



ST FRANCIS DE SALES COLLEGE

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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 a healthy society.

Electronics City, Bengaluru - 100

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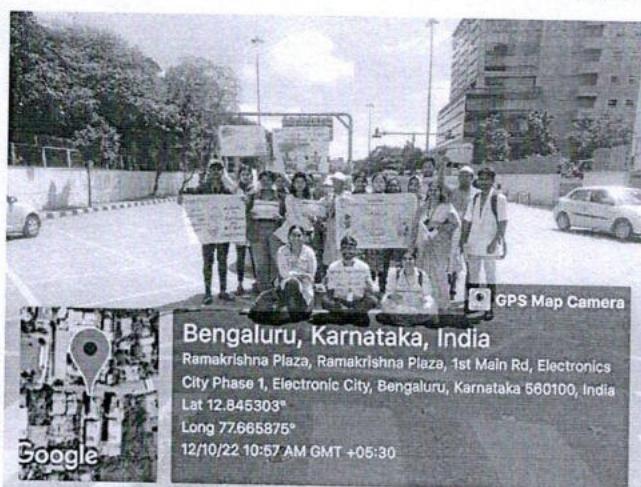


Duties and responsibilities were explained, and consent was taken from UG students. Whoever was interested to become the ambassadors, details were collected and Pledge Cards were issued. Whatsapp group was created and these ambassadors were included in the group. The intention of the group is to increase the ambassadors and make them responsible for mental health.

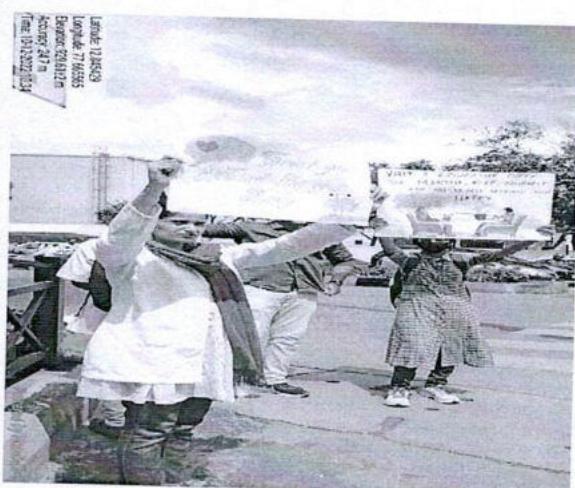
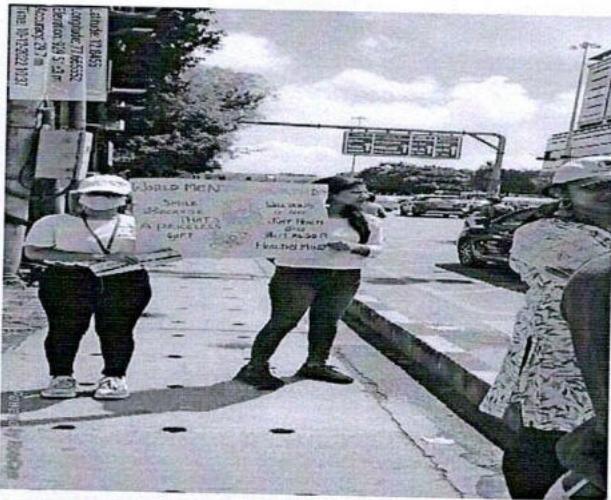
Positive Outcome: Svastir means well-being. Building well-being among people is important to have a healthy society. Visibility is one strategy to make people think about it. Fast and stressful life has taken people far from mental health. Students were taught to initiate events to talk to people and 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.

