**Name of activity:** Mental Health Awareness Camp

**Category:** Workshop

**Organising unit:** NSS Unit, RKSMVV in collaboration with IQAC

**Date:** 25th March, 2023

**Time:** 10:30 am onwards

**Venue:** Muktiprana Sabhagriha

**Name of resource person/s (with designation):**

1. Psycho Drama by Students of Post Graduate Department of Psychology of Sarojini Naidu College for Women

2. Mr. Nilansuk Dutta, Consultant Psychologist, Rehabilitation Administrator, Music Therapist

**Number of participants: 100**

**Brief description of the event**: The program first started with a Psychodrama by the students of the Post Graduate Department of Psychology of Sarojini Naidu College for Women, where they through their act tried to spread awareness about Mental Health issues, followed by a Focus Group Discussion on Mental Health with the participants. Then the Next Speaker Mr. Nilansuk Dutta, a consultant Psychologist, gave insight into the techniques and strategies that we can undertake to have a healthy functional life. The speaker also introduced How music can be used to relax and how instruments are used in music therapy/ interventions. It was a very interactive session with the participants, where participants were asked several questions regarding the same.

Lastly, the program was taken forward by the students and teachers of the Department of Psychology using several activities. The activities were based on how to have a positive attitude during the time of stress and how we can cope with it.

**Program Outcome:** Participants learned about Mental Health Continuum (from general mental wellness to mental illness/disorders). They became aware of stigma Reduction and Breaking Barriers to Promote Help-Seeking Behaviors. They learned about various emotional Well-being Practices and mental health advocacy.



