

Department of Psychology at CoE, GC Sanjauli, Shimla-6

International Mental Health Day Report

Date: October 9, 2023

The Department of Psychology at CoE, GC Sanjauli, Shimla-6, took a significant step towards promoting mental health awareness by organizing a classroom activity on International Mental Health Day, celebrated on October 9, 2023. The event aimed to educate and raise awareness among students about the critical issue of mental health, particularly focusing on the youth. This detailed report provides an overview of the event, its objectives, and the activities conducted by the first-year BA students.

Objective:

The primary objective of the program was to spread awareness about the importance of mental health among the student community. Mental health is a vital aspect of overall well-being, especially for the youth who often face unique challenges and stressors. The event aimed to educate students on recognizing the significance of mental health and addressing the various aspects related to it.

Activities and Highlights:

The event was organized with precision, and the activities carried out by the enthusiastic BA First-year students were commendable. The following activities and highlights provide insight into the program's success:

1. PowerPoint Presentations: Several BA First-year students delivered informative and well-researched PowerPoint presentations on various topics related to mental health among youth. These presentations covered subjects such as stress management, anxiety, depression, self-care, and the importance of seeking professional help when needed. The presentations were informative and engaging, providing valuable insights into the complexities of mental health.

2. Poster Displays: In addition to the presentations, some students exhibited their creativity by designing informative posters. These posters visually conveyed essential information about mental health, highlighting key messages and strategies for maintaining good mental well-being. The colorful and thoughtfully designed posters served as excellent visual aids for the audience.

3. Interactive Discussions: Following the presentations and poster displays, interactive discussions were held, allowing students to ask questions, share personal experiences, and seek guidance from their

peers and faculty members. These discussions encouraged a sense of community and support among the students.

Conclusion:

The classroom activity organized by the Department of Psychology on International Mental Health Day was a resounding success. It achieved its primary goal of raising awareness among students about the importance of mental health, particularly focusing on the youth. The engaging presentations, informative posters, interactive discussions, and the presence of a guest speaker created a holistic learning experience for all participants.

This event not only educated the students but also emphasized the significance of open conversations and support networks when it comes to mental health. It is hoped that the knowledge and insights gained during this program will help students prioritize their mental well-being and encourage them to seek help when necessary.

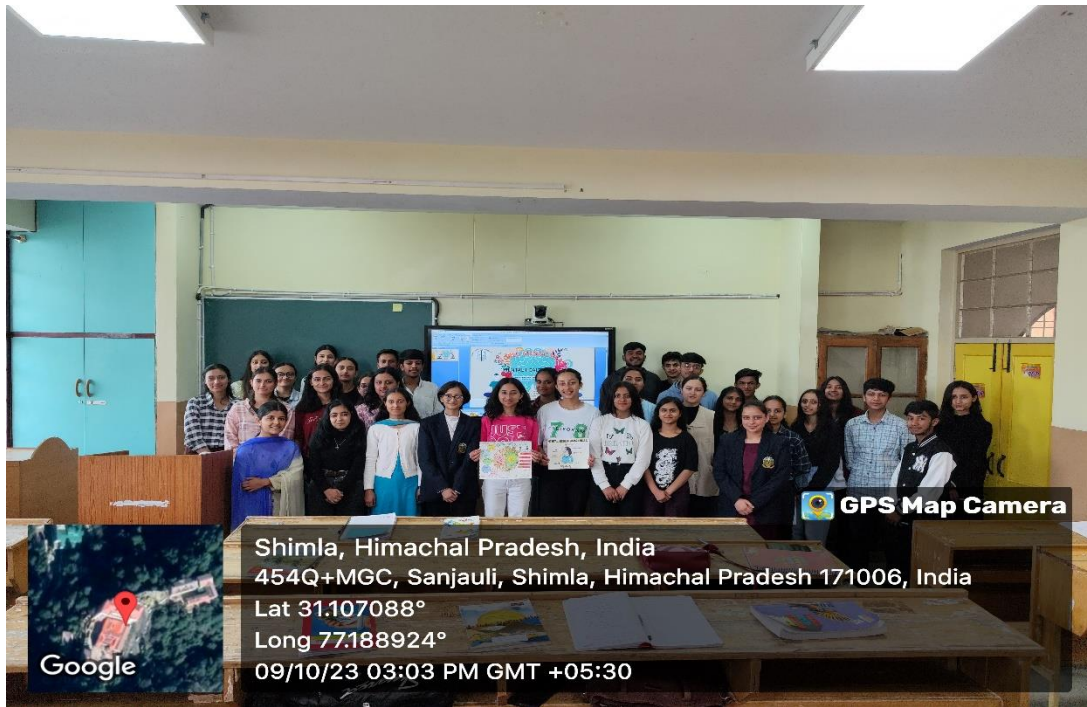
The Department of Psychology at CoE, GC Sanjauli, Shimla-6, remains committed to promoting mental health awareness and looks forward to organizing more such activities in the future.

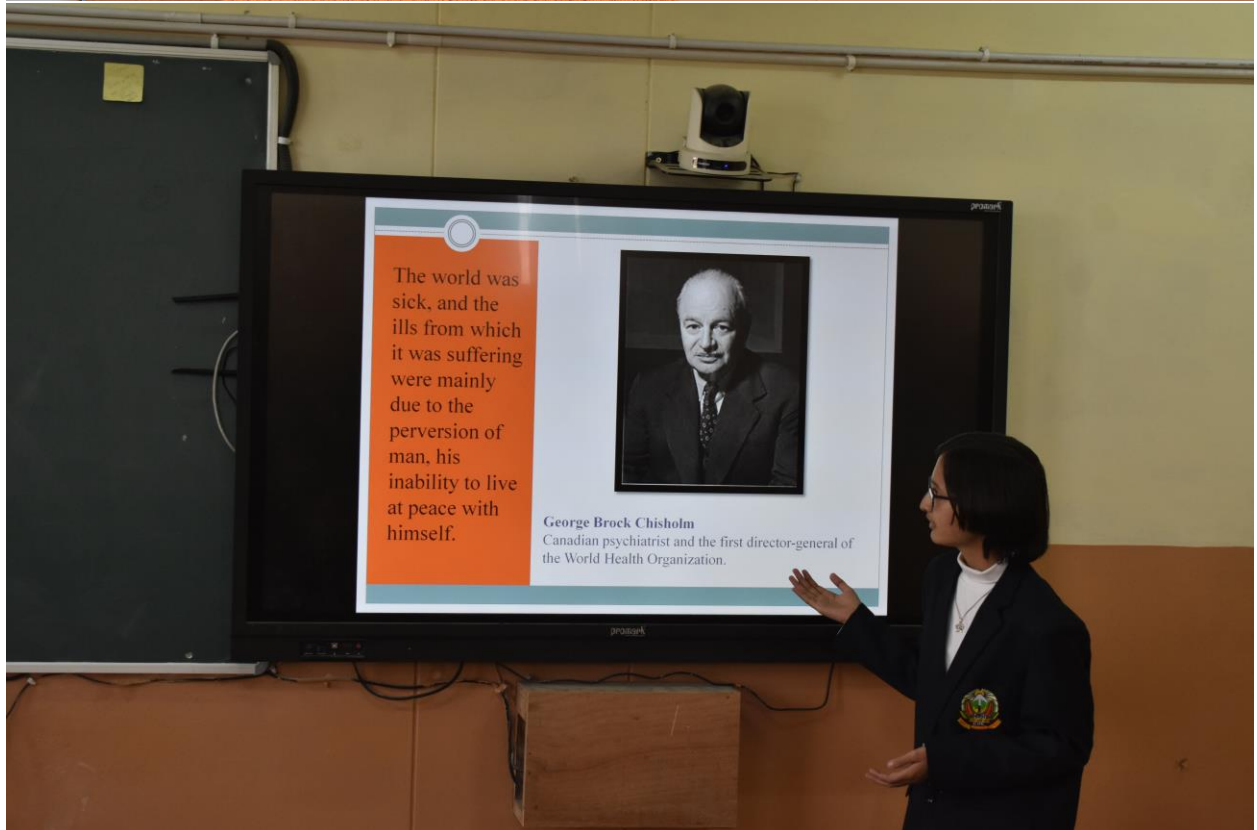
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HELPING HANDS
are Always There!

MENTAL HEALTH

Your feelings are *★ valid ★*

1 in 5
will be suffering from depression soon!

Be kind to others and yourself

Get outside meet your friends

Discuss mental health without shame

Self-care

Most important Talk to someone

Be kind to your mind

is just as important as physical health

End Stigma

Awareness

Self-Care

Professional Help

Community Help

Mental Health care For a **BRIGHT FUTURE.**
Let's make it a reality.

Just Ask For it.
Made By: Haashita Kashave.

MENTAL HEALTH AWARENESS

break the stigma!
I AM FEARLESS

I AM STRONG ←

→ **I AM WORTHY**

I AM CAPABLE ←

→ **I AM BRAVE**

don't surrender to negativity!

World Mental Health Day October 10th.

How to Improve Mental Health.

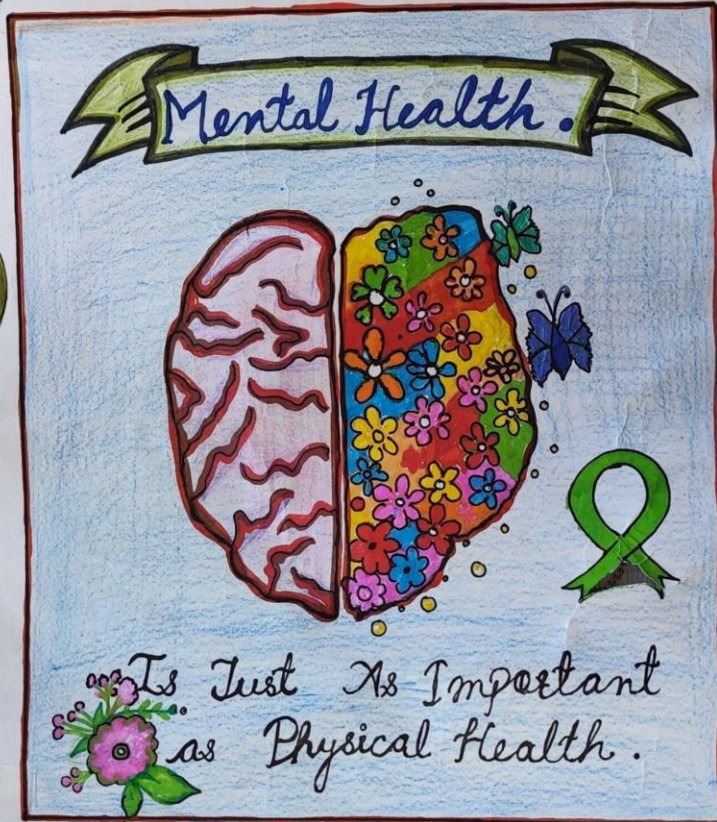
Eat A Brain
Healthy diet to
Support strong
Mental Health.

Dont
Skimp on
Sleep.

Talk
About Your
Feelings.

Talk To
Someone.

Stay
Active



Is Just As Important
as Physical Health.

Racism.
Discrimination

Severe Or
Long Term
Stress.

Causes of Mental Illness.

Poverty.

Losing
Someone Close
To You...

Social
Isolation Or
Loneliness.