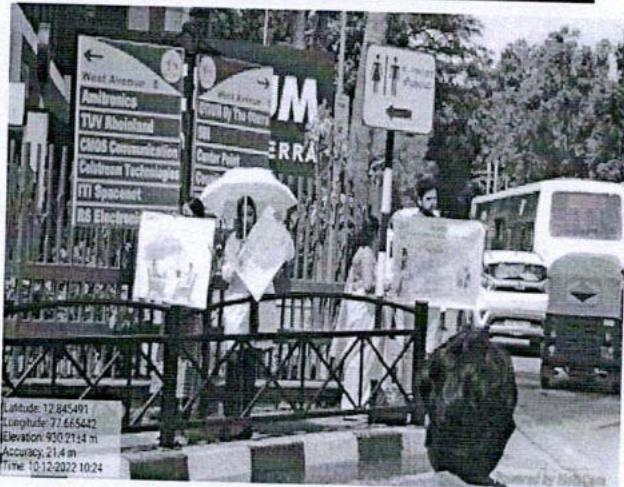
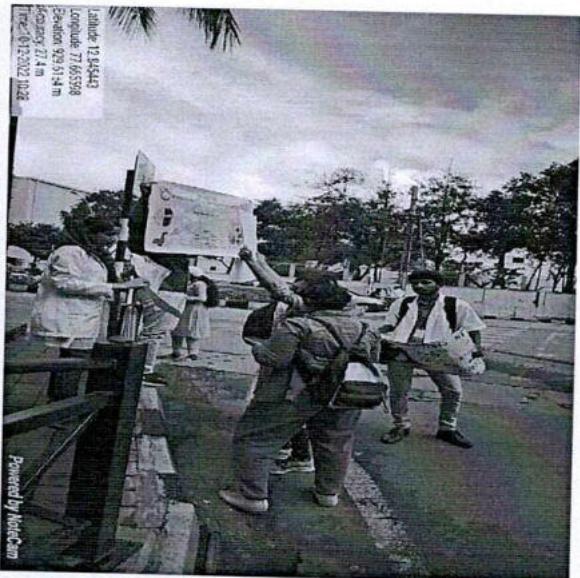
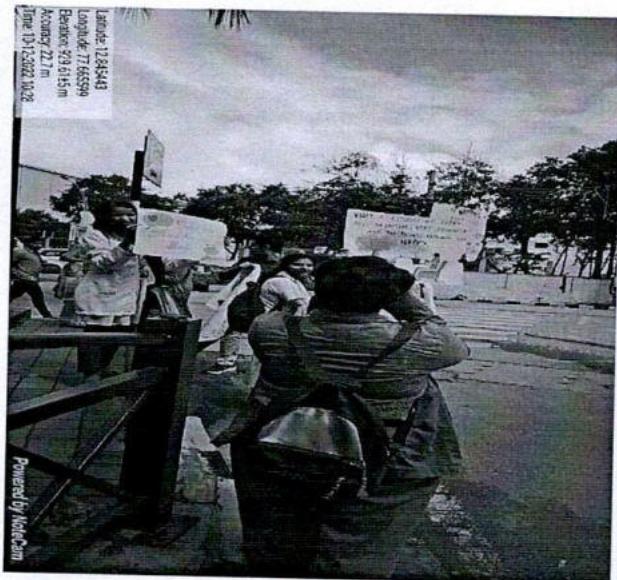
Supporting Documents:

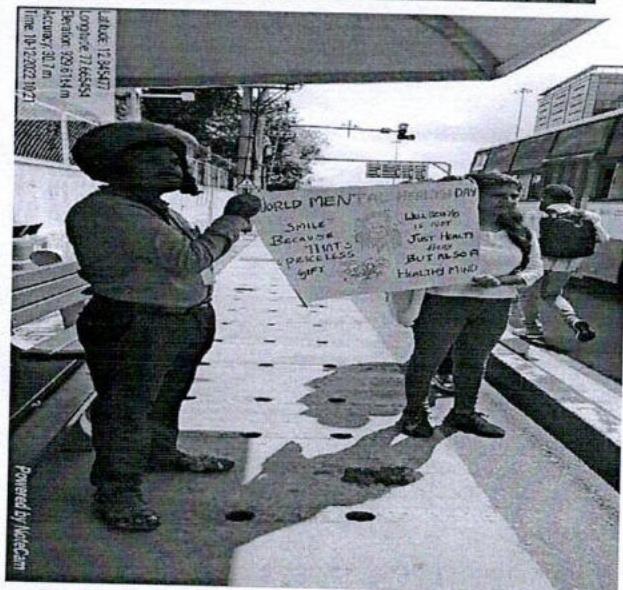
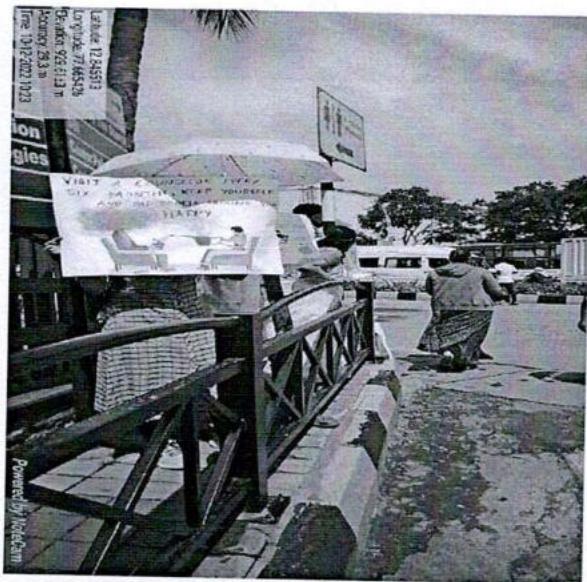
Geo-tagged Photos

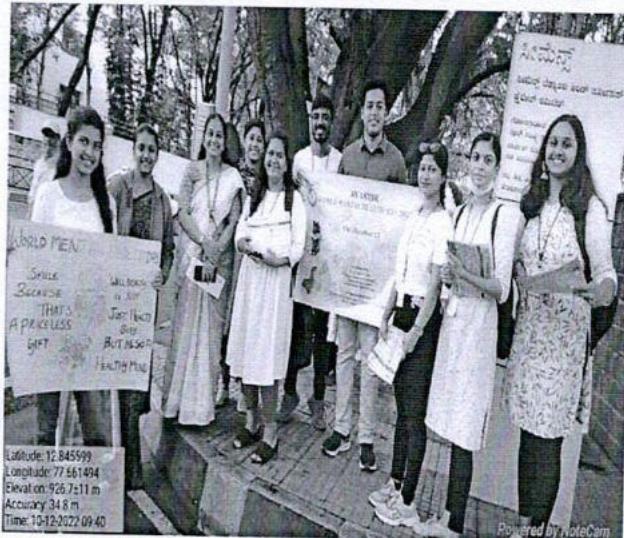


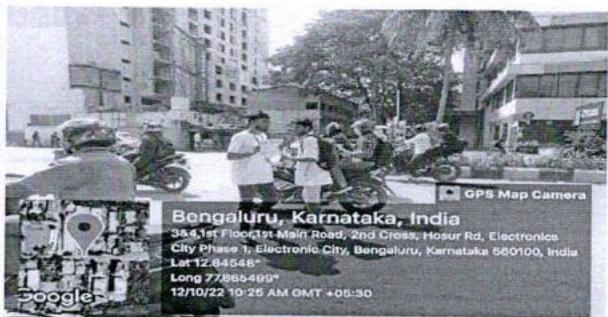




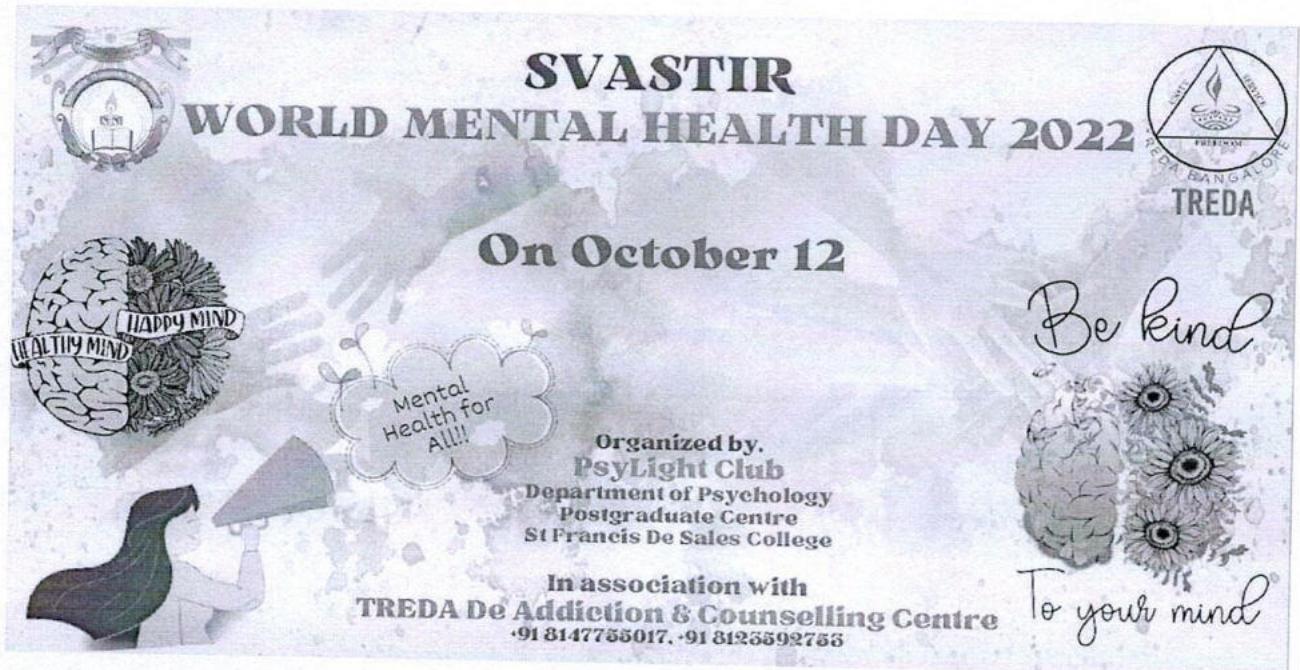








Banner



Flyer in Kannada and English

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ಮಾನಸಿಕ ಆರೋಗ್ಯದೆಳೆಸಲು ಕೆಲವು ಸಲಹೆಗಳು

- ನೀಮನ್ಯಾಭಯಾಹಿತೆಳೆಜ್ಞಿ
- ಕುರುಕಾಗಿರಿ, ವಾಯಾಮಪಾಲಿಸಿ
- ಸಾರ್ಥಕಾರ್ಯಾಲಯ
- ಪರಿಪೂರ್ಣ ನಿದ್ರೆ
- ಜನರೋಂದಿಗೆ ಸಂಪರ್ಕನವನ್ನು ಸುಧಾರಿಸಿ
- ಹೊಸ ಕಲೆಕೆಯಲ್ಲಿ ತೊಡಗಿಸಿಕೊಳ್ಳಿ
- ಭಾವನನೆಗಳಲ್ಲಿ ಧ್ಯಾಡವಾಗಿ
- ಮನಶಾಸ್ತ್ರಜ್ಞರ ಸಹಾಯ ಪಡೆಯೆರಿ

ಮನಶಾಸ್ತ್ರಜ್ಞ ವಿಭಾಗ
ನ್ಯಾಯಾಭಿವೃದ್ಧಿ ವಿಭಾಗ, ಸೂಕ್ಷ್ಮಾಭಿವೃದ್ಧಿ ವಿಭಾಗ, ಮಾನಸಿಕ ಆರೋಗ್ಯ ವಿಭಾಗ
ಎಲ್ಲಿನ್ನು, ಶರೀರ, ಮಿಷ್ಟಿ ಅಂದಾಜುಗಳಲ್ಲಿ ಕ್ರಿಯೆ ಮಾಡಿದ್ದು

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Tips to Improve Mental Health



Accept Yourself



Be Active, Get Regular Exercises



Eat Healthy



Make Sleep a priority



Improve interaction with people



Learn something New daily



Become Emotionally Strong



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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