



# DKM COLLEGE FOR WOMEN (AUTONOMOUS), VELLORE-1

## DEPARTMENT OF PSYCHOLOGY



### INVITING YOU ALL TO BE PART OF THE EVENT



TO GET AWARE  
OF THE THEME  
FOR WMHD'21

**"Mental Health  
in an Unequal  
World"**



### MENTAL HEALTH CARE FOR ALL, LET'S MAKE IT A REALITY

By taking part in Mental Ability Games and Signing Banner

#### DATE

**11.10.2021**

#### TIME

**1.30 P.M – 5.30 P.M**

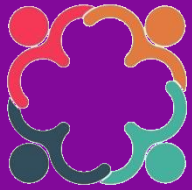
#### VENUE:

**D-CONFERENCE HALL**



DKM COLLEGE FOR WOMEN (AUTONOMOUS),VELLORE-1

DEPARTMENT OF PSYCHOLOGY



Do one thing

for better mental health this  
World Mental Health Day

*Join us at D-conference Hall on 11.10.21 between 2.00 p.m to 5.30 p.m*

*to take part in various mental ability games*

Concept  
formation

Memory  
check

Stroop  
Effect

Pattern  
drawing

Recall &  
Recognize

Get on the  
dance  
floor

**DKM College for Women (Autonomous), Vellore-1**

**Department of Psychology**

**World Mental Health Day 2021**

**MENTAL ABILITY GAME AND FUN GAME**

**Date:11.10.2021**

**Venue: D- Conference Hall**

**GAME RULES**

**MENTAL ABILITY GAMES (register using this link <https://forms.gle/nBG9YCR8Miw4fHjE9>)**

S.No	Name of the game	Game rule	Timing to complete	No of participant
1.	<b>Concept Formation</b>	22 Blocks will be show as sample blocks. You have to select from among all the blocks the ones which go with the sample blocks show to you. The blocks are categorized on the basis of some criteria. <b>Four trials are allowed</b>	<b>5minutes</b>	<b>01</b>
2.	<b>Immediate Memory</b>	Game organizer will read out the number starting from 5 digit one by one in an even tone. The player has to repeat the number immediately after it is read out by the organizer	<b>3 minutes</b>	<b>01</b>
3.	<b>Recall And Recognition</b>	<b>Recall:</b> 10 cards will be given to you, Each word cards will be shown for 3 seconds. The word seen should be spelled out by the player <b>Recognition:</b> Altogether previously shown cards will be again shown, this time 10 cards at a time, the player should spell as much of words as they recall	<b>3 minutes</b>	<b>01</b>
4.	<b>Pattern Drawing And Puzzle</b>	<b>Pattern Drawing:</b> There are eight patterns we increase the difficulty from 1 to 8 without repeating lines and without lifting pencil the pattern should be drawn. <b>Puzzle Game:</b> The participant will be given number of pieces especially in the sequence, the player have to frame the picture.	<b>04 minutes</b>	<b>02</b>

**FUN GAMES (NO REGISTRATION)**

1.	<b>Stroop Effect</b>	In Chart you can see words (Red, Green) written in different colors you have to say the color of the word	<b>02 seconds</b>	<b>01</b>
2.	<b>Laughter Game</b>	Should remain silent without laughing even when sounds of laughter are shown	<b>05 seconds</b>	<b>Group</b>
3.	<b>Riddles</b>	Organizer will show the picture, the players have to find out what it is ( Movie name, Place name and so on.)	<b>01 minute</b>	<b>01</b>
4.	<b>Treasure Hunt</b>	Identify the hidden gift as per the instruction given by the organizer	<b>08 seconds</b>	<b>02</b>
5.	<b>Throw at me</b>	Over the table 6 cones will be placed, the player should target one and throw the ring on it . 3 trials are allowed	<b>01 minute</b>	<b>01</b>

**DKM College for Women (Autonomous), Vellore-1**

**Department of Psychology**

**World Mental Health Day 2021**

**MENTAL ABILITY GAME AND FUN GAME SCHEDULE**

**Date:11.10.2021**

**Venue: D- Conference Hall**

The following is the schedule to be followed on 11.10.2021

<b>NAME OF THE DEPARTMENT</b>	<b>TIME ALLOTTED</b>
I B.Sc Mathematics I B.SC Biochemistry II B.A English	1.30-2.00
I B.Sc Foods and Nutrition I B.Sc Computer Science III B.Sc Foods and Nutrition	2.00-2.30
I BBA II BBA II ISM	2.30-3.00
I BCA II B.Sc Mathematics II B.Sc Biochemistry	3.00-3.30
<b>STAFFS</b>	<b>3.30-4.00</b>
II B.COM II B.COM (CA)	4.00-4.30
II B.Sc Computer Science II BCA	4.30-5.00
II B.A Tamil II B.Sc Biotechnology II B.SC Microbiology	5.00-5.30

