CoE GC Sanjauli, Shimla-171006, H.P.
Departments of Psychology, Philosophy and Environmental Science

DEPARTMENTAL ACTIVITY REPORT
World Mental Health Day 2026

Name of activity	World Mental Health Day 2026 – Awareness Programme, Surveys and Support Booth
Theme	"Lived Experiences Heard: Real Voices, Real Change"
Date and venue	10 October 2026 (Saturday), college campus, Government College Sanjauli, Shimla-06
Organised by	Departments of Psychology, Philosophy and Environmental Science (joint activity)
Coordinators	Mr. Akshay Azad (Psychology), Dr. Poonama Verma (Philosophy), Dr. Lakhbeer Singh (Environmental Science)
Approval	Permission granted by the Principal, Dr. Kamayani Bisht, on application dated 09/10/2026 (Annexure I)
Participants	College students (including student volunteers from the departments), Teachers and Staff (300+)

1. Justification of the Activity

- **Student well-being:** Examinations, academics and peer and family pressures make stress a routine part of college life, yet students seldom discuss it openly. A campus event gives them a safe, low-pressure way to start.
- **Staff well-being:** Teachers face occupational stress that rarely gets attention. A staff survey treats educators' well-being as part of a healthy institution.
- **Stigma and myths:** Misconceptions about mental illness discourage help-seeking. Learning through games and conversation counters them better than lectures.
- **Fit with the discipline:** It applies psychology (stress, coping), philosophy (reflection, dialogue) and environmental science (a supportive campus), and follows the 2026 World Mental Health Day theme.

2. Objectives

To raise awareness of mental health; to screen perceived stress among students and occupational stress among staff; to reduce stigma; to encourage open conversation, positive self-talk and coping; and to build a supportive campus culture.

3. Activities Conducted

- **Student stress survey and "Ask & Talk":** a brief psychometric stress scale with student-led conversations on stress, stigma, coping and seeking support.
- **Mental Health Support Booth:** a non-judgmental space to share concerns and discuss mental-health issues.
- **Teacher survey:** a psychometric measure of occupational stress among teaching staff.
- **Interactive stalls:** Myth vs Facts (with rewards for correct answers), Throw Your Stress, Scribbles (creative drawing) and Positive Affirmations.

The surveys were for awareness and screening only, not clinical diagnosis.

