



Shree Rahul Education Society's (Regd.)  
**SHREE L. R. TIWARI DEGREE COLLEGE**

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## Feedback Analysis of "Empowering Minds: Mental Health Strategies for Academic Success"

Session on "Empowering Minds: Mental Health Strategies for Academic Success" hosted by the Women Development Cell in collaboration with the Internal Complaints Committee.

Resource Person: Ms. Roopa Kanojia (Counselling Psychologist)

Date: 22nd June 2024

Time: 10:30 AM onwards

### Q.1 Please rate your satisfaction with this session

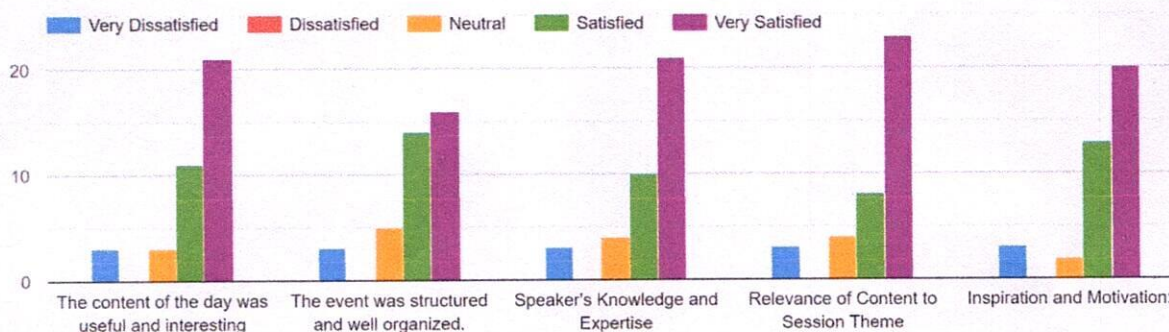


Figure No.: 1.1

### Interpretation:

Based on the feedback, respondents were very satisfied with the event. They found "the content of the day to be useful and interesting," which indicates their approval of various aspects of the event. Additionally, respondents were very satisfied with the statement: "The event was structured and well organized," which further enhanced their positive experience. The respondents also expressed high satisfaction with the speaker's knowledge and expertise, noting that the speaker conveyed information clearly. The relevance of the content to the event's theme was highly appreciated, as it aligned well with the respondents' expectations and requirements. Furthermore, the session left respondents highly motivated and inspired. Overall, the feedback shows that the event was a huge success, with attendees reporting extremely high levels of satisfaction with every assessed component.



Q. 2. How relevant was the session to your academic and personal needs?

38 responses

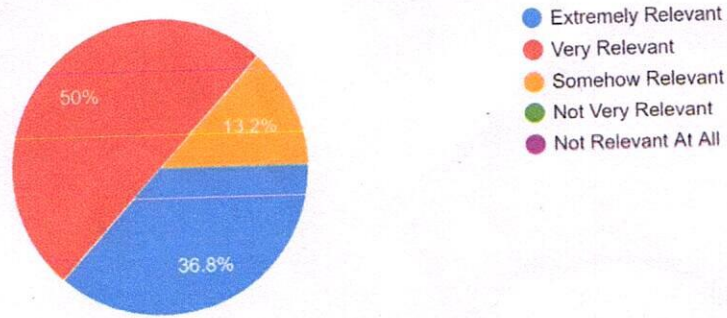


Figure No.: 1.2

**Interpretation:**

As per the above figure it can be observed that the 50% of respondents were feeling that the session was very relevant with their academic and personal needs. This indicates that most of the participants found the session to be quite advantageous and appropriate to their requirements. 36.8% respondents were found this session was extremely relevant with their academic & personal needs. Furthermore, 13.2% respondents were found this session was somehow relevant with their academic & personal need. So, we can conclude that the overall session was very beneficial for their academic growth and for future endeavours. It is clear that the session was well-received and considered appreciated by the majority of participants.

Q. 3. How likely are you to apply the mental health strategies discussed in the session to your academic life?

38 responses

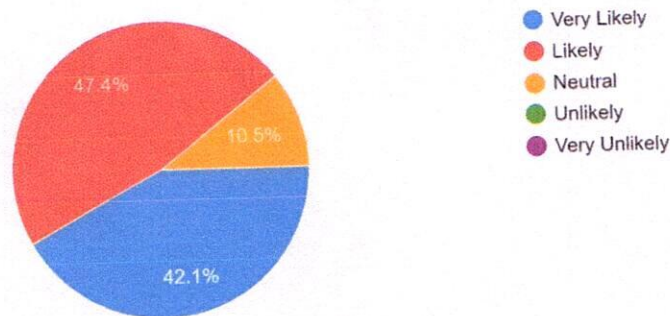
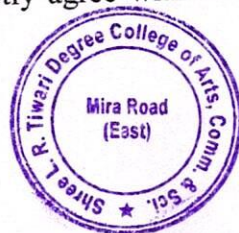


Figure No.: 1.3

**Interpretation:**

As per the above figure it can be observed according to the feedback, 47.4% of students felt that the session was applicable and that they could implement the mental health strategies discussed in their academic lives. According to the feedback, 42.1% of respondents found the session likely and definitely plan to implement the strategies discussed to improve their mental health in their academic life. Additionally, 10.5% of respondents felt neutral about the session, indicating that they partly agree with its relevance to their academic and personal needs.



Q. 4 Has this session on "Empowering Minds: Mental Health Strategies for Academic Success" motivated you to consider these fields more seriously for your future endeavours

38 responses

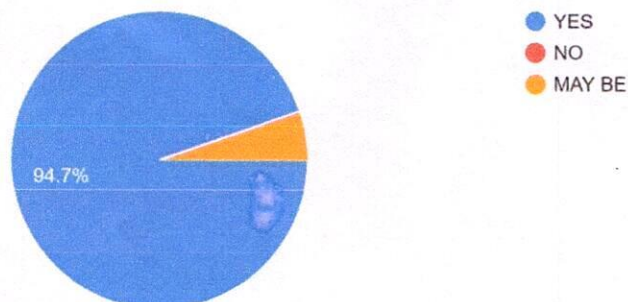


Figure No.: 1.3

**Interpretation:**

A large percentage of participants (94.7%) reported that the session inspired them to give more careful thought to mental health techniques for their future endeavours. This high proportion indicates that the session was highly effective and resonated deeply with attendees. Only a small fraction (5.3%) expressed uncertainty about the session's effectiveness. The overwhelmingly positive feedback demonstrates the session's success in raising awareness about the importance of mental health for both personal and academic well-being.

Q.5 what recommendations do you have to make the next mental health sessions better?

As per the given answered we received various suggestions from the respondents' as per following:

The session was incredibly mind-relaxing and served as a powerful reminder not to take ourselves for granted. To enhance engagement and interaction in future mental health sessions, incorporating activities and games could be highly effective. Overall, the session was not only helpful but also brought joy. While some participants had no additional suggestions, many found the session impactful and motivating, especially in encouraging a focus on self-grooming and personal development.

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