<u>**World Mental Health Day Celebration**</u>

<u>**Walkathon, Street Play, Interactive Session**</u>

<u>**in collaboration with 'N.S.S. Unit' of College**</u>

<u>**in association with 'Stress Management Clinic of Me & Mind'**</u>

<u>**under the banner of 'Bombay Psychiatric Society'**</u>

<u>**under the aegis of IQAC**</u>

Date: Tuesday, 10th October 2023   Time- 7.30 am onwards

Invitee & Guest Speaker: Dr. Jyoti Maheshwari- Renowned Psychiatrist

No. of student participants- More than 100

Objective-1. To create awareness about mental health in the community.

2. To create awareness about suicide and suicide prevention in the community.

3. To make students understand why mental health is important and how to take care of it.

The Deaprtment of psychology and Counselling Center of our college in collaboration with 'N.S.S. Unit' of College in association with 'Stress Management Clinic of Me & Mind' under the banner of 'Bombay Psychiatric Society' under the aegis of IQAC celebrated the 'World Mental Health Day, 2023 on Tuesday, 10th October 2023. Ms. Rina Patel, Head Dept of Psychology, Dr. Manjusha Patwardhan- N.S.S. P.O, Mr. Yuvraj Nalawade- N.S.S. P.O. , College Counsellor-Mr. Raosaheb Raut organized the entire program with the help of student volunteers. Dr. Jyoti Maheswari from Me and Mind and B.P.S. and Ms. Keyuri Bhojani- a practicing Counsellor graced the celebration with their precense. The program was as follows.

Walkathon on Mental Health Awareness- More than 100 students of the college alongwith 4 Teachers including the N.S.S. Programme Officers, Counsellor and Members of the Bombay Psychiatric Society participated in the Walkathon. The inaguration of the Walkathon took place at 7.30am at the College Gate at the hands of Respected Vice Principal, Shri Niteen Sardesai. After the inaguration all participants began the walk in a very disciplined manner carrying

banners and placards. They displayed and shouted Slogans like 'Healthy Mind, Healthy Body', 'Anxiety, Depression can be treated', 'Swastha Mann, Sundar Jeevan', etc. focusing on the importance of mental health and well-being, reducing stigma associated with mental disturbances and promoting speaking up and seeking help for mental health issues'. The rally began from college gate, from Pandita Ramabai Marg , Nana Chowk, through August Kranti Maidan to Mani Bhavan and Back to College, completing a walk of around 2 kms in 1hr.15mins. Studenst spoke to people in August Kranti Maidan, telling them about the importance of staying mentally healthy and seeking help if required.

Street Play 'Say Yes to Life': On reaching the college gate all the students gathered together for the street play. A team of 8 students then performed a street play on Bavankhani path in front of the College. The street play' Say yes to life' was on the theme of 'Suicide prevention'. It wonderfully brougt out the warning signs, causes of suicide by focusing of the mental state of a youth facing the issue of break up and gradually moving into depression. It further also focused on how help can be provided in such cases and how each person can play a detrimental role in preventing suicide. Helpline nos were also shown using charts. The street play received a very positive feedback with more than 100 people watching it.

Interactive session on Importance of Mental Health- An interactive session on 'Why should we priorotize our mental health' was organized in Room no 16 at 10 am. 100 students of Junior and Degree College participated in the session. Dr. Jyoti Maheshwari, Renowned Psychiatrist, Psychotherapist, Director of Me and Mind Clinic and Executive M ember of Bombay Psychiatric Society was the Resource person for the session. The session focuse on how it is important to take acre of and priorotize our Mental health. With day to day examples, Dr Jyoti wonderfully explained about mental health and made the session very interactive and enriching.

Ms. Rina Patel

Coordinator Counselling Centre & HOD Psychology

Interaction with public In August Kranti Maidan
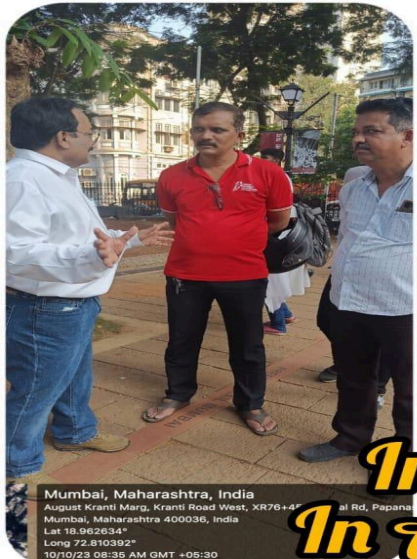
Mumbai, Maharashtra, India
August Kranti Marg, Kranti Road West, XR76+4F al Rd, Papana
Mumbai, Maharashtra 400036, India
Lat 18.962634°
Long 72.810392°
10/10/23 08:35 AM GMT +05:30

HEALTH IS NOT JUST PHYSICAL BUT ALSO MENTAL

Interactive Session on Mental Health By Dr. Jyoti Maheshwari Ma'am

Latitude: 18.955997
Longitude: 72.810004
Accuracy: 700.0 m
Time: 10-10-2023 10:11
Group discussion

The Mental Health Rally

Walkathon on Mental Health Awareness

Street Play
'Say Yes to Life'

Mumbai, Maharashtra, India

10/10/2023