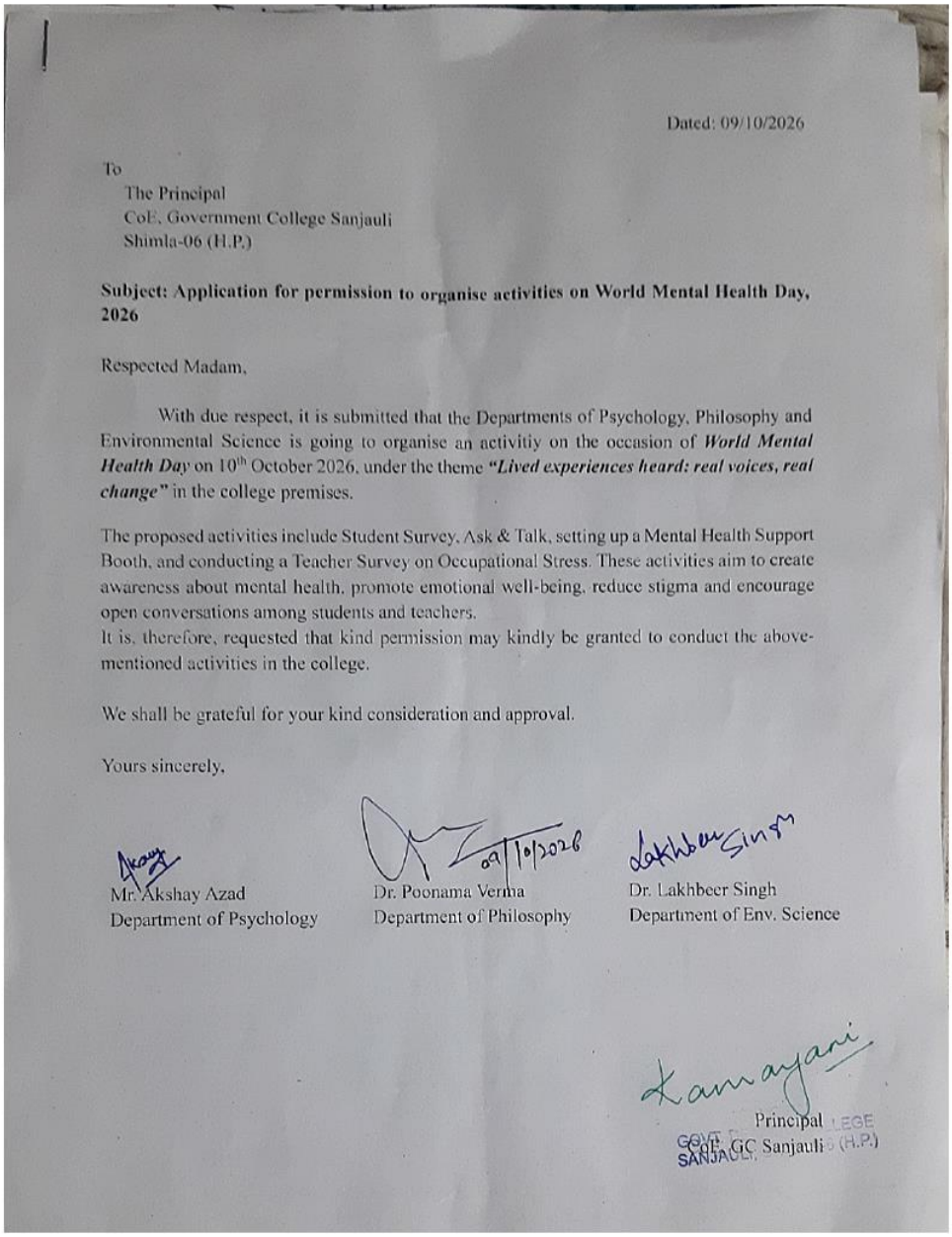
4. Outcomes

- Students and staff reflected on their own stress and were introduced to coping strategies.
- Common myths about mental health were corrected through the Myth vs Facts stall.
- Three departments, teachers and students worked together, and the event was covered in the local press (Annexure III).

Stress and well-being data will be analysed separately; no change in stress levels is claimed here.

5. Annexures

I. Permission letter | II. E-poster | III. Newspaper clipping | IV. Photographs of the event



Dated: 09/10/2026

To
The Principal
CoE, Government College Sanjauli
Shimla-06 (H.P.)

Subject: Application for permission to organise activities on World Mental Health Day, 2026

Respected Madam,

With due respect, it is submitted that the Departments of Psychology, Philosophy and Environmental Science is going to organise an activitiy on the occasion of ***World Mental Health Day*** on 10th October 2026, under the theme ***"Lived experiences heard: real voices, real change"*** in the college premises.

The proposed activities include Student Survey, Ask & Talk, setting up a Mental Health Support Booth, and conducting a Teacher Survey on Occupational Stress. These activities aim to create awareness about mental health, promote emotional well-being, reduce stigma and encourage open conversations among students and teachers.
It is, therefore, requested that kind permission may kindly be granted to conduct the above-mentioned activities in the college.

We shall be grateful for your kind consideration and approval.

Yours sincerely,

09/10/2026

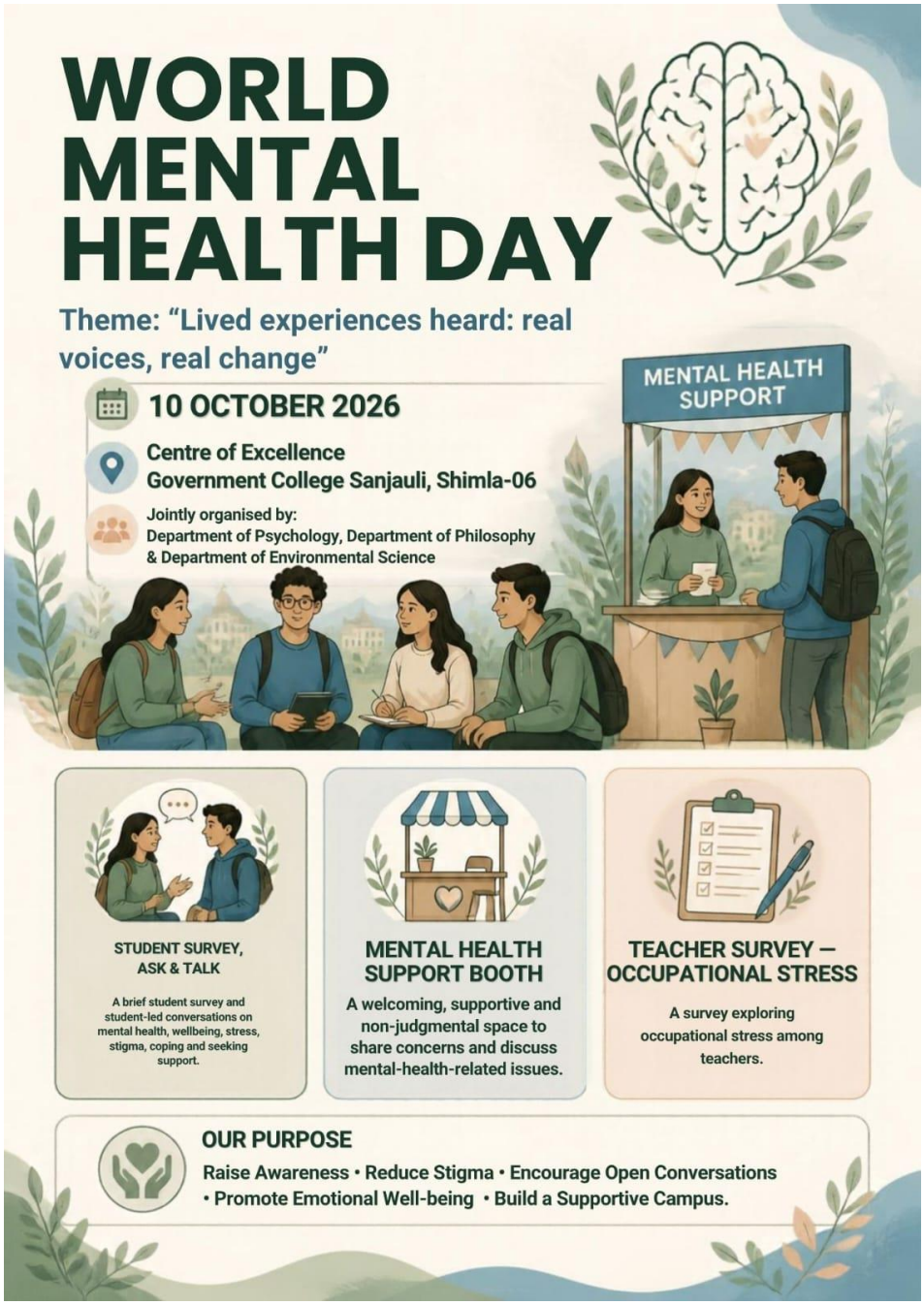
Mr. Akshay Azad
Department of Psychology

Dr. Poonama Verma
Department of Philosophy

Dr. Lakhbeer Singh
Department of Env. Science

Principal
CoE, GC Sanjauli

GOVT. COLLEGE SANJAULI (H.P.)


WORLD MENTAL HEALTH DAY
Theme: "Lived experiences heard: real voices, real change"
10 OCTOBER 2026
Centre of Excellence
Government College Sanjauli, Shimla-06
Jointly organised by:
Department of Psychology, Department of Philosophy & Department of Environmental Science
MENTAL HEALTH SUPPORT
STUDENT SURVEY, ASK & TALK
A brief student survey and student-led conversations on mental health, wellbeing, stress, stigma, coping and seeking support.
MENTAL HEALTH SUPPORT BOOTH
A welcoming, supportive and non-judgmental space to share concerns and discuss mental-health-related issues.
TEACHER SURVEY – OCCUPATIONAL STRESS
A survey exploring occupational stress among teachers.
OUR PURPOSE
Raise Awareness • Reduce Stigma • Encourage Open Conversations • Promote Emotional Well-being • Build a Supportive Campus.

Annexure III – Newspaper clipping

संजौली कॉलेज में विद्यार्थियों को किया जागरुक

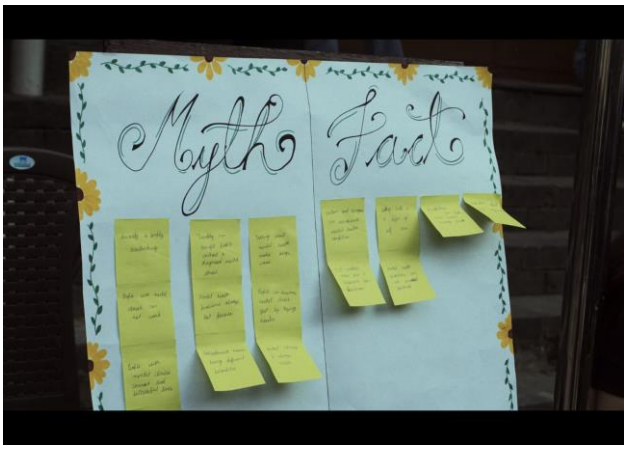
शिमला। राजकीय महाविद्यालय संजौली में विश्व मानसिक स्वास्थ्य दिवस पर मनोविज्ञान, दर्शनशास्त्र और पर्यावरण विज्ञान विभाग के माध्यम से विद्यार्थियों को जागरूक किया गया। कार्यक्रम की अध्यक्षता प्राचार्य डॉ. कामायनी बिष्ट ने की। विद्यार्थियों से मानसिक स्वास्थ्य, तनाव एवं भावनात्मक कल्याण पर संवाद किया गया। विद्यार्थियों की समस्याओं को सुनने एवं उन्हें अपनी भावनाएं साझा करने के लिए प्रोत्साहित करने हेतु मानसिक स्वास्थ्य सहायता बूथ स्थापित किए। ब्यूरो

एनईपी के बारे में शिक्षकों को दी जानकारी

Annexure IV – Photographs of the event



Organisers, staff and student volunteers



Myth vs Fact board



Faculty interacting at the stalls



Students at the stalls