

## Mental Health Awareness Drive – MHAD#2.0

### “SHAPING MENTAL HEALTH FITNESS FOR THE FUTURE”

#### WORLD MENTAL HEALTH DAY 10<sup>TH</sup> OCT, 2018

*“Not all heroes wear capes; some wear Green Ribbons”*

On 10<sup>th</sup> October 2018, marking the occasion of World Mental Health Day, the Guidance and Counselling cell of Rizvi College of Education arranged a remarkable event, consisting of varied activities to emphasize mental fitness of individuals, especially adolescents at large. This was in tune with the World Health Organisation’s Mental Health Awareness Day 2018 theme, “Young People and Mental Health in a Changing World”. The one day programme was inaugurated by Dr. Trupti Barchha who is a practicing doctor and a wellness expert. In her inaugural address she explained the true meaning of being mentally fit and shared some wonderful tips as how to stay mentally healthy and fit. The striking facets of her speech included SWOT analysis to be compulsorily conducted in every school and college, emphasizing self-awareness, along with the power of meditation. The inaugural function was followed by the day’s programme which involved a chain of three interconnected activities, to be followed one after the other - viz. *Emoji activity, Stress Test and Counselling session.*

- **Emoji Activity - Check your mood –** A Smiley activity where the students express their mood using emoticons.
- **Stress Screening Test –** A short test to identify the stress level of the test takers.
- **Counselling Sessions –** Based on the above stress screening the students are referred for further counseling session in the college or other counseling clinics.

The counseling sessions were conducted by Dr. Trupti Barchha, Mrs. Spoty Karthik, Dr. Priyanka Pandey and Dr. Rakhi Sawlane. The counsellors made sure that every individual had a smile on their face after the counselling session. This session truly gained the trust of people to share their problems and have a small reflection about them. The counsellors listened to each client empathetically and guided them to deal their problems through introspection and self awareness. Several people including students and staff member took the benefit of this session. Cases requiring further intervention were referred to clinics.

For spreading awareness, posters depicting the significance of mental health and the need of removing the stigma associated to mental ailments were displayed throughout the venue.

*A recipe of simple & effective ways to look after ones Mental Health.*









