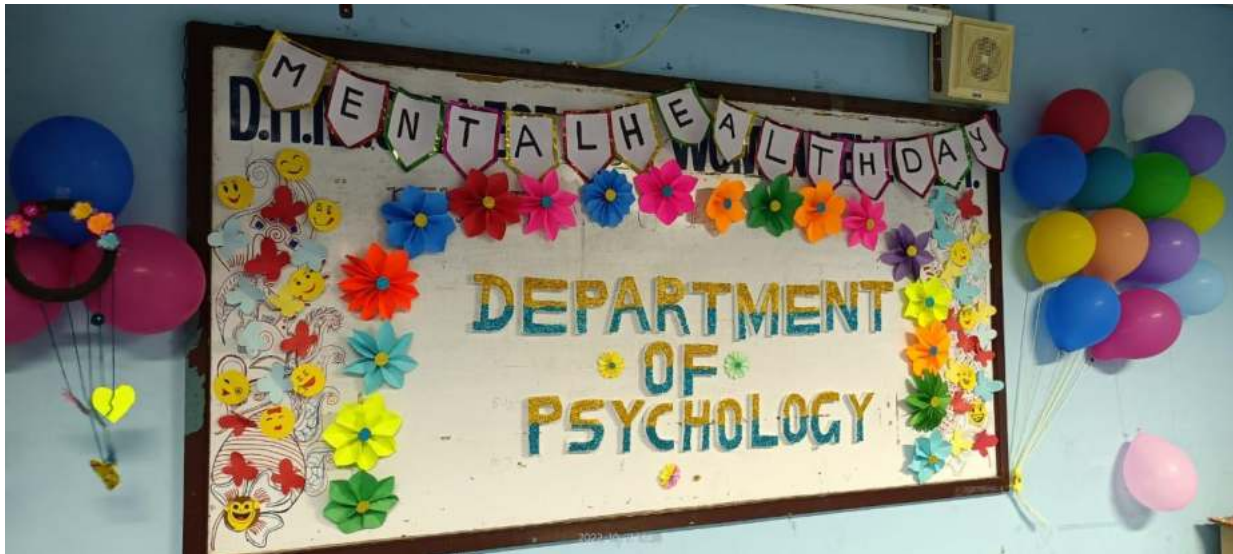


**D.K.M COLLEGE FOR WOMEN(AUTONOMOUS), VELLORE-1**

**DEPARTMENT OF PSYCHOLOGY**



**WORLD MENTAL HEALTH DAY 2022**



**MEDITATION FOR BETTER TOMORROW  
MENTAL ABILITY GAMES  
FUN GAMES**

**11.10.2022**



**D.K.M COLLEGE FOR WOMEN (AUTONOMOUS), VELLORE**

## **DEPARTMENT OF PSYCHOLOGY**

**ACADEMIC YEAR 2022-2023**

<b>NAME OF THE PROGRAMME</b>	<b>:</b>	<b>WORLD MENTAL HEALTH DAY 2022</b>
<b>NO. OF PARTICIPANTS</b>	<b>:</b>	<b>300 PARTICIPANTS</b>
<b>DATE</b>	<b>:</b>	<b>11.10.2022</b>
<b>VENUE</b>	<b>:</b>	<b>KAVERI CONFERENCE HALL</b>
<b>TIME</b>	<b>:</b>	<b>10.00 a.m to 5.00 p.m</b>

