

WORLD MENTAL HEALTH DAY

10th October, 2023

Department of Psychology

The Department of Psychology celebrated “World Mental Health Day” on 10th October, 2023 based on this year’s theme “Mental Health is a Universal Human Right.” The events began with a rally where students held placards with messages regarding the importance of taking care of one’s mental health. This was intended to sensitise the students and send a strong message to society regarding the importance of mental well-being. This was followed by a flash mob performed by “Tremendous Squad” and a motivational song sung by Ms. Jasmine of B.Com A&F. The chief guest for the event was Ms. Alankritha S., RCI licensed Clinical Neuropsychologist who delivered the lecture on the topic “Mental Health and Well-being a Global Concern”. The highlight of the event was a musical play “Hope - the Game Changer” performed by B.Sc psychology students which brought out the message that life is a combination of ups and downs, but one has to build resilience and live in the hope of a better tomorrow. The final programme on the agenda was the inauguration of "Anandhvan - Meditation and Wellness centre" by the chief guest in the presence of our management committee member Mr. Pannalal Chordia and our Dean – Dr. M.M. Ramya. A demonstration of guided imagery led by Ms. Vaishali helped the students understand the importance of de-stressing using meditation. Many students including the Chief Guest, Principal, Dean, Vice principal and other students wrote on the Gratitude wall which was placed at the entrance of the Main block.



