

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



DEPARTMENT OF PSYCHOLOGY



75TH WORLD MENTAL HEALTH DAY



14.10.2023



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

DEPARTMENT OF PSYCHOLOGY

AN OUTREACH PROGRAM

75TH WORLD MENTAL HEALTH DAY



Program Objective:

To give an awareness on World Mental Health Day on the theme of the year “Our minds, our rights, Mental health is a universal human rights” to the participants.

Date	:	14.10.2023
Time	:	12.30 p.m to 4.30 p.m.
Venue	:	Vaigai Conference Hall
Events	:	<i>Exhibition, Mental assessment and Seminar</i>
Beneficiaries	:	I UG Unaided students and faculty members

Report:

The Department has scheduled an outreach program to give an awareness about mental health on the theme of the year “Our minds, our rights, Mental health is a universal human rights” on 14.10.2023 between 12.30 p.m to 4.30 p.m at Vaigai and Kaveri Conference Hall. The program was started by 12.30 p.m and started to welcome I UG students to attend the events as per the schedule.

The events included are

- Mental assessments,
- Action dance,
- Ice breaks,
- Seminar session
- Selfie booth with WMHD theme

The faculty members are invited with a quote pouch individually for each unaided stream faculties. Most of the faculties have taken part and enjoyed the events. The assessment session was winded up by 3.30 p.m. After 3.30 p.m , the seminar session on “Mapping your emotions” was organised to the students of B. A English and B.Sc and M.Sc Biotechnology. The session had an external speaker Ms.Iyshwharya .G., Clinical Psychologist of CMC,Bagayam who spoke about the ways to map once emotions through drawing emotional wheels. The session as well the event winded up by 4.30 p.m after students had shared their feedbacks.



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MENTAL GAMES SCHEDULE



S.No	NAME OF THE MENTAL ASSESSMENTS	NAME OF THE ORGANISERS
1.	Observation Test	Ms.Aafiya Farheen,II B.Sc Psychology Ms.Hajeera Banu.M, II B.Sc Psychology Ms.Jothika.M, I B.Sc Psychology
2.	Music therapy	Ms.Shahida.N, III B.Sc Psychology Ms.Aaliya.H.,I B.Sc Psychology
3.	Finger Dexterity	Ms.Sujitha.N, II B.Sc Psychology Ms.Mehar Fathima.M,I B.Sc Psychology
4.	Don't Laugh	Ms.Hema Nivetha.V,III B.Sc Psychology Ms.Shaini.M.S,II B.Sc Psychology Ms.Rithika.V,I B.Sc Psychology
5.	Span of Attention	Ms.Syed Ali Fathima.A.,II B.Sc Psychology
6.	Rubber hand Illusion	Ms.Sadiya Tabassum.III B.Sc Psychology Ms.Sara Tabassum.A.W.,II B.Sc Psychology Ms.Karthika.S,II B.Sc Psychology
7.	Buzz Wire	Ms.Arthi.A, III B.Sc Psychology Ms.Priyadharshini.R, II B.Sc Psychology
8.	Puzzle and pattern drawing	Ms.Sara Tabassum.A.W.,II B.Sc Psychology Ms.Karthika.S,II B.Sc Psychology
9.	Pass the ball	Ms.Ayesha.M, III B.Sc Psychology Ms.Gayathri.G. II B.Sc Psychology Ms.Rashikha.P, I B.Sc Psychology
10.	Neurobics	Ms.Gayathiri.T,III B.Sc Psychology
11.	Action Dance	Ms.Indhumathi.A, III B.Sc Psychology Ms.Bharkavi.A, III B.Sc Psychology Ms.Ayesha.M, III B.Sc Psychology Ms.Monisha.S, III B.Sc Psychology
12.	Ice Break	Ms.Pavithra.S,III B.Sc Psychology Ms.Hemalatha.M, II B.Sc Psychology



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ORGANISERS

S.No	COMMITTEE	NAME OF THE ORGANISERS
1.	Reception	Ms.Charumathi.U., I B.Sc Psychology Ms.Monika.A., I B.Sc Psychology
2.	Registration	Ms. Yamuna Priya.A., III B.Sc Psychology Ms.Jeeva.B., II B.Sc Psychology Ms.Janani.J, II B.Sc Psychology
3.	Feedback	Ms.Vaishali.S., I B.Sc Psychology Ms.Gunavathi.S., I B.Sc Psychology
4.	Quote Pouch distributors	Ms.Madhumitha.A., II B.Sc Psychology Ms.Tharani.M., II B.Sc Psychology
5.	Schedule planners	Ms.Hemalatha.M.,II , I B.Sc Psychology
6.	Photos and video	Ms.Leelavathi.D, III B.Sc Psychology Ms.Mercy Christinal.P, I B.Sc Psychology



**PICTURES OF RECEPTION,
REGISTRATION COMMITTEE
AND FEEDBACK COMMITTEE
FOR WMHD ON 14.10.2023**

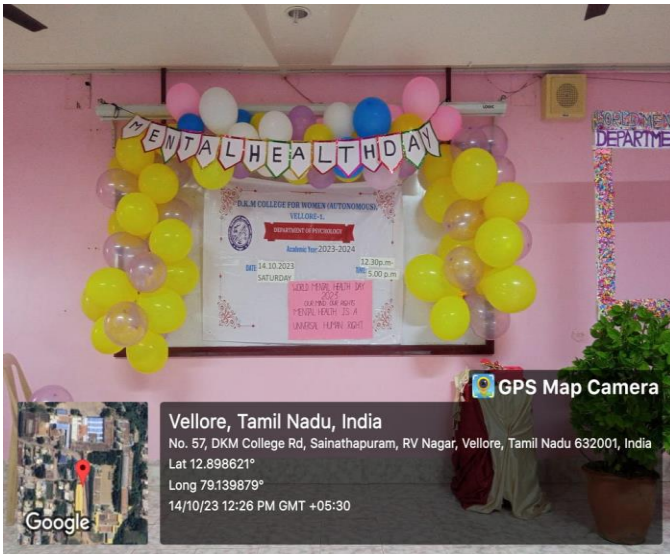


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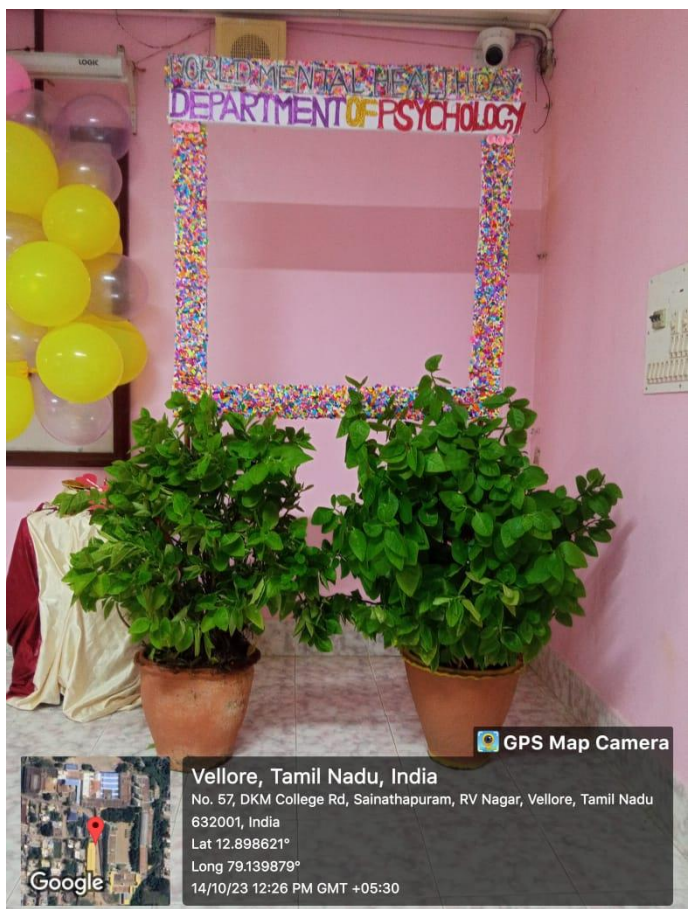
THE STAGE DECORATION FOR THE PROGRAM WMHD ON 14.10.2023



THE QUOTE POUCHES PREPARED TO GIVE TO FACULTIES



THE INVITE WITH SATIN AND QUOTE POUCHES SHARED TO THE FACULTIES DURING WMHD ON 14.10.2023



THE SELFIE BOOTH CRETAEED FOR THE PARTICIPANTS DURING WMHD ON 14.10.2023



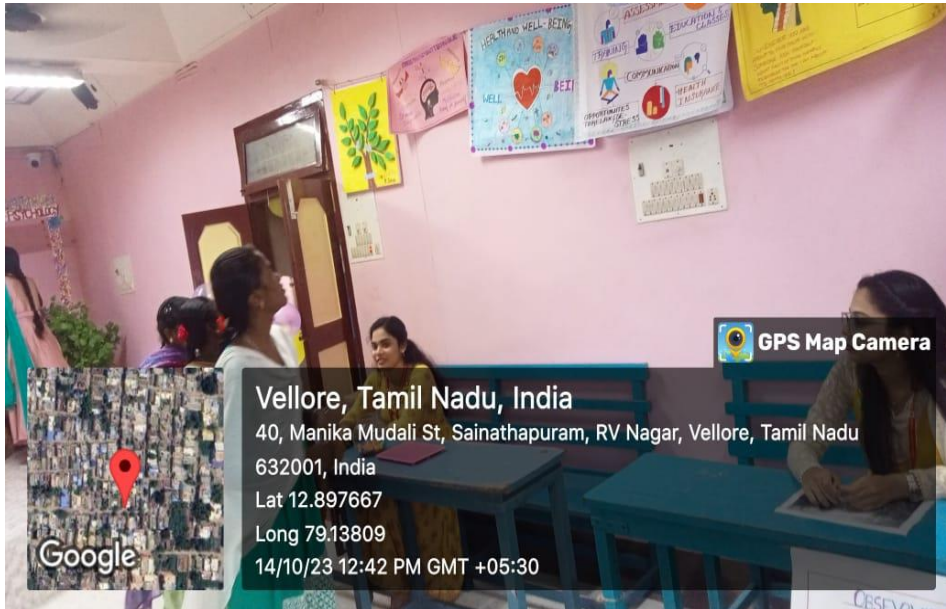
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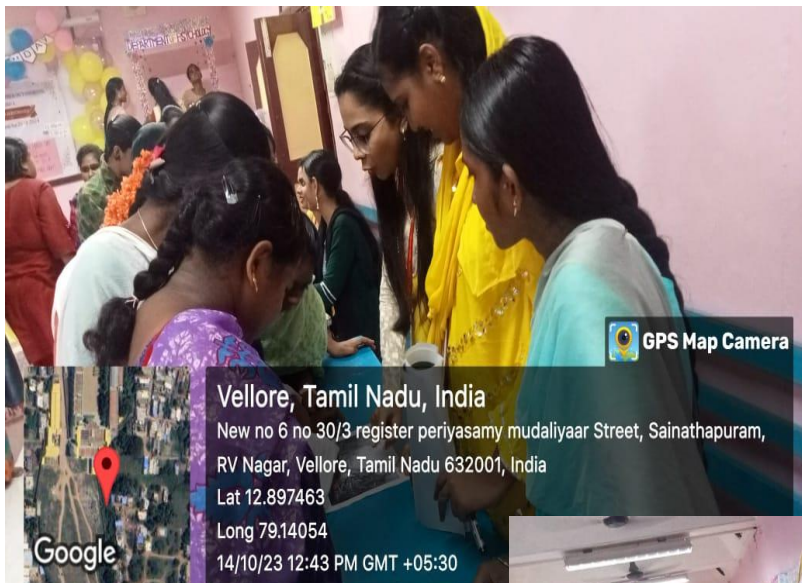
AN OUTREACH PROGRAM

75TH WORLD MENTAL HEALTH DAY

EXHIBITION AND MENTAL ASSESSMENT & GAMES

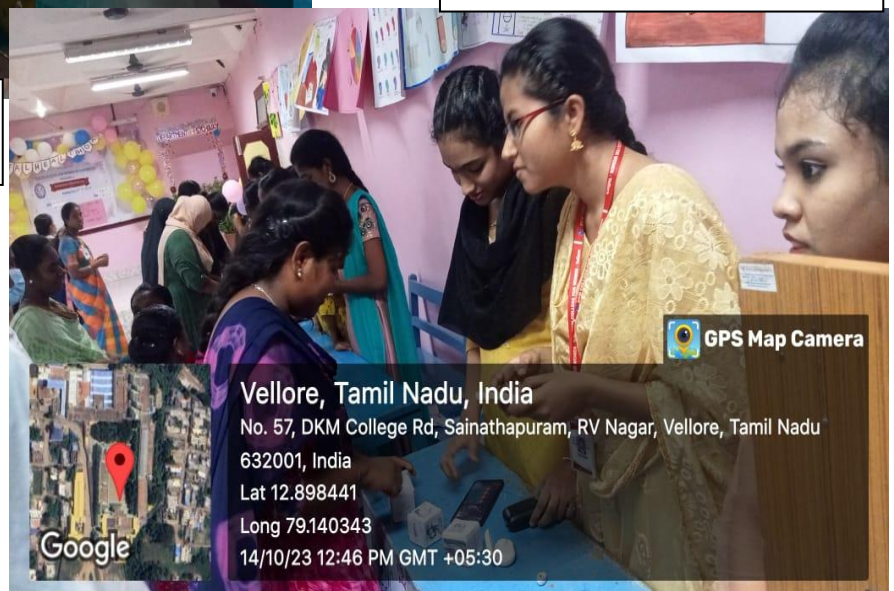


**THE CHART AND MODEL
EXHIBITION ON
PSYCHOLOGY FOR LIFE
SHOWCASED DURING
WMHD ON 14.10.2023**



**OBSERVATION TEST DURING
WMHD ON 14.10.2023**

**MUSIC THERAPY DURING
WMHD ON 14.10.2023**





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EXHIBITION AND MENTAL ASSESSMENT & GAMES



**PUZZLE AND
PATTERN DRAWING
DURING WMHD ON
14.10.2023**



**SPAN OF ATTENTION DURING WMHD
ON 14.10.2023**



**NEUROBICS DURING WMHD ON
14.10.2023**



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**DON'T LAUGH CHALLENGE DURING WMHD
ON 14.10.2023**

**OBSERVATION TEST DURING WMHD
ON 14.10.2023**



**PASS THE BALL DURING WMHD ON
14.10.2023**

**BUZZ WIRE DURING WMHD ON
14.10.2023**



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**RUBBER HAND ILLUSION DURING
WMHD ON 14.10.2023**



Vellore, Tamil Nadu, India
No. 57, DKM College Rd, Sainathapuram, RV Nagar,
Vellore, Tamil Nadu 632001, India
Lat 12.89808 Long 79.14013
14/10/23 03:01 PM GMT +05:30



**FINGER DEXTERITY DURING WMHD ON
14.10.2023**



Vellore, Tamil Nadu, India
23, Gajaraj Mudaliar Cross St, Sasthri Nagar, Vallalar Nagar,
Vellore, Tamil Nadu 632001, India
Lat 12.897156
Long 79.140961
14/10/23 12:44 PM GMT +05:30