# DKM COLLEGE FOR WOMEN (AUTONOMOUS), VELLORE-1



## DEPARTMENT OF PSYCHOLOGY

### WORLD MENTAL HEALTH DAY 2021

World  
Mental Health Day  
10th October



## World Mental Health Day 2021

Mental health care for all: let's make it a reality

<b>EVENT</b>	<b>WORLD MENTAL HEALTH DAY</b>
<b>DATE</b>	<b>11.10.2021</b>
<b>VENUE</b>	<b>D- CONFERENCE HALL</b>
<b>TIME</b>	<b>1.30 P.M to 5.30 P.M</b>
<b>PROGRAM SCHEDULE</b>	<ul style="list-style-type: none"><li>✚ Sign board</li><li>✚ Action dance for stress buster</li><li>✚ Chart exhibition</li><li>✚ Mental ability games</li><li>✚ Fun games</li></ul>
<b>PARTICIPATNTS</b>	<b>Unaided II and III UG students</b>

### CHOCOLATE WRAPPED WITH POSITIVE LINES

The event was organised to observe World Mental Health Day 2021 theme “Mental health care for all, let’s make it as reality”. On 11.10.2021 we started to invite all the aided and unaided Departments and office assistants with a chocolate wrapped with positive wordings. Nearly 1000 chocolates were distributed with many positive wordings along with a smiley badges to the faculty members.





## WHO WMHD CAMPAIGN MATERIAL DISTRIBUTION



We have also shared the printed booklet of WMHD campaign material released by WHO for the year 2021 to all the aided and unaided Departments for the benefit of the students. We insisted the Departments to circulate among their students and get self awareness about the general requirement to keep one's mental health stable.

## SIGN BOARD WITH POSITIVE QUOTES

Students and staff members have signed the banner with a positive quotes and signature. More than 50 signatures with a memorable quote were witnessed at the end of the day. Our beloved Secretary Sir and Principal Madam have initiated the sign board with their quote and signature.



## ACTION DANCE AS STRESS BUSTER



Action dance was planned for all the eight sessions where each session was given 5 minutes to imitate the dance steps of our students and get relaxed before entering to the event.

Vellore, Tamil Nadu, India

16/11, Kanni Koil St, Sasthri Nagar, Vallalar Nagar, Vellore, Tamil Nadu 632001, India

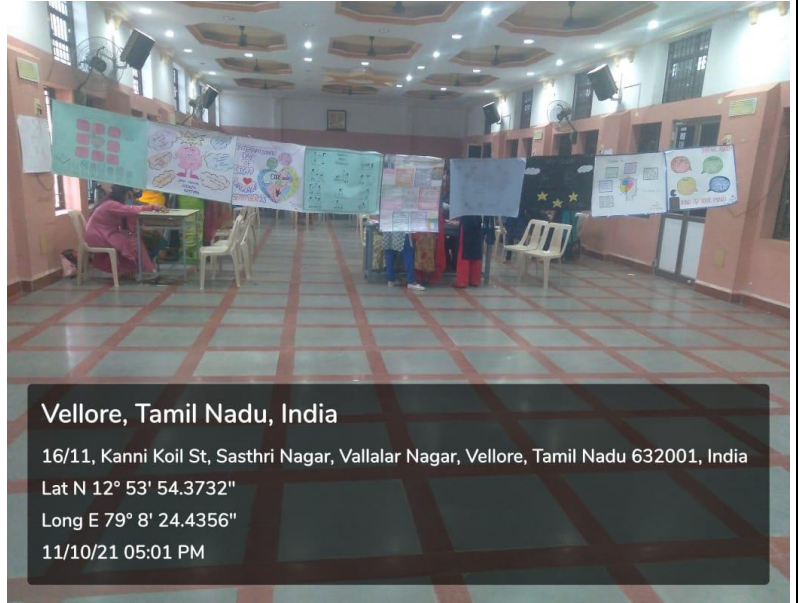
Lat N 12° 53' 54.3624"

Long E 79° 8' 24.4284"

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## CHART EXHIBITION

**Our students have prepared charts which cover the information on depression, stress, anxiety and other common mental issues for the viewers to get awareness on mental health.**



Vellore, Tamil Nadu, India

16/11, Kanni Koil St, Sasthri Nagar, Vallalar Nagar, Vellore, Tamil Nadu 632001, India

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Long E 79° 8' 24.4356"

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## MENTAL ABILITY GAMES



Vellore, Tamil Nadu, India

12/1, Kanni Koil St, Vallalar Nagar, Sainathapuram, RV Nagar, Vellore, Tamil Nadu 632001, India

Lat N 12° 53' 54.8808"

Long E 79° 8' 24.288"

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**Students and staff members have actively participated in their respective scheduled session in all the mental ability games namely concept formation, immediate memory, recall and recognition, pattern drawing and other fun games for stress buster arranged by us. Small prizes were also given to the winners at the end of winning each games within the stipulated time fixed.**



## STAFFS PARTICIPATION IN MENTAL ABILITY GAMES

Many staffs have actively participated to know their level of memory , recall, attention and focus towards an objective through the games



**Pattern drawing and puzzle**



**Immediate Memory**



**Recall and recognition**



**Concept Formation**

The event was winded up at 5.30 P.M as scheduled successfully by the students of Department of Psychology and organizing committee members Mrs.D.Aarthi, HOD of Psychology, MS. K. Soniya, Assistant Professor of Psychology and MS. Angelin Mary Slessor.I, Assistant Professor of Psychology.