

Mental Health Awareness Drive

Date: 25th & 29th August 2023

Time- 9.00am to 11.00am

Venue: Classrooms of FY/SY/TY BA/BSc/BCom/BAF/BMS

Resource Person- Mr. Raosaheb Raut, College

Objectives- 1. To make students understand about the mental health issues and its importance in their life.

2. To reduce stigma about mental health issues

3. To orient them to the Counselling services offered by the college.

4. To inform them about the need of Counselling .

4. To motivate students to visit the Counselling Center if required by them.

Report:

The Counselling Center of our college had organized a Mental Health Awareness Drive and Orientation to Counselling Services offered by the Counselling Centre for all the students of Degree College. Our College Counsellor Mr. Raosaheb Raut along with few students went from class to class explaining students the importance of Mental health in our life and also about the various issues related to mental health. The focus of the talk was also on reducing the stigma associated with mental illness and with approaching the Counsellor. Mr. Raut got students into discussions on mental health issues in the class with an aim to create open and bias free discussions on these issues. Many students opened up to speak freely about the psychological issues faced by them and also approached the Counsellor for the sessions. The Counsellor also informed students about what kind of Counselling services are provided by college and who all can avail them.

Ms. Rina Patel

Coordinator Counselling Centre & HOD Psychology



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