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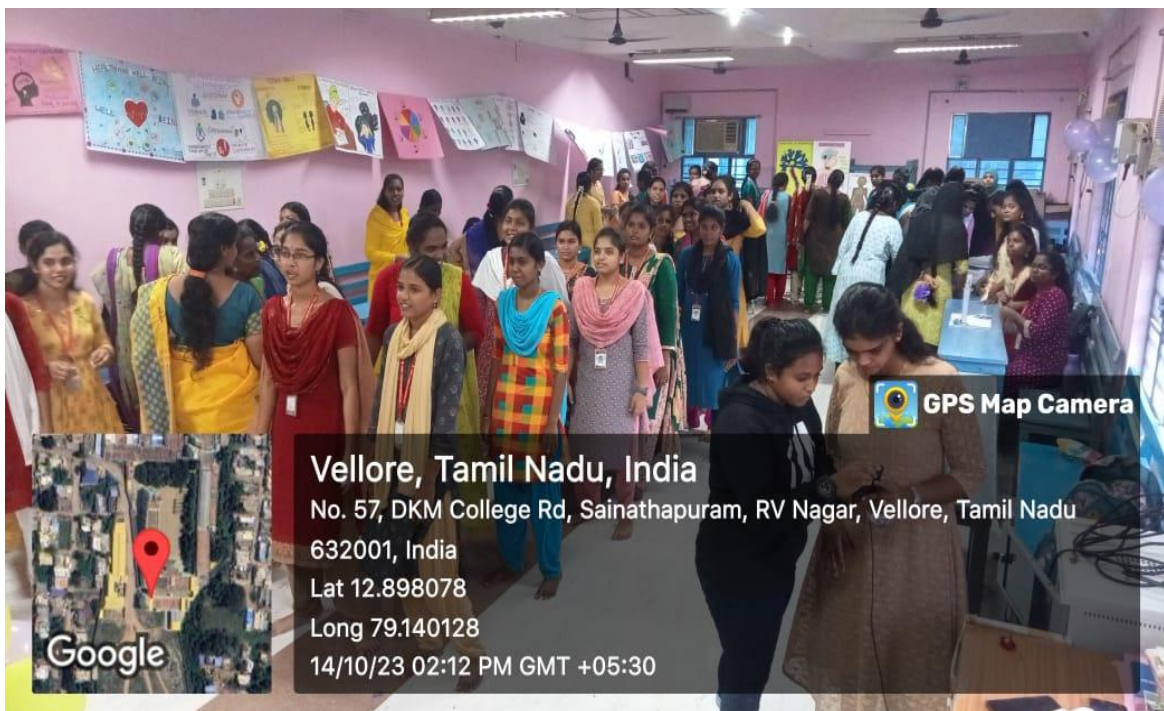
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ICE BREAK SESSION DURING WMHD ON 14.10.2023



Vellore, Tamil Nadu, India

No. 57, DKM College Rd, Sainathapuram, RV Nagar, Vellore, Tamil Nadu

632001, India

Lat 12.898078

Long 79.140128

14/10/23 02:12 PM GMT +05:30



Google

GPS Map Camera

ACTION DANCE SESSION DURING WMHD ON 14.10.2023

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SEMINAR ON MAPPING YOUR EMOTIONS



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INTERDEPARTMENTAL SEMINAR ON “MAPPING YOUR EMOTIONS”

Program Objective:

The Department has scheduled a seminar on the topic “mapping your emotions” to the students of Department of English and Department of Biotechnology.

Date	:	14.10.2023
Time	:	03.30 p.m to 4.30 p.m.
Venue	:	Kaveri Conference Hall
Topic	:	<i>Mapping your emotions</i>
Resource Person	:	Ms.Iyshwharya.G., M.Sc Clinical Psychologist CMC,Bagayam.
Beneficiaries	:	90 students of English and Biotechnology

Report:

The program was started by 3.30 p.m with a prayer in Kaveri Conference Hall on 14.10.2023 during World Mental Health Day program. Mrs. Aarthi. D, the Head of the Department has inaugurated the seminar and Ms. Soniya,K., Assistant Professor has introduced the resource person. The resource person Ms. Iyshwharya.G, the clinical psychologist and a private counsellor has started to give talk on the ways to map emotions of a person. She has also conducted activities that represent the importance of mapping once emotions to maintain a good social life. