Training for Youth Champions	
Date: 02/02/2026	**Venue: RVIM, Bangalore.**
Time: 9.30 pm to 5.00 pm	**Resource Person: Dr. Lakshmi, NIMHANS, ICMR Initiative**
No. of Participants: 6	**Event Coordinators: Dr. Rashmi Shetty**

RV Institute of Management facilitated the participation of students in the **Training for Youth Champions on Mental Wellness**, conducted by **NIMHANS under the Indian Council of Medical Research (ICMR) initiative**. The training program aimed to equip students with knowledge, skills, and awareness related to mental health promotion, emotional well-being, and peer support mechanisms among youth.

The program recognized the crucial role that young leaders can play in promoting mental wellness, reducing stigma associated with mental health concerns, and creating supportive environments within educational institutions and communities.

The objectives of the training program were:

- To enhance awareness about mental health and emotional well-being among youth
- To develop Youth Champions as peer advocates for mental wellness
- To promote early identification of mental health concerns and appropriate help-seeking behavior
- To reduce stigma associated with mental health issues
- To encourage resilience, self-care, and positive coping strategies among students

Program Highlights

The training sessions were conducted by mental health professionals and experts from NIMHANS, who provided participants with a comprehensive understanding of mental wellness and its importance in academic, personal, and social contexts.

Key topics covered during the program included mental health awareness, stress management, emotional regulation, resilience building, positive coping mechanisms, self-care practices, communication skills, and peer support strategies. The sessions emphasized the importance of creating safe spaces where students can openly discuss emotional challenges and seek support when needed.

Interactive activities, group discussions, case-based learning exercises, and reflective sessions enabled participants to understand common mental health concerns among young adults and the significance of empathy, active listening, and supportive communication.

The resource persons also highlighted available mental health resources and support systems, encouraging participants to serve as ambassadors of mental wellness within their institutions and communities.

Student Engagement

The participants actively engaged in discussions, experiential activities, and collaborative learning exercises throughout the training. Students shared perspectives, reflected on personal and societal challenges related to mental health, and developed a deeper understanding of the importance of emotional well-being. The interactive format encouraged meaningful dialogue and strengthened students' confidence in supporting their peers.

Learning Outcomes

Through the Training for Youth Champions on Mental Wellness, participants gained:

- Enhanced awareness of mental health and well-being concepts
- Understanding of stress management and resilience-building strategies
- Knowledge of peer support and mental health advocacy practices
- Improved communication, empathy, and active listening skills
- Awareness of available mental health resources and referral pathways
- Confidence to promote mental wellness initiatives within their institutions

Conclusion

The Training for Youth Champions on Mental Wellness conducted by NIMHANS under the ICMR initiative was a highly enriching and impactful program. The training empowered students to become advocates for mental well-being and equipped them with the knowledge and skills required to foster supportive, inclusive, and mentally healthy environments. The initiative aligns with RV Institute of Management's commitment to holistic student development and the promotion of emotional and psychological well-being.

PHOTO GALLERY:



