii.Discussion about how COVID-19 affects mental health.



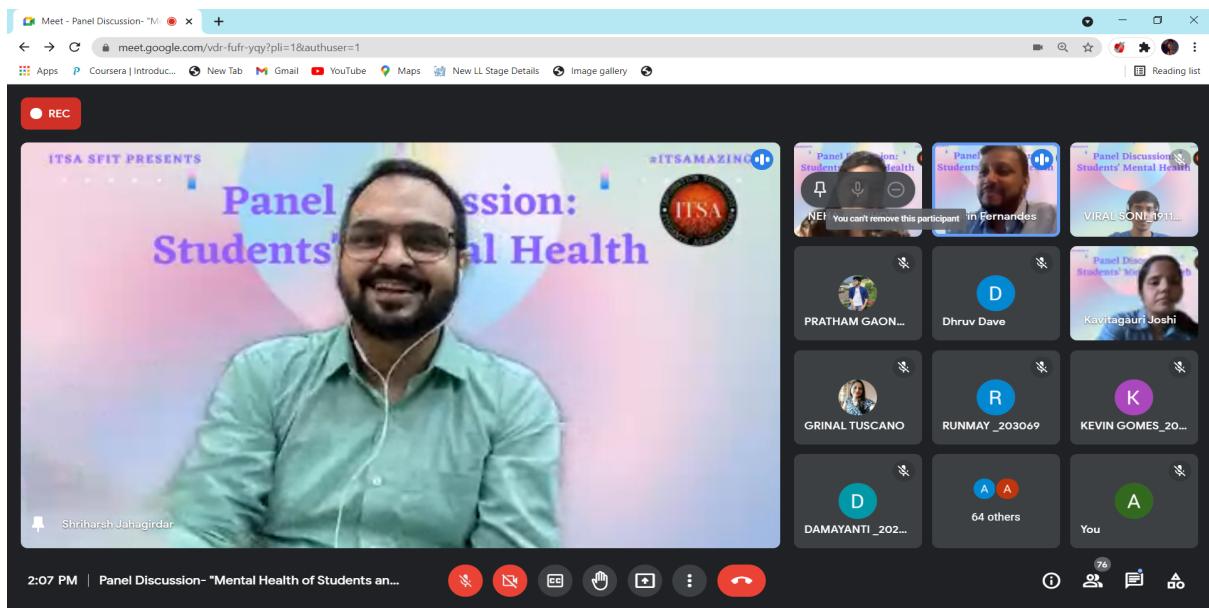
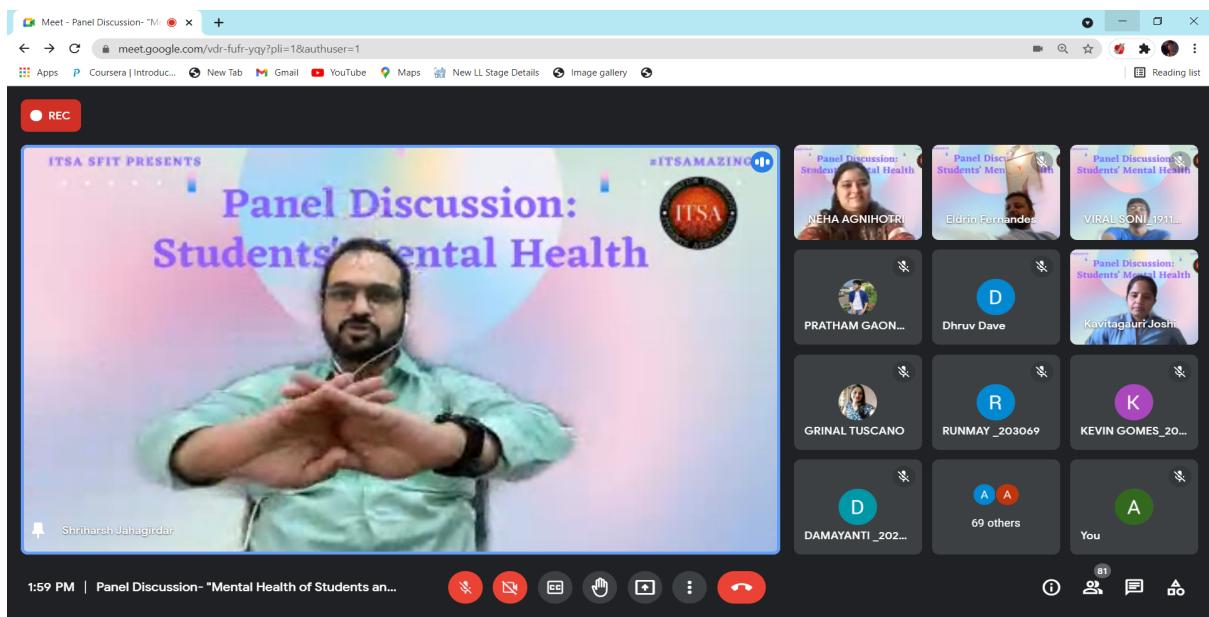
#### iv.Discussion about teaching online and while sitting at 7hrs effects are body -



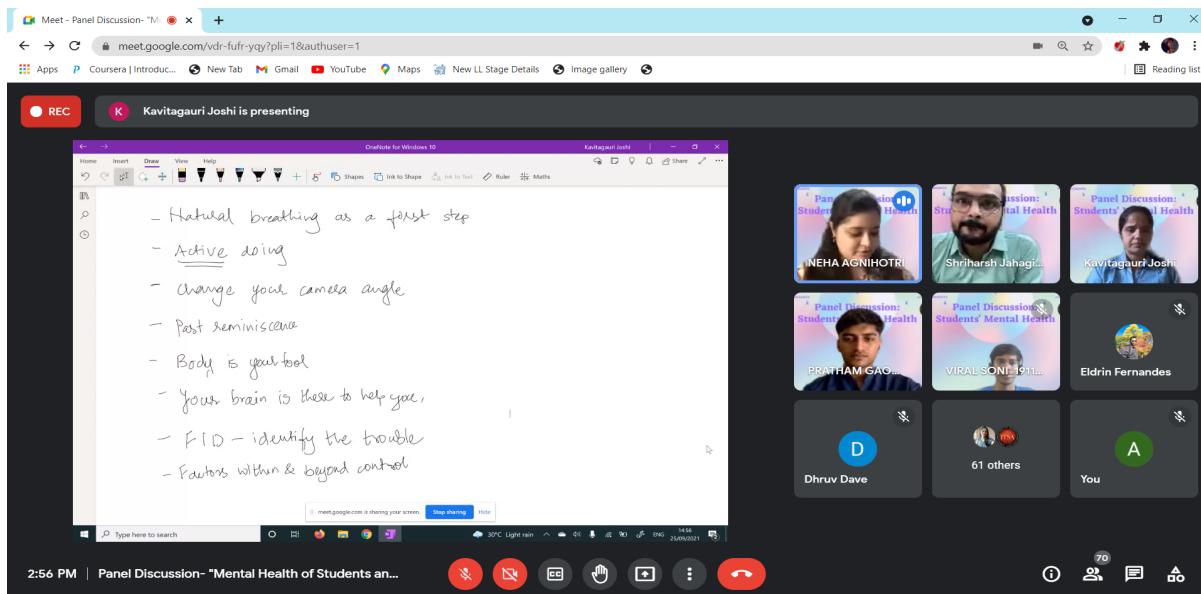
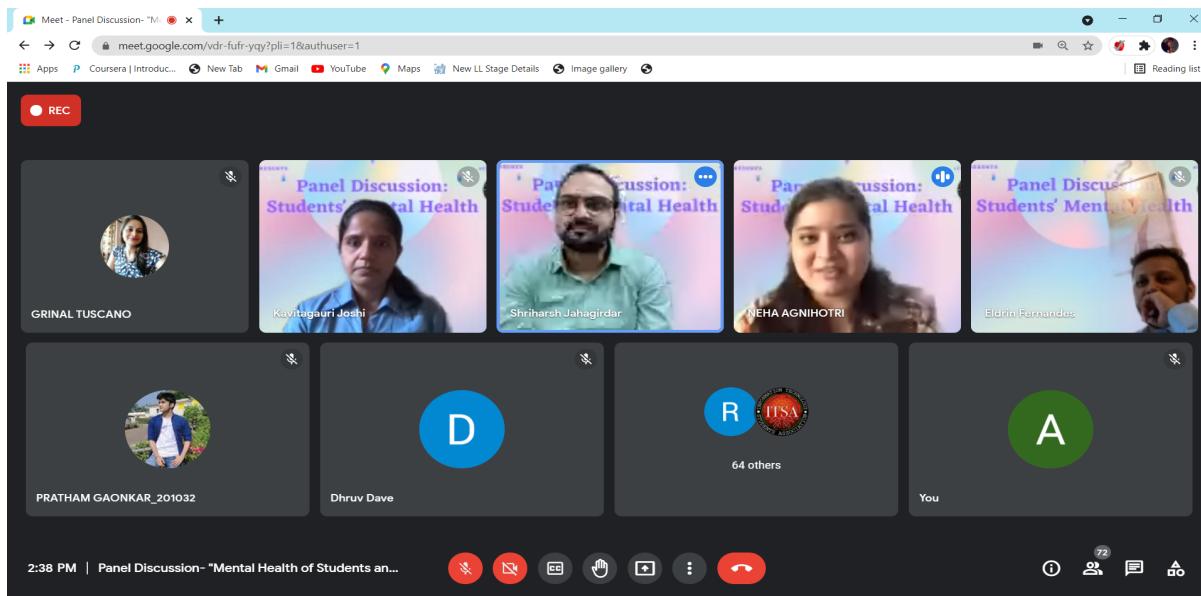
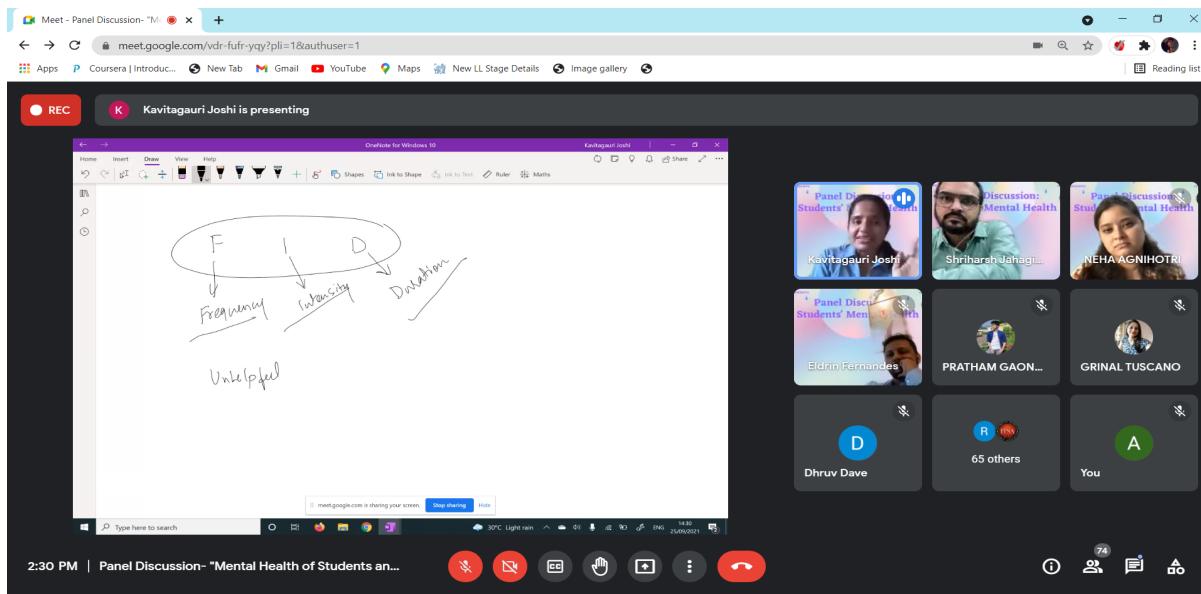
v.Discussion about exercise is need in our daily life like cardio,walking etc-



