



**Rizvi Education Society's  
Rizvi College of Education**

**organises**

**'Shaping Mental Health Fitness for the Future'**

**A Mental Health Awareness Campaign**



## **“Shaping Mental Health Fitness for the Future”**

### **A Mental Health Awareness Drive**

**10<sup>th</sup> October, 2018**

#### **NOT ALL HEROES WEAR CAPES – SOME WEAR GREEN RIBBONS**

October 10<sup>th</sup> is marked a significant day around the globe as **World Mental Health Day**. World Mental Health Day works with the overall objective of raising awareness of mental health issues around the world and mobilising efforts in support of mental health. The 2018 World Mental Health Day campaign is focusing on **Young People and Mental Health in a Changing World**. World Health Organisation says adolescence and the early years of adulthood are a time of life when many changes occur, for example changing schools, leaving home, and starting university or a new job. For many, these are exciting times. They can also be times of stress and apprehension however. In some cases, if not recognized and managed, these feelings can lead to mental illness. The expanding use of online technologies, while undoubtedly bringing many benefits, can also bring additional pressures, as connectivity to virtual networks at any time of the day and night grows.

Much can be done to help build mental resilience from an early age to help prevent mental distress and illness among adolescents and young adults, and to manage and recover from mental illness. Prevention begins with being aware of and understanding the early warning signs and symptoms of mental illness. Parents and teachers can help build life skills of children and adolescents to help them cope with everyday challenges at home and at school. Psychosocial support can be provided in schools and other community settings and of course training for health workers to enable them to detect and manage mental health disorders can be put in place, improved or expanded.

Investing and involving in this initiative Rizvi College of Education is organizing a mental health awareness drive **“Shaping Mental Health Fitness for the future”** on the **10<sup>th</sup> of October, 2018**. The programme will be inaugurated by Dr. Trupti Barchha, Wellness Expert and Counsellor. This programme is organized under the leadership of Dr. Priyanka Pandey, Asst Professor of Rizvi College who is also a trained clinical psychologist and coordinated by Ms.

Spoty Manoj Karthik, Asst. Professor, Rizvi College of Education. The programme includes the following activities:

- **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.
- **Spreading Awareness** – spreading the significance of mental health and removing the stigma associated to mental ailments through display of posters.

Recognizing the roles educational institutions play in the prevention and outreach initiatives in relation to mental health issues, Rizvi college of education organizes this event to make people stop, think and hopefully start conversations about mental health.

<b>Time</b>	<b>Activity</b>
11am-11.15am	Inauguration Dr. Trupti Barchha
11.15-11.30am	Ice Breaker- Check your mood Activity
11.30- 12.30 pm	Stress Test and Follow up Counseling Dr. Priyanka Pandey Ms. Spoty Karthik