



ST FRANCIS DE SALES COLLEGE

Permanently Affiliated to Bangalore University || AICTE Approved Electronic City, Bengaluru - 100

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A FRANSALIAN INSTITUTE OF HIGHER LEARNING

Report of "Outreach Program: Svastir-World Mental Health Day 2022"

Title	Outreach Program: Svastir-World Mental Health Day 2022 MOU Activity
Date of Event(s)	12.10.2022
Department / Association	PsyLight Club Dept. of Psychology Postgraduate Centre <i>In association with</i> TREDA Counselling and Training Centre, Bengaluru
Venue	Traffic Signals in Electronic City and SFS Degree Campus
Number of Participants	35 + 500 Public

Report:

PsyLight Club, Dept. of Psychology organizes awareness program on account of World Mental Health Day every year on 10th October. Theme for this year was *Make mental health and well-being for all a global priority*. Mental health should be promoted and importance of it to be explained to all. Following the legacy of promoting mental health, PsyLight Club in association with TREDA, Counselling and Training Centre organized Outreach program titled "Svastir" in two phases to bring awareness among public.

Phase I: Permission from Traffic police department was taken for the event. MSc Psychology students along with TREDA volunteers assembled in the decided and permitted venue, that is traffic signals in electronic city. Some of the students and volunteers were holding banners and placards in the signals for public to read. Others were issuing flyers about tips to improve mental health. Flyers were written in English and Kannada. For every red signal students and volunteers went to the public standing in signals, issued flyers and explained about the importance of the day and mental health.

Phase II: To build civic sense and social responsibility among youth Mental Health Ambassadors Cards were prepared. The event was executed in SFS Campus. MSc Psychology students went into each classroom of Under graduation and spoke about the importance of mental health and responsibilities to be taken over by youngsters to build healthy society.

Electronic City, Bengaluru - 100
Tel.: 080-27836065 / 27834611, Fax: 080-27832299, Email: principal@sfscollege.in
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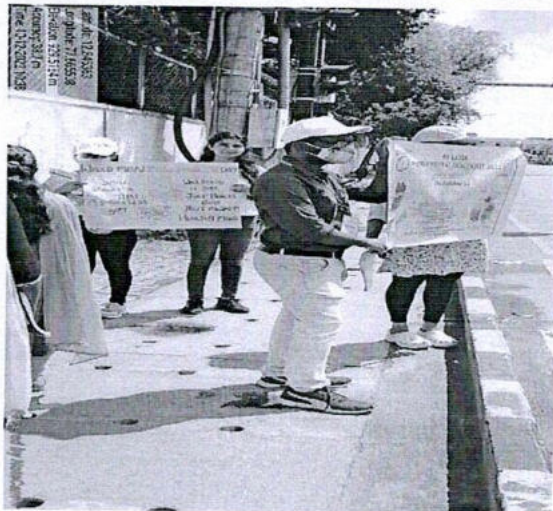
Duties and responsibilities were explained, and consent was taken from UG students. Whoever was interested to become the ambassadors, details were collected and Pledge Cards were issued. Whatsapp group was created and these ambassadors were included in the group. The intention of the group is to increase the ambassadors and make them responsible for mental health.

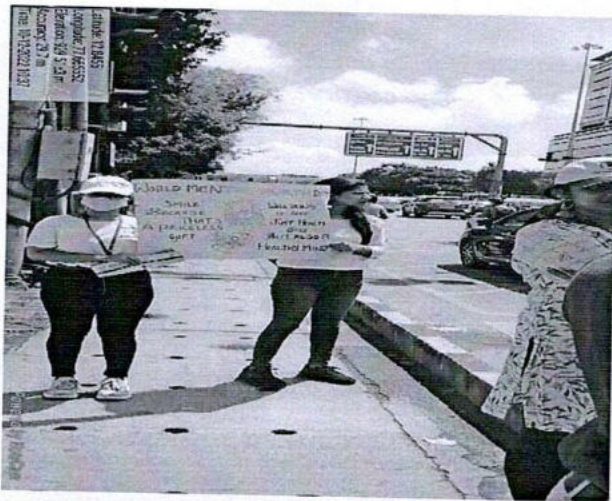
Positive Outcome: Svastir means well-being. Building well-being among people is important to have a healthy society. Visibility is one strategy to make people think about it. Fast and stressful life has taken people far from mental health. Students were taught to initiate events to talk to people and explain to them. Social skills were improved by talking to public. Mental health ambassadors made all youth responsible for their actions. The event build confidence, civic sense, social responsibility and also work for the society.