# D.K.M COLLEGE FOR WOMEN [AUTONOMOUS], VELLORE-1



## DEPARTMENT OF PSYCHOLOGY

**Invites all**  
**To strengthen your mental**  
**health**

**On**



**World Mental Health Day' 2022**

**Under the theme**

**"Make Mental Health & Well-Being for All a Global**  
**Priority"**

**DATE:**

**11<sup>TH</sup> OCTOBER,**  
**2022**

**VENUE:**

**Kaveri Conference Hall**

**TIME:**

**10-30A.M-12.30P.M- STAFF MEMBERS**  
**12.30p.m-5.00p.m- STUDENTS**



**CHIEF PATRONS**

**PATRON**

**Dr.T.Sivakumar,**  
President, DKMC  
**Er. D.Maninathan,**  
Secretary, DKMC

**Dr.R.Banumathy,**  
Principal, DKMC



**ORGANISING**  
**COMMITTEE**

**Ms.Soniya.K.,**Asst Professor  
**Ms.Elakiya.V.,** Asst Professor  
**Mrs.Aarthi.D.,**Asst Prof &  
Head



**COORDINATOR**

**Ms.Visali.G**  
III B.Sc Psychology  
Department Secretary

**ALL ARE CORDIALLY INVITED BY STAFF AND STUDENTS OF**  
**PSYCHOLOGY**



**D.K.M COLLEGE FOR WOMEN (AUTONOMOUS), VELLORE-1**

**DEPARTMENT OF PSYCHOLOGY**

**SCHEDULE FOR WORLD MENTAL HEALTH**

**DAY 2022**



*Under the theme*

*"Make Mental Health & Well-Being  
for All a Global Priority"*

**DATE:**

**11<sup>TH</sup> OCTOBER,  
2022**

**VENUE:**

**Kaveri  
Conference Hall**

**TIME:**

**10-30A.M-12.30P.M- STAFF MEMBERS  
12.30p.m-5.00p.m- STUDENTS**

SESSION NUMBER	SESSION TIME	PARTICIPANTS
01	10.20 A.M TO 4.00 P.M	AIDED AND UNAIDED STAFF MEMBERS
02	12.30 p.m to 01.00 p.m	I B.Sc Microbiology & I B.Sc Mathematics
03	01.00 p.m to 01.30 p.m	I B.Sc Biotechnology
04	01.30 p.m to 02.00 p.m	I B.Sc Biochemistry and I B.Sc Nutrition
05	02.00 p.m to 02.30 p.m	I BCA
06	02.30 p.m to 03.00 p.m	I B.Sc Computer Science
07	03.30 p.m to 04.00 p.m	I B.A English and I B.Com (CA)
08	04.00 p.m to 04.30 p.m	I BBA and I B.Sc ISM
09	04.30 p.m to 05.00 p.m	I B.Com & I B.A Tamil

**Meditation Stall**

**"Meditation for better  
tomorrow"**

**Art therapy stall**

**Mental ability Check**

***All are cordially invited by staff and students of Psychology***



**WORK SCHEDULE FOR WORLD MENTAL HEALTH DAY 2022****STUDENTS GAMES**

<b>S,No</b>	<b>NAME OF THE GAME</b>	<b>NAME OF THE ORGANISER</b>	<b>TIME LIMIT</b>
1.	Recall and recognition	S.Jancy,I B.Sc Psychology	120 sec, 7 words
2.	Pattern drawing	Sara Tabassum,A.W ,I B.Sc Psychology Hajeera Banu.M, I B.Sc Psychology	120 sec,5 pattern
3.	Span of attention	S.Pavithra,II B.Sc Psychology A.Arthi,II B.Sc Psychology	120 sec,10 words
4.	Ball and bowl	A.Madhumitha,I B.Sc Psychology	60 sec, minimum 20 balls
5.	Think different	Gayathiri.T,II B.Sc Psychology Hemanivetha,V,II B.Sc Psychology	60 sec
6.	Connection	Safiya.S,I B.Sc Psychology Shahida.N,II B.Sc Psychology	120 sec, minimum 5 words
7.	Puzzle game	Karthika.S,I B.Sc Psychology	120 sec
8.	Cubic game	Priyatharshini.R.,I B.Sc Psychology	180 sec
9.	Concept formation	Shalini.M.S, I B.Sc Psychology	180 sec
10.	Immediate memory	Leelavathi.R, II B.Sc Psychology	60 sec

