

**Report Healthy Minds Challenge
Mental Health Activity during lockdown**

Activity – Healthy Minds Challenge

Date- 13 April 2020 -13 May2020

Organized by- Department of Psychology and the Counselling and Guidance Center

Target Audience – Teachers and students of Degree College.

Objective- To help the teachers and students cope positively and bring about transformational change in their thinking, feeling and behaviour, so as to handle the lockdown stressors during the Corona Virus Pandemic 2020.

Activity conducted-

1. An email id ‘healthyminds@bhavanschowpatty.ac.in’ was created to address any mental health issues and concerns of students and staff particularly during the lockdown and the pertaining Covid-19 pandemic. They were asked to put any concerns regarding the mental health on this email id which was then addressed by the concerned authorities from the College.

2. Healthy Minds Challenge was a month long activity initiated by the Department of Psychology and the Counselling and Guidance Center to involve the staff and students in some creative, positive activities in order to enhance their well-being. A briefing about the ‘Healthy Minds Challenge’ was communicated to the students through Whatsapp Groups and also posted on the College Website. The Challenge began with students attending a Zoom Webinar ‘Mental Monday’ on 13th April organized by motivational speaker Mr. Pawan Badlaney and Psychologist Ms. Vishaka Punjani. Thereafter every alternate day tasks were posted via WhatsApp and College Website.

The Tasks were grouped in 4 categories –

Positive Affirmation- To change mindset and attitude for healthy body and mind.

Physical fitness- Yoga, Zumba, physical and relaxation exercises

Tasks- Building healthy habits, goal setting, enhancing skills, forgiveness, gratitude to name a few.

Spreading Happiness- Activities to connect with friends and family.

Appropriate videos and audio messages were also sent along with the challenge activities to create motivation and interest among the students.

Outcome-

1. The activities created awareness about the mental health and well-being among the students and staff.
2. It created a paradigm shift in thinking and dealing with life challenges.
3. The activities made a positive difference to students' holistic health in a positive way.
4. It helped students in dealing with the negative feelings that they had developed particularly during the initial phase of the lockdown with lot of ambiguity around them.

(A Google form was created to get a feedback and assess the outcomes about the activities posted. The feedback received by students and Teachers was extremely positive and good. Students appreciated the initiative and wrote about how these activities helped them.)

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