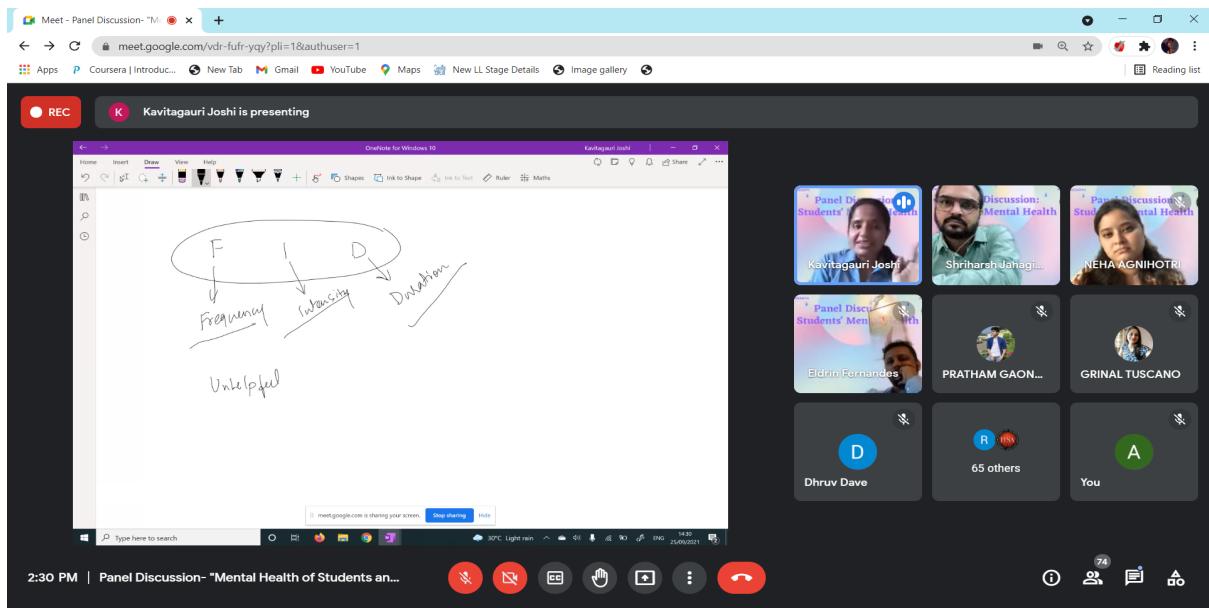
Vi.Simple exercise was shown by Dr. Shriharsh Jahagirdar -



Vii.- Dr.KavitaGauri Joshi shared the screen and explained about FID.



viii. Panlist answered the questions from the participants and feedback form was shared.



In-call messages

VIRAL SONI\_191118 1:51 PM  
fight or flight

ROHAN VANMALI\_201264 2:00 PM  
Yes

Dhruv Dave 2:00 PM  
yes

VIRAL SONI\_191118 2:05 PM  
without trying we wont get the solution which best suites us....

VIRAL SONI\_191118 2:24 PM  
run

PRATHAM GAONKAR.201032 2:58 PM  
<https://forms.gle/SBkWEIZMsEdzqhv5>

Send a message to everyone

2:59 PM | Panel Discussion- "Mental Health of Students and Teachers"

REC

Elidin Fernandes, Shriram Jadhav, VIRAL SONI\_191118, NEHA AGNIHOTRI, PRATHAM GAONKAR.201032, MAYURESH DALVI\_201022, Kavita Gauri Joshi, Dhruv Dave, NEEL MISTRY\_201032, ROHAN VANMALI\_201264, Paul Fernandes, GRINAL TUSCANO, ITSA SIT, RUNMAY\_203069, KEVIN GOMES\_201032, atharva bhosale, DHARMIK DHAN... , TEJAS KASHID\_201032, Faustina Lazarus, Lauren Colaco, A, ADITI BANE\_202032, PRATHAM MUG..., REKHA AJIKUMAR, ANANT SHUKLA\_201032, R, A, R, R, Rosario Rodri..., Christina Noronha, 30 others, You

3:00 PM | Panel Discussion- "Mental Health of Students and Teachers"

## C. Google Meet Attendance of Students:

### i.Meet attendance-

A1	Participants	Joined	Left	Duration	F	G
1	RUSHIKESH BORAKHEDE_201014	9/25/2021 13:22:02	9/25/2021 15:49:04	02:27:02		
2	Abhipsha Das	9/25/2021 13:22:02	9/25/2021 15:49:55	02:27:53		
3	ADITI BANE_202008	9/25/2021 13:22:02	9/25/2021 15:49:55	02:27:53		
4	ADITYA GHADGE_193022	9/25/2021 13:22:02	9/25/2021 15:42:15	02:20:13		
5	AKHIL NADAR_194027	9/25/2021 13:22:02	9/25/2021 15:49:55	02:27:53		
6	AKSHI KAMDE_193041	9/25/2021 13:22:02	9/25/2021 15:49:55	02:27:53		
7	ALISHA DSOUZA_203014	9/25/2021 13:22:02	9/25/2021 15:49:55	02:27:53		
8	AMARJIT GUPTA_191044	9/25/2021 13:22:02	9/25/2021 15:10:04	01:48:02		
9	ANANT SHUKLA_193087	9/25/2021 13:22:02	9/25/2021 14:49:55	01:27:53		
10	APOORVA KHARUL_203032	9/25/2021 13:22:02	9/25/2021 14:49:55	01:27:53		
11	ASHLY JOHN_191051	9/25/2021 13:22:02	9/25/2021 14:49:55	01:27:53		
12	ATHARVA UTEKAR_193097	9/25/2021 13:22:02	9/25/2021 13:47:01	00:24:59		
13	AXILL DCUNIHA_202029	9/25/2021 13:22:02	9/25/2021 14:49:55	01:27:53		
14	Balin Menezes	9/25/2021 13:22:02	9/25/2021 13:47:01	00:24:59		
15	Bhavika Shetty	9/25/2021 13:22:02	9/25/2021 13:47:01	00:24:59		
16	Christina Noronha	9/25/2021 13:22:02	9/25/2021 14:49:55	01:27:53		
17	DEEP KOTIAN_191058	9/25/2021 13:22:02	9/25/2021 14:49:55	01:27:53		
18	DEEPAKSINGH PARIHAR_202094	9/25/2021 13:22:02	9/25/2021 13:47:01	00:24:59		
19	DHARMIK DHANDHUKIYA_201028	9/25/2021 13:22:02	9/25/2021 14:49:55	01:27:53		
20	Dhruv Dave	9/25/2021 13:22:02	9/25/2021 15:09:28	01:47:26		
21	Divya Kolian	9/25/2021 13:22:02	9/25/2021 13:31:53	00:09:51		
22	DYANARAJ VANNIYAR_201119	9/25/2021 13:22:02	9/25/2021 13:47:01	00:24:59		
23	Eldrin Fernandes	9/25/2021 13:22:02	9/25/2021 14:49:55	01:27:53		
24	ETHAN MORAES_201073	9/25/2021 13:22:02	9/25/2021 14:49:55	01:27:53		
25	Faustina Lazarus	9/25/2021 13:22:02	9/25/2021 14:49:55	01:27:53		
26	GAURAV YADAV_201125	9/25/2021 13:22:02	9/25/2021 14:49:55	01:27:53		
27	GRINAL TUSCANO	9/25/2021 13:22:02	9/25/2021 14:49:55	01:27:53		
28	HARSHIL PARMAR_201083	9/25/2021 13:22:02	9/25/2021 13:47:01	00:24:59		
29	HASTI PANCHAL_191083	9/25/2021 13:22:02	9/25/2021 15:10:04	01:48:02		
30	Ishita Saoji	9/25/2021 13:22:02	9/25/2021 13:22:03	00:00:01		
31	ITSA SFIT Meeting host	9/25/2021 13:22:02	9/25/2021 15:07:41	01:45:39		
32	Josh Jestine	9/25/2021 13:22:02	9/25/2021 14:49:55	01:27:53		
33	JUAN NORONHA_202089	9/25/2021 13:22:02	9/25/2021 14:42:15	01:20:13		
34	JUBIA SUSAN OOMMEN_191003	9/25/2021 13:22:02	9/25/2021 14:49:55	01:27:53		
35	JULIA HANNA OOMMEN_191004	9/25/2021 13:22:02	9/25/2021 14:49:55	01:27:53		
36	Kavitagauri Joshi	9/25/2021 13:22:02	9/25/2021 14:49:55	01:27:53		
37	KEVIN GOMES_202048	9/25/2021 13:22:02	9/25/2021 14:49:55	01:27:53		
38	Lauren Colaco	9/25/2021 13:22:02	9/25/2021 14:49:55	01:27:53		
39	LIPINKA PARUI_202095	9/25/2021 13:22:02	9/25/2021 13:47:01	00:24:59		
40	LUVINA MARY MONEY RAJAN_191011	9/25/2021 13:22:02	9/25/2021 14:49:55	01:27:53		
41	MADHURA KAMAT_193040	9/25/2021 13:22:02	9/25/2021 15:49:55	02:27:53		
42	MARIAM ABIDI_191127	9/25/2021 13:22:02	9/25/2021 15:49:55	02:27:53		
43	MAYURESH DALVI_201022	9/25/2021 13:22:02	9/25/2021 15:49:55	02:27:53		
44	MEET HADIYAL_201252	9/25/2021 13:22:02	9/25/2021 15:46:04	02:24:02		
45	MEET PATEL_202076	9/25/2021 13:22:02	9/25/2021 15:49:55	02:27:53		
46	NEEL MISTRY_201077	9/25/2021 13:22:02	9/25/2021 15:09:28	01:47:26		
47	NEHA ACHANDY_191012	9/25/2021 13:22:02	9/25/2021 15:47:01	02:24:59		
48	NEHA AGNIHOTRI	9/25/2021 13:22:02	9/25/2021 15:49:55	02:27:53		
49	NEHA SABLE_201098	9/25/2021 13:22:02	9/25/2021 15:47:01	02:24:59		

	A	B	C	D	E
1	Participants	Joined	Left	Duration	
51	NIDHI SAWANT_201101	9/25/2021 13:22:02	9/25/2021 15:49:55	02:27:53	
52	NISHANT POWALE_193067	9/25/2021 13:22:02	9/25/2021 15:49:55	02:27:53	
53	PARTH RAMBHIA_201094	9/25/2021 13:22:02	9/25/2021 15:49:04	02:27:02	
54	Paul Fernandes	9/25/2021 13:22:02	9/25/2021 15:49:55	02:27:53	
55	PRACHI RAUT	9/25/2021 13:22:02	9/25/2021 15:31:53	02:09:51	
56	PRATHAM GAONKAR_201032	9/25/2021 13:22:02	9/25/2021 15:09:28	01:47:26	
57	PRATHAM MUCHHALA_201074	9/25/2021 13:22:02	9/25/2021 15:49:55	02:27:53	
58	REKHA AJIKUMAR	9/25/2021 13:22:02	9/25/2021 15:49:55	02:27:53	
59	REUEL LESILEY AMIN_202004	9/25/2021 13:22:02	9/25/2021 15:49:55	02:27:53	
60	Rishabh Mishra	9/25/2021 13:22:02	9/25/2021 15:49:55	02:27:53	
61	ROHAN VANNMALI_201264	9/25/2021 13:22:02	9/25/2021 15:49:55	02:27:53	
62	RON PINTO_191095	9/25/2021 13:22:02	9/25/2021 15:49:55	02:27:53	
63	ROSARIO RODRIGUES_203059	9/25/2021 13:22:02	9/25/2021 15:49:55	02:27:53	
64	RUNMAY_203069	9/25/2021 13:22:02	9/25/2021 15:49:55	02:27:53	
65	SARAH FURTADO_191041	9/25/2021 13:22:02	9/25/2021 15:31:53	02:09:51	
66	SHERINE SEBASTIAN	9/25/2021 13:22:02	9/25/2021 15:49:55	02:27:53	
67	SHREE JASWAL	9/25/2021 13:22:02	9/25/2021 15:42:15	02:20:13	
68	Shriharsh Jahagirdar	9/25/2021 13:22:02	9/25/2021 15:49:55	02:27:53	
69	SIDDHESH MISHRA_202079	9/25/2021 13:22:02	9/25/2021 15:49:55	02:27:53	
70	SIDDHANT JUDE REBELLO_204045	9/25/2021 13:22:02	9/25/2021 15:47:01	02:24:59	
71	SIYA KHAMKAR_202067	9/25/2021 13:22:02	9/25/2021 15:47:01	02:24:59	
72	Srushii Shah	9/25/2021 13:22:02	9/25/2021 15:47:01	02:24:59	
73	SUZANNE CORDA_202021	9/25/2021 13:22:02	9/25/2021 13:47:01	00:24:59	
74	TEJAS KASHID_201254	9/25/2021 13:22:02	9/25/2021 15:49:28	02:27:26	
75	TEJASWI SUREPALLI_193090	9/25/2021 13:22:02	9/25/2021 15:49:55	02:27:53	
76	VARSHA NAGPURKAR	9/25/2021 13:22:02	9/25/2021 15:23:46	02:01:44	
77	VIDITA RAVLE_191102	9/25/2021 13:22:02	9/25/2021 15:49:55	02:27:53	
78	VIRAL SONI_191118	9/25/2021 13:22:02	9/25/2021 15:49:04	02:27:02	
79	VISHWA MHATRE_192067	9/25/2021 13:22:02	9/25/2021 15:49:55	02:27:53	
80	WILLIAM RATHOD_191100	9/25/2021 13:22:02	9/25/2021 15:49:55	02:27:53	
81	ZOHAIR MERCHANT_201256	9/25/2021 13:22:02	9/25/2021 15:49:55	02:27:53	
82	ITSA SFITMeeting host	9/25/2021 13:22:03	9/25/2021 15:09:28	01:47:25	
83	FALGUNI SHELADIYA_203017	9/25/2021 13:23:45	9/25/2021 15:47:01	02:23:16	
84	PRACHI PANDEY_203048	9/25/2021 13:23:45	9/25/2021 15:49:55	02:26:10	
85	atharva bhosale	9/25/2021 13:31:52	9/25/2021 15:49:28	02:17:36	
86	HARSH SANAS_191107	9/25/2021 13:31:52	9/25/2021 15:49:55	02:18:03	
87	JASLEENKAUR BINDRA_193009	9/25/2021 13:31:52	9/25/2021 15:49:55	02:18:03	
88	MARINDROME	9/25/2021 13:31:52	9/25/2021 15:49:28	02:17:36	
89	SHERLY MATHIAS_201255	9/25/2021 13:31:52	9/25/2021 15:49:55	02:18:03	
90	Vaishali Wadghare	9/25/2021 13:31:52	9/25/2021 15:49:53	02:18:01	
91	DAMAYANTI_202098	9/25/2021 13:22:00	9/25/2021 15:47:01	02:25:01	
92	AASHAY NARKAR_191076	9/25/2021 13:32:14	9/25/2021 15:42:15	02:10:01	
93	Drashti Thakkar	9/25/2021 13:42:14	9/25/2021 15:49:55	02:07:41	
94	Khushal Solanki	9/25/2021 13:22:14	9/25/2021 14:49:55	01:27:41	
95	SEONA DABRE_202025	9/25/2021 13:22:14	9/25/2021 14:49:55	01:27:41	
96	JAY GUPTA_191046	9/25/2021 13:22:54	9/25/2021 14:49:55	01:27:01	
97	Kris Rawal	9/25/2021 13:22:54	9/25/2021 14:49:55	01:27:01	
98	Ritik Patel	9/25/2021 13:22:54	9/25/2021 15:49:55	02:27:01	
99					

#### Participants classification :

	SFIT PARTICIPANTS						OUTSIDE SFIT
	INFT	COMPS	EXTC	MECH	ELECT	TEACHERS	
TOTAL							

#### D. Workshop Feedback:

A	B	C	D	E	F	G	H
Timestamp	Email Address	Score	Full Name (Type the way you want it on your Participation Certificate)	Salutation	Gender	College/University Name Year	Branch
2	9/25/2021 15:00:25	madhurakamat08@student.sfit.ac.in	Madhura Sanjay Kamat	Ms.	Female	ST FRANCIS INSTITUTE Third Year (TE)	EXT
3	9/25/2021 15:01:01	luvinam4@sfit.ac.in	Luvina Mary	Ms.	Female	ST FRANCIS INSTITUTE Third Year (TE)	INF
4	9/25/2021 15:01:16	aditibane@student.sfit.ac.in	Aditi Bane	Ms.	Female	ST FRANCIS INSTITUTE Second Year (SE)	COM
5	9/25/2021 15:01:20	bhavikashetty2002@student.sfit.ac.in	Bhavika Sunil Shetty	Ms.	Female	ST FRANCIS INSTITUTE Third Year (TE)	EXT
6	9/25/2021 15:01:31	mishrasiddesh777@student.sfit.ac.in	Siddesh Mishra	Mr.	Male	ST FRANCIS INSTITUTE First Year (FE)	COM
7	9/25/2021 15:01:59	sherneseb05@gmail.com	Sherine Sebastian	Ms.	Female	ST FRANCIS INSTITUTE Second Year (SE)	COM
8	9/25/2021 15:02:32	alishadsouza666@gmail.com	Alisha Dsouza	Ms.	Female	ST FRANCIS INSTITUTE Second Year (SE)	EXT
9	9/25/2021 15:02:48	vanmalirohan58@student.sfit.ac.in	Rohan Amol Vamali	Mr.	Male	ST FRANCIS INSTITUTE Third Year (TE)	INF
10	9/25/2021 15:03:00	maranabidima@student.sfit.ac.in	Mariam Abidi	Ms.	Female	ST FRANCIS INSTITUTE Third Year (TE)	INF
11	9/25/2021 15:03:09	sukumaranarshaa582@student.sfit.ac.in	Akhil Nadar	Mr.	Male	ST FRANCIS INSTITUTE Third Year (TE)	MEC
12	9/25/2021 15:03:32	hastipancha304@student.sfit.ac.in	Hasti panchal	Ms.	Female	ST FRANCIS INSTITUTE Third Year (TE)	INF
13	9/25/2021 15:03:47	williamratnod12@student.sfit.ac.in	William Rathod	Mr.	Male	ST FRANCIS INSTITUTE Third Year (TE)	INF
14	9/25/2021 15:04:05	ashlydyarie20025@student.sfit.ac.in	Ashly Daniel John	Mr.	Male	ST FRANCIS INSTITUTE Third Year (TE)	INF
15	9/25/2021 15:04:10	sheryldonald@student.sfit.ac.in	Sheryl Donald Mathias	Ms.	Female	ST FRANCIS INSTITUTE Third Year (TE)	INF
16	9/25/2021 15:04:11	cliffmag2002@student.sfit.ac.in	Christina Noronha	Ms.	Female	ST FRANCIS INSTITUTE Third Year (TE)	INF
17	9/25/2021 15:04:49	runmay@student.sfit.ac.in	Runmay Shirsat	Mr.	Male	ST FRANCIS INSTITUTE Second Year (SE)	EXT
18	9/25/2021 15:06:46	axilldcunha@student.sfit.ac.in	Axill Ajay Dcunha	Mr.	Male	ST FRANCIS INSTITUTE Second Year (SE)	COM
19	9/25/2021 15:08:03	neelimistry@student.sfit.ac.in	Neel Mistry	Mr.	Male	ST FRANCIS INSTITUTE Second Year (SE)	INF
20	9/25/2021 15:08:20	meetpatel@student.sfit.ac.in	meet patel	Mr.	Male	ST FRANCIS INSTITUTE Second Year (SE)	COM
21	9/25/2021 15:10:51	ronprint@student.sfit.ac.in	Ron Pinto	Mr.	Male	ST FRANCIS INSTITUTE Third Year (TE)	INF
22	9/25/2021 15:10:57	tejaskashid2901@student.sfit.ac.in	Tejas Sureshra Kashid	Mr.	Male	ST FRANCIS INSTITUTE Third Year (TE)	INF
23	9/25/2021 15:12:49	rohunjain1801@gmail.com	Rohun Jain	Mr.	Male	ST FRANCIS INSTITUTE Third Year (TE)	INF
24	9/26/2021 15:31:15	manooschahdak123@student.sfit.ac.in	Manooschahdak	Mr.	Male	ST FRANCIS INSTITUTE Second Year (SE)	INF

Form Responses 1										
Mobile Number										
K	L	M	N	O	P	Q	R	S	T	U
8082005535	4	4	4	4	4 Very helpful	Yes	No	No		
9096380213	5	5	5	5	5 Extremely helpful	Yes	No			It was a very helpful session
07666135047	5	5	5	5	5 Very helpful	Yes	-			It was great session.
9322889417	4	3	4	4	3 Very helpful	Yes	No as of now			
7028448047	4	4	4	4	4 Very helpful	Yes	Nil			
8356030146	4	4	4	4	3 Very helpful	Yes	climate change			it was a great session.
9511763281	5	5	5	5	5 Extremely helpful	Yes	Perfect			
	5	5	5	5	5 Extremely helpful	Yes	no			-
9029500617	4	5	4	4	4 Very helpful	Yes	Life care			Good
9870314470	4	5	4	4	5 Extremely helpful	Yes	no			this workshop was amazing and looking forward
8087346454	5	5	4	4	5 Very helpful	Yes	No			It was really a great meet and got to learn about r
9168789771	4	5	4	4	3 Very helpful	Yes	Physical health			good discussion
	5	5	5	5	5 Very helpful	Yes	No			Was very informative
8097855810	4	3	4	4	4 Very helpful	Yes	No			It was a very informative session for me. It was w
	3	3	3	3	3 Very helpful	Yes	no			good
8698136567	4	5	4	4	2 Very helpful	Yes				Great
	5	5	5	5	5 Extremely helpful	Yes	NA			It was a great session. Got to know a lot!
	4	5	5	5	5 Very helpful	Yes				enjoyed and learned a lot it was amazing session, very important and helpf
9967964862	5	5	5	5	5 Very helpful	Yes	NO			A great session about managing stress and anxie
	5	5	5	5	5 Extremely helpful	Yes	Blockchain			
9920698608	5	5	5	5	5 Extremely helpful	Yes	Awesome feeling better			great event
0004230000	4	4	4	4	4 Very helpful	Yes	yes			

1	Timestamp	Email Address	Score	Full Name (Type the way you want it on your Participation Certificate)	Salutation	Gender	College/University Name Year	Branch
27	9/26/2021 10:28:38	amarjitq211@student.sfit.ac.in	Amarjit Gupta	Mr.	Male	ST FRANCIS INSTITUTE Third Year (TE)	INF	
28	9/26/2021 10:35:26	dharmitkhandhukuya31@gmail.com	Dharmik Khandhukuya	Mr.	Male	ST FRANCIS INSTITUTE Second Year (SE)	INF	
29	9/26/2021 10:37:58	shravanisheete3@student.sfit.ac.in	Shravani Sushil Shete	Ms.	Female	ST FRANCIS INSTITUTE Second Year (SE)	INF	
30	9/26/2021 10:38:12	aghunisheladiva0902@student.sfit.ac.in	Sheladiva Falguni Yoghesh	Ms.	Female	ST FRANCIS INSTITUTE Second Year (SE)	EXT	
31	9/26/2021 10:40:19	adityasghadge@student.sfit.ac.in	Aditya Ghadge	Mr.	Male	ST FRANCIS INSTITUTE Third Year (TE)	EXT	
32	9/26/2021 10:41:17	rushikeshborakade@student.sfit.ac.in	Rushikesh Ravindra Borakade	Mr.	Male	ST FRANCIS INSTITUTE Second Year (SE)	INF	
33	9/26/2021 10:46:59	lipikabaparau@student.sfit.ac.in	LIPIKI NETAI PARUI	Ms.	Female	ST FRANCIS INSTITUTE Second Year (SE)	COM	
34	9/26/2021 10:51:24	elbinabraham2020@gmail.com	ELBIN THOMAS ABRAHAM	Mr.	Male	ST FRANCIS INSTITUTE Second Year (SE)	COM	
35	9/26/2021 11:02:34	vidita ravle@student.sfit.ac.in	Vidita Ravle	Ms.	Female	ST FRANCIS INSTITUTE Third Year (TE)	INF	
36	9/26/2021 11:09:54	fausti lazris@gmail.com	Lazarus Faustina Tolstoy	Ms.	Female	ST FRANCIS INSTITUTE Third Year (TE)	INF	
37	9/26/2021 11:13:03	dyanarajaniyiar@student.sfit.ac.in	Dyanaraj Vanniyar	Mr.	Male	ST FRANCIS INSTITUTE Second Year (SE)	INF	
38	9/26/2021 11:22:19	paramtanish14@student.sfit.ac.in	Tanish Parmar	Mr.	Male	ST FRANCIS INSTITUTE Third Year (TE)	INF	
39	9/26/2021 11:28:01	zohairmerchant.zm@student.sfit.ac.in	Zohair Mohammad Merchant	Mr.	Male	ST FRANCIS INSTITUTE Third Year (TE)	INF	
40	9/26/2021 11:34:08	sparshas62@student.sfit.ac.in	Sparsha Shetty	Ms.	Female	ST FRANCIS INSTITUTE Third Year (TE)	EXT	
41	9/26/2021 11:36:57	nishabhardwaj@student.sfit.ac.in	Nisha Bhardwaj	Ms.	Female	ST FRANCIS INSTITUTE Second Year (SE)	COM	
42	9/26/2021 11:38:38	harshilparmar428@student.sfit.ac.in	Harshil Parmar	Mr.	Male	ST FRANCIS INSTITUTE Second Year (SE)	INF	
43	9/26/2021 12:02:23	bindrajaleenkaur50@student.sfit.ac.in	Jasleenkaur Bindra	Ms.	Female	ST FRANCIS INSTITUTE Third Year (TE)	EXT	
44	9/26/2021 12:52:59	yogeshrao2007@student.sfit.ac.in	Rao Trishali	Ms.	Female	ST FRANCIS INSTITUTE Third Year (TE)	INF	
45	9/26/2021 13:12:18	runmay.shirsat002@gmail.com	Runmay Shirsat	Mr.	Male	ST FRANCIS INSTITUTE Second Year (SE)	EXT	
46	9/26/2021 13:28:09	adrielfurado1234@gmail.com	Adriel Furado	Mr.	Male	ST FRANCIS INSTITUTE Third Year (TE)	ELE	
47	9/26/2021 14:48:59	poojakadam@student.sfit.ac.in	Anushka Pradeep Kadam	Ms.	Female	ST FRANCIS INSTITUTE Third Year (TE)	EXT	
48	9/26/2021 17:40:23	siyamkhamkar@student.sfit.ac.in	Siyam Khamkar	Ms.	Female	ST FRANCIS INSTITUTE Second Year (SE)	COM	

	K	L	M	N	O	P	Q	R	S
1	Mobile Number	Clarity on the impact of e	How well was the discuss	How well did the discussi	How interactive was the	How helpful was the part	Would you recommend it	Do you have any sugges	We would love to hear a one line response from y
27	08286329462	5	4	4	4 Extremely helpful	Yes	No	Excellent panelist were there.	
28	9923605251	4	4	4	4 Very helpful	Yes	-	Was useful session	
29		4	4	4	4 Very helpful	Yes	No	Good discussion	
30	6928423941	4	3	3	2 Somewhat helpful	Yes	None	It was informative, all exercises were relaxing.	
31	7045805009	5	5	5	5 Extremely helpful	Yes	-	Great webinar !	
32		5	5	5	5 Extremely helpful	Yes	Nil	Well organized	
33	9137903067	5	5	5	5 Very helpful	Yes	Career Guidance	I was very happy to learn new things. It really ma	
34	9152275604	4	5	4	4 Very helpful	No	No	No	
35		5	5	5	5 Very helpful	Yes	Time management	Awesome discussion	
36	7715816658	5	5	5	5 Extremely helpful	Yes	Non technical topics wou	This session was awesome! Like y'all invited one	
37	7738828092	5	5	5	5 Extremely helpful	Yes	No	It was a great session	
38	9967375553	5	5	5	5 Extremely helpful	Yes	NA	NA	
39	9892050575	5	5	5	5 Extremely helpful	Yes	-	-	
40	8693847377	3	4	4	3 Very helpful	Yes	No	Informative	
41	8879018277	5	5	5	5 Extremely helpful	Yes	Just include some fun ac	Impressive.	
42		5	5	5	4 Very helpful	Yes	No	Very Helpful!	
43	8879290017	5	5	5	5 Extremely helpful	Yes	Anxiety and Obsessive C	Good and very Informative Session	
44		4	4	4	4 Very helpful	Yes	-	-	
45		3	3	3	3 Very helpful	Yes	No	Good	
46	9820977812	4	4	4	4 Very helpful	Yes	None	Look forward to the next event	
47	9930579198	5	5	5	5 Extremely helpful	Yes	Na	Na	
48	9167891411	4	5	5	4 Very helpful	Yes	Anxiety	Great webinar	
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### Student Feedback:

The response and feedback from the participants about the Mental Health Panel Discussion was very good and as per the feedback, this alarming session about Mental Health awareness was very interactive and highly beneficial to maintain good mental health even in the time of stress and anxiety.

### Resource Person Feedback:

<b>Mrs. Shree Jaswal</b>	<b>Mrs. Grinal Tuscano</b>	<b>Dr.Joanne Gomes</b>
<b>(ITSA Coordinator)</b>	<b>(ITSA Coordinator)</b>	<b>(HOD-IT)</b>

Report made by: Mr.Amarjit Gupta, Ms.Nidhi Sawant