

REPORT ON INTERNATIONAL MENTAL HEALTH DAY EVENT

Date: 10th October 2024

Organized by: Department of Psychology, Government College Sanjauli

Participants: BA 1st and 2nd-year students

The Department of Psychology at Government College Sanjauli celebrated International Mental Health Day on 10th October 2024. The event aimed to raise awareness about the significance of mental health, educate students on the theme for 2024, and provide them with resources and information regarding government initiatives for mental health support.

❖ Objectives of the Event

- To educate students on the importance of International Mental Health Day.
- To discuss the theme of Mental Health Day 2024 and its relevance.
- To inform students about government initiatives, toll-free helplines, and official websites dedicated to mental health.

❖ Details of the Event

- **Venue:** Classroom
- **Attendees:** Students from BA 1st and 2nd years, from the Department of Psychology.

❖ Activities and Discussions

- **Opening Remarks:** The event began with a brief introduction by the faculty, emphasizing the importance of mental health and why International Mental Health Day is celebrated globally.
- **Theme for 2024:** The primary focus was on this year's theme. The theme for World Mental Health Day 2024 is "**Mental Health at Work**".
- **Government Initiatives:** Information was shared about various government initiatives supporting mental health, including the toll-free helpline numbers and government portals that offer mental health resources and counseling services.
- **Resource Sharing:** Students were informed about specific toll-free numbers, such as [mention any known toll-free numbers], and websites dedicated to mental health. This section of the event aimed to provide accessible information to students so they could utilize these resources if needed.
- **Q&A Session:** A question-and-answer session followed, where students interacted with faculty, clarifying their doubts about mental health and the resources available.

❖ Conclusion

The event concluded with a strong message on the importance of breaking the stigma surrounding mental health and recognizing the value of seeking help when needed. The students left with a greater understanding of mental health issues, government support options, and a sense of responsibility toward their well-being and that of others.

❖ Feedback and Response

Students expressed positive feedback, stating that the event provided valuable insights and resources. They appreciated the department's initiative in making mental health support information easily accessible.



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