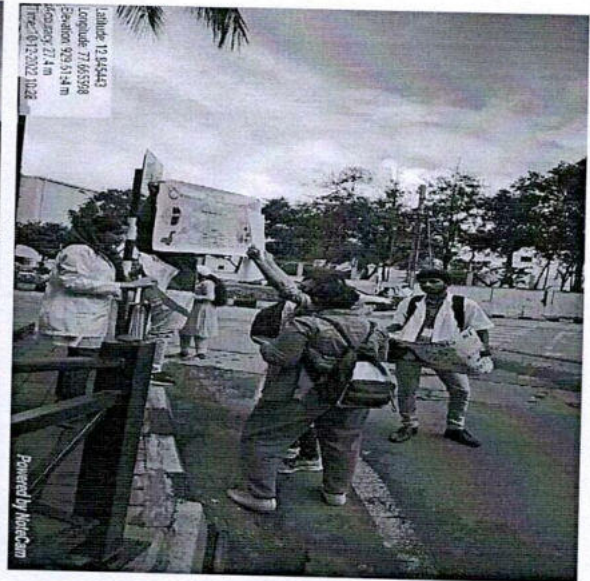
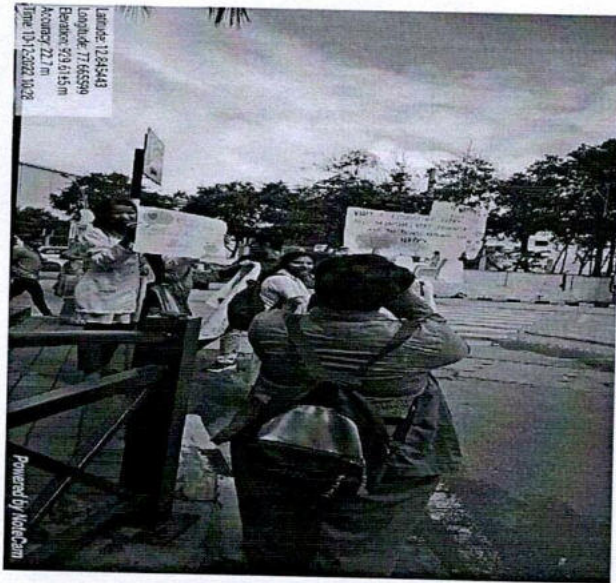
Supporting Documents:

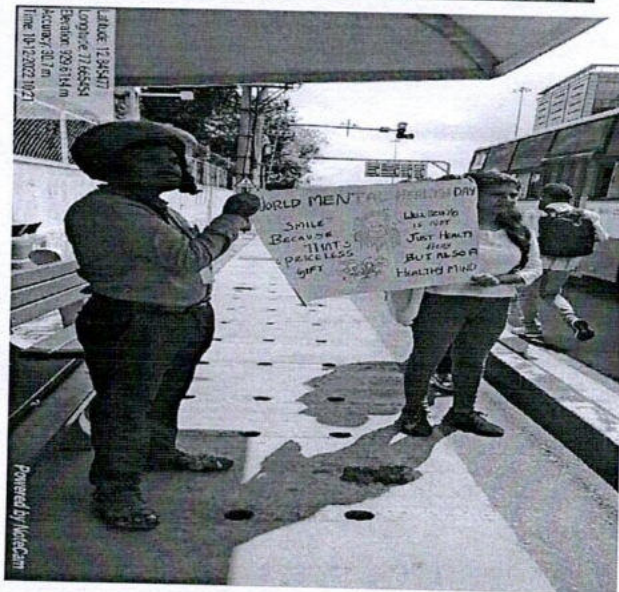
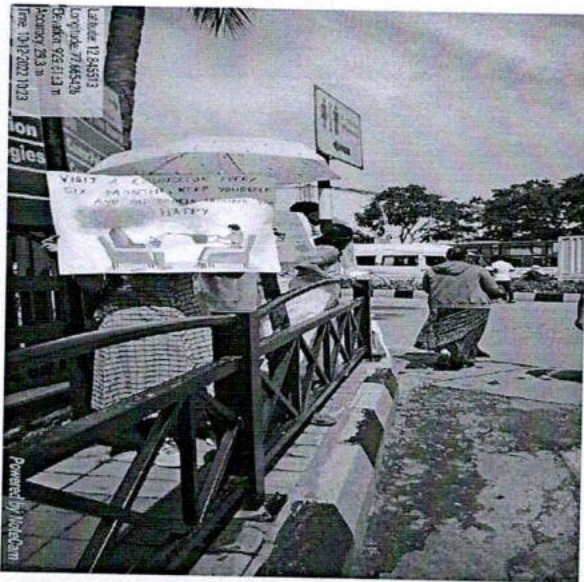
Geo-tagged Photos

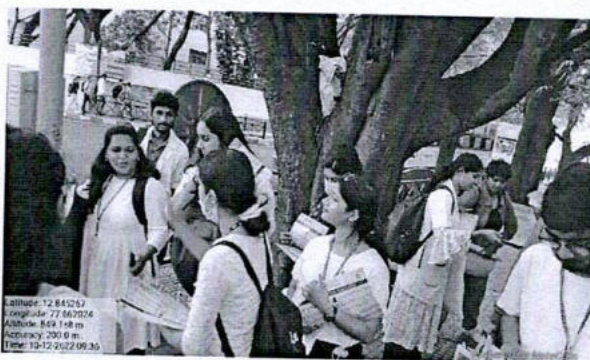
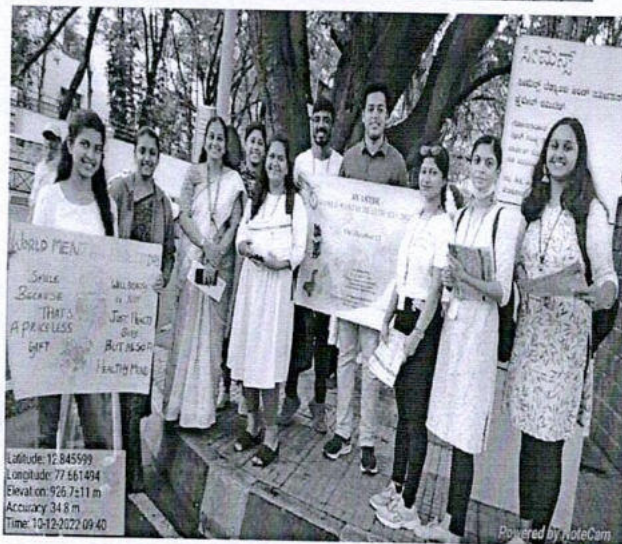


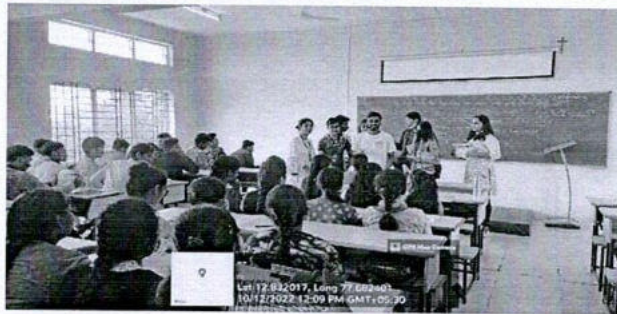












Banner

SVASTIR
WORLD MENTAL HEALTH DAY 2022

On October 12

Organized by.
PsyLight Club
Department of Psychology
Postgraduate Centre
St Francis De Sales College

In association with
TREDa De Addiction & Counselling Centre
+91 8147755017, +91 8123592753

Be kind
To your mind

Flyer in Kannada and English

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ಮಾನಸಿಕ ಆರೋಗ್ಯದ ಅರಿವು

ಮಾನಸಿಕ ಆರೋಗ್ಯದ ಬೆಳೆಸಲು ಕೆಲವು ಸಲಹೆಗಳು

- ನಿಮ್ಮನ್ನು ಒಪ್ಪಿಕೊಳ್ಳಿ
- ಜನರೊಂದಿಗೆ ಸಂವಹನವನ್ನು ಸುಧಾರಿಸಿ
- ಚುರುಕಾಗಿರಿ, ವ್ಯಾಯಾಮ ಪಾಲಿಸಿ
- ಹೊಸ ಕಲಿಕೆಯಲ್ಲಿ ತೊಡಗಿಸಿಕೊಳ್ಳಿ
- ಸಾತ್ವಿಕ ಆಹಾರ
- ಭಾವನೆಯಲ್ಲಿ ಧೃಢವಾಗಿ
- ಪರಿಪೂರ್ಣ ನಿದ್ರೆ
- ಮನಶಾಸ್ತ್ರಜ್ಞರ ಸಹಾಯ ಪಡೆಯಿರಿ

ಮನಶಾಸ್ತ್ರಜ್ಞ ವಿಭಾಗ
ನಿಮ್ಮ ಆರೋಗ್ಯದ ಪದವಿ ವಿಭಾಗ, ಮನಃಶಾಸ್ತ್ರಜ್ಞರ (ಪ್ರಾಚಾರ್ಯರ) ಸಹಾಯ
"ನಿಮ್ಮ ಆರೋಗ್ಯದ ಅರಿವು ಅಂತ್ಯವಿಲ್ಲದಿದ್ದರೆ, ನಿಮ್ಮ ಆರೋಗ್ಯದ ಅರಿವು"

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Mental
Health
Awareness



Tips to Improve Mental Health



Accept Yourself



Improve interaction with people



Be Active, Get Regular Exercises



Learn something New daily



Eat Healthy



Become Emotionally Strong



Make Sleep a priority



Get Professional Help

Dept. of Psychology

Postgraduate Centre, St Francis de Sales College

"You are Stronger than you Think"

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Pledge Card



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MENTAL HEALTH AMBASSADOR

Pledge Card



I Pledge to do my best to *remove stigma* about mental illness, help *raise awareness* about mental health and *encourage individuals* in their efforts to achieve well-being and build a healthy society.

PsyLight Club, Dept of Psychology, Postgraduate Centre

certifies you to be a

Mental Health Ambassador.

Report prepared by:

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