



PIMPRI CHINCHWAD EDUCATION TRUST'S.
**PIMPRI CHINCHWAD COLLEGE OF
ENGINEERING**
(An Autonomous Institute)

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Division : A

Course Name : UNIVERSAL HUMAN VALUES

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Formative Assessment -1

Health Awareness Campaign Report: Mind Matters – Take Care of Your Mental Health

The video begins by showing how modern students often face heavy pressure from academics, social media influence, and the uncertainty of future goals. Many of us struggle to maintain balance between these responsibilities, leading to stress and burnout. The video also emphasizes how social media can create unrealistic comparisons, which affect self-esteem and mental peace. It reminds viewers that online posts usually show only the highlights of someone's life—not the full picture. Later, the video shares simple but effective ways to protect mental health, such as limiting screen time, spending quality time with loved ones, practicing mindfulness, and reaching out for help when needed. The key message of the campaign is that mental well-being is equally important as academic success, and taking care of your mind reflects strength, not weakness.

1. Human Values and Their Influence on Relationships

From this project, I learned that values like empathy, respect, and compassion play a major role in maintaining healthy relationships. When we genuinely care for others and try to understand their emotions, it strengthens trust and creates a sense of belonging. I realized that small acts of kindness—like listening without judgment or offering support—can make a big difference in someone's mental health. These values not only improve our personal relationships but also create a positive and caring environment around us.

2. My Role and Contribution

In our campaign video, my main responsibility was to discuss practical ways to maintain mental wellness, such as mindfulness and connecting with friends and family. I also helped in editing the visuals to ensure that the message was clear and impactful. During script preparation, I suggested ideas on how to present real-life examples that viewers could easily relate to. My goal was to make the message simple, encouraging, and relevant to students who might be silently struggling with stress or anxiety.

3. Human Value and Healthy Habit I Will Practice

The human value I will consciously practice is **compassion**, because it helps me become more patient and understanding toward others. The healthy habit I will continue to follow is **mindful social media use**—taking time away from screens to focus on real-world experiences. I chose these because they help me stay balanced, reduce unnecessary stress, and strengthen my emotional well-being while improving how I connect with others.