**TEACHERS GAME**

<b>S,No</b>	<b>NAME OF THE GAME</b>	<b>NAME OF THE ORGANISER</b>	<b>TIME LIMIT</b>
1.	Blind fold	Ayesha.M,II B.Sc Psychology Ashwini.J,II B.Sc Psychology	120 sec, 8 items
2.	Think different	Jeeva.B,I B.Sc Psychology Tharani.M,I B.Sc Psychology	60 sec
3.	Balloon with cup	Sujitha.I B.Sc Psychology Leelavathi.R,II B.Sc Psychology	120 sec, 6 cups

4.	Attention mantinada	Sadiya Tabassum.I, II B.Sc Psychology Gayathiri.T, II B.Sc Psychology Hemanivetha.V, II B.Sc Psychology Safiya.S, I B.Sc Psychology	180 sec
5.	Drawing in reverse	Pavithra.S, II B.Sc Psychology Arthi.A, II B.Sc Psychology	120 sec, 5 drawings
6.	Water squid	Priyatharshini.R, , I B.Sc Psychology Karthika.S, , I B.Sc Psychology	120 sec
7.	Water balls	Shahida.N, II B.Sc Psychology Gayathiri.T, II B.Sc Psychology	60 sec
8.	Blow up the balloon	Sara Tabassum,A.W ,I B.Sc Psychology Hajeera Banu.M, I B.Sc Psychology	60 sec
9.	Connection	Shalini.M.S, , I B.Sc Psychology MAdhumitha.A, I B.Sc Psychology	120 sec

#### **Organizing committee**

<b>S.No</b>	<b>Event</b>	<b>Committee members</b>
1.	Tree of positivity	Rifa Mariyam. G. S- II B.Sc Psychology Jannai.K-I B.Sc Psychology
2.	Meditation stall	Hemambiga.K-III B.Sc Psychology Hemalatha.V-I B.Sc Psychology
3.	Art therapy	Kanishka.G- III B.Sc Psychology
4.	Student game coordinators	III B.Sc Psychology Gayathri.J Gayathri.L Thulasidevi.E Visali.G
5.	Registration	Gayathri.L- III B.Sc Psychology Jeeva.B- I B.Sc Psychology
6.	Feedback collection	Kanishka.G- III B.Sc Psychology Rifa Mariyam.G.S- II B.Sc Psychology
7.	Session coordinators	Monisha.S- II B.Sc Psychology Yamunapriya.A- II B.Sc Psychology





**DKM COLLEGE FOR WOMEN (AUTONOMOUS), VELLORE-1**  
**DEPARTMENT OF PSYCHOLOGY**

**2022-2023**

**WORLD MENTAL HEALTH DAY 2022**

<b>Date</b>	11.10.2022
<b>Session</b>	Forenoon & Afternoon
<b>Venue</b>	Kaveri Conference Hall
<b>Event</b>	Observing World Mental Health Day 2022
<b>Theme</b>	Make Mental Health & Well-Being for All a Global Priority
<b>Program Schedule</b>	Tree of positivity Student games Teacher games Meditation stall Art therapy stall
<b>No: of Participants</b>	Unaided I UG students and Staff members of aided and unaided

**Write Up:**

The program was opened for participants by 10.00 a.m. All the staff members were specially invited for the event with handmade invitation pouch with positive quotes written inside. From 12.30 p.m students were started to take part as per the schedule. Mrs. Aarthi. D, the HOD of Psychology, Ms. Soniya.K, Assistant Professor of Psychology and Ms. Elakiya.V, Assistant Professor of Psychology and Ms. Visali.G, the Department Secretary have invited the Principal and the Secretary with handmade wall hangings did by our students. They also collected positive quotes to paste in tree of Positivity. Former Principal Dr.P.N. Sudha mam and other aided and unaided teaching and non-teaching faculties have written their positive quote and pasted in tree of positivity. As scheduled, the games were conducted for staffs and students. The meditation room was set with full-fledged meditation audio and made the participants to sit for meditation with proper instruction given by the special invitee Ms. Nandhini.M, Yoga instructor and soft skill trainer at L.G. Matric school, Ulli. All the sessions were winded up by 5.00 p.m after collecting the written feedbacks from staffs and student participants.

