

MES Asmabi College

OBC Cell

Annual Report 2023-24

The OBC Cell of MES Asmabi College has been actively involved in organizing various events and activities throughout the academic year 2023-2024. These initiatives aim to foster holistic development among the students and address contemporary issues affecting the student community. On January 22, 2024, the OBC Cell conducted a therapeutic class focusing on the theme "Digital Age and Mental Stress." The session was facilitated by Mr. Lathif Penath, an esteemed Assistant Professor in the Department of Psychology and a Clinical Psychologist with expertise in the field. The primary goal of the session was to raise awareness about the impact of the digital age on mental health and well-being among the students. Mr. Lathif Penath aimed to provide valuable insights into the psychological aspects related to excessive use of digital technologies, social media, and the challenges posed by the digital age. The session focused on equipping students with practical coping strategies to manage and mitigate mental stress associated with the digital era. Mr. Lathif Penath brought a wealth of knowledge and experience to the session, enriching the learning experience for the participants. The class fostered interactive discussions, allowing students to share their experiences, concerns, and questions related to mental health in the digital age. The speaker provided practical tips and techniques to maintain a healthy balance between digital engagement and mental well-being.

The therapeutic class received positive feedback from the participants, who expressed appreciation for the relevant and timely information provided. Many students found the session beneficial in understanding the psychological aspects of their digital interactions and in learning effective coping mechanisms. The OBC Cell of MES Asmabi College remains committed to organizing events that contribute to the holistic development of students. The therapeutic class on "Digital Age and Mental Stress" stands as a testament to our dedication to addressing contemporary challenges and promoting mental well-being within the college community.

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