

ACTIVITY VII
MENTAL HEALTH AWARENESS
Tuesday, 10th October 2023

Venue: IISU

No. of Participants: 10 PDCP Trainees

No. of Beneficiaries: All University students and staff

Summary/Description:

The Counselling and Career Development Centre (CCDC) in collaboration with the Department of Clinical Psychology organised an awareness activity to mark Mental Health Day-2023, on October 10, 2023 to spread the awareness about mental health and its importance in every individual's life. The activity was aimed at promoting mental health awareness which involved addressing various objectives to enhance understanding, reduce stigma, and foster supportive environments. The trainees of Professional Diploma in Clinical Psychology (PDCP) Session 2023-24 participated as volunteers. During this activity the trainees went to different classes, canteens, college grounds, library and other areas of the university and they oriented students, staff members (teaching, non-teaching and helping staff) about mental health and its importance at individual as well as community level.

To begin with, trainees reached out to different departments in the university campus and offered them a badge that was depicting the theme of World Mental Day-2023, i.e. "Mental health is a universal human right". While putting on the badges, they interacted with the respective staff members and shared with them the insight about the event and importance of the mental health. Along with interacting with individuals the trainees also asked to fill a mental health based google form which would assess their knowledge and awareness about the same.

Feedback report of the event:

The beneficiaries of this activity provided positive feedback to the activity. They were receptive to the information provided by the volunteers. Also everyone was cooperative in filling the google forms and answering to the questions with integrity and an enthusiastic participation. The results of the mental health-based form depicted that there was a dearth of awareness among the beneficiaries related to mental health. With the help of this activity the stigma related to mental health was also removed.

Photographs:





