

Report
World Mental Health Day
11th October 2023

Department of Psychology, Aladi Aruna College of Liberal Arts and Science organized a comprehensive program on the 11th of October in commemoration of World Mental Health Day, dedicated to the observance and promotion of mental well-being.

The Green Ribbon Campaign was conducted, wherein students exhibited posters elucidating the significance of the campaign. Both students and staff enthusiastically engaged in the initiative, actively participating by affixing the green ribbon onto each other's attire.

Suba T, I year B.Sc. Psychology student delivered a welcoming address, providing an introduction to the upcoming Q&A session. In her address, she introduced the resource person and outlined the agenda for the program and elucidated the significance of commemorating Mental Health Day, setting the stage for an insightful and purposeful session.

Evangeline Easter, Santhana Mari and Roshini Jeni, I year B.Sc. Psychology students hosted an insightful online Q&A session on Mental Health Awareness via Zoom, featuring Ms. Ruby Grace, Rehabilitation Psychologist, Jio Institute, Reliance Foundation, Navi Mumbai. Through this interactive platform, students posed a myriad of questions on mental health, prompting the resource person to elucidate each query comprehensively. The session, attended by both staff and students from various departments, served as an informative discourse, delving into the significance of mental health, indicators, strategies for well-being promotion, and the impact of social media on the lives of youngsters.

To conclude the event, Priya Tharshini, I year B.Sc. Psychology student expressed gratitude during the vote of thanks, extending heartfelt appreciation to the faculty members and students for their efforts in organizing a remarkable event dedicated to promoting well-being.