### PRE SCHEDULE-PREPARATIONS

Our students have spent valuable time in preparing gifts manually for all the staffs and students to give awareness on world mental health day to be conducted under the theme “Make Mental Health & Well-Being for All a Global Priority”



The pen stands prepared by our students as one for each aided and unaided department with WMHD' 22 theme on it.



The glimpse of wall hanging self-made by our students gifted to Beloved secretary sir, Principal madam on 11.10.2022. The last picture is the collage of the art works done by our UG students together under the supervision of Ms. Soniya.K and Ms. Elakiya.V, Assistant Professor of Psychology.



## TREE OF POSITIVITY

Tree of positivity was started as an initiative with empty branches pre designed by our students. We requested all the aided and unaided faculty members to paste a positive quote and bring it up as tree of positivity at the end of the day.



Final year students were inviting secretary sir and Principal madam with the wall hanging prepared for them, invitation pouch and WMHD smiley badge. Also collected positive quotes from secretary sir, Principal madam, Former Principal Dr.P.N.Sudha and other aided and unaided staff members on 11.10.2022



The before and after glimpse of tree of positivity grown with positive quotes shared by Principal madam, secretary sir, former principal and other teaching and non-teaching faculties on 11.10.2022.

## MEDITATION STALL

A meditation stall was opened at Kaveri conference hall audio room with proper set up, audio system and instructor for the participants to sit and meditate for a while on World Mental Health Day 2022. The theme of this meditation stall was “Meditate for better tomorrow”. We invited Ms. Nandhini.M, our beloved alumni, the soft skill trainer and yoga instructor at L.G. Matric School, Ulli to instruct the participants on meditation and she also shared the benefits of doing meditation.



The meditation stall conducted by the instructor Ms. Nandhini, batch wise for the unaided I UG students and faculty members on 11.10.2022 under the theme:

“Meditation for better tomorrow”.





## STUDENTS' GAMES

Mental ability games and fun games were arranged for unaided I UG students from 12.30 p.m to 5.00 p.m as sessions. The student sessions were started by 12.30 p.m as scheduled. They entered the game set after registration and attending meditation stall. Each session is winded up with written feedback collected from the participants before next batch enters the game area.



The photos of student's participation in games on 11.10.22 WMHD'2022





## TEACHERS' GAMES

The meditation stall, art therapy and various fun games were organized for staff members with an intention to give the participants some stress relaxation. The teacher games were scheduled from 10.00 a.m till 4.00 p.m. in the evening. As intended, all the teaching faculties who attended the event has given positive feedback that they feel relieved after attending the program.



Handmade photo frame session exclusively set for staff members.



Blow up the balloon game for teachers conducted on 11.10.22



Water ball game for teachers conducted on 11.10.22



Think different game for teachers conducted on 11.10.22



Balloon cup game for teachers conducted on 11.10.22



Blind fold game for teachers conducted on 11.10.22





Connection game for teachers conducted on 11.10.22



Attention game for teachers conducted on 11.10.22



Span of attention for teachers conducted on 11.10.22



Water squid game for teachers conducted on 11.10.22



Puzzle game for teachers conducted on 11.10.22



Draw in reverse game for teachers conducted on 11.10.22



## ART THERAPY STALL

During the feedback session, we encouraged the faculty members to draw their present emotions as painting and explore their inner child by this way.



## AWARENESS POSTERS

We laminated some of the mental health benefits and pasted inside the college campus, near aided office, unaided office, Principal office, both the lifts and general library where people who pass by should read and get an awareness to protect one's mental health.



Picture of the awareness posters pasted at lift entrance in 11.10.2022



**The photo taken with the yoga and soft skill trainer Ms. Nandhini.M invited for meditation stall to take up the session on the topic “Meditation for better tomorrow” on 11.10.2022**



**The session ended up successfully by 5.00 p.m after this photo session.**