

# **Report on the Digital Age and Mental Stress Session at MES Asmabi College**

## **Date and Venue**

**Date:** January 22, 2024

**Venue:** College Auditorium, MES Asmabi College, P. Vemballur

## **Resource Person**

The session was led by Sri. Lathif Penath, Assistant Professor and Department Head of Psychology.

## **Objective of Session**

The objective of the session, titled "Digital Age and Mental Stress: A Therapeutic Class," was to address the impact of the digital age on mental health and provide therapeutic strategies to manage stress.

## **Event Summary**

The OBC Cell of MES Asmabi College organized a therapeutic class on the challenges posed by the digital age to mental health. The event commenced at 10:00 am and saw participation from students, faculty, and other stakeholders interested in understanding and mitigating mental stress.

Key organizers included Dr. A Biju, Principal, and Smt. Jameelathu KA, Coordinator. Lathif Penath provided valuable insights into the psychological effects of digital engagement and shared effective stress management techniques.

## **Conclusion**

The session was highly informative and well-received, emphasizing the importance of mental well-being in the digital era. The participants expressed appreciation for the practical advice and therapeutic strategies shared by Lathif Penath, underscoring the session's success in addressing contemporary mental health challenges.



**MES ASMABI COLLEGE**  
P.VEMBALLUR

**OBC CELL ORGANISES**

# Digital Age and Mental Stress: A therapeutic class

RESOURCE PERSON

**Sri.Lathif Penath**  
(Assistant Professor  
Department of Psychology)



**22/01/2024**



**Start At 10:00am**

**Venue: college auditorium**

**Dr.A Biju**  
Principal

**Smt.Jameelathu KA**  
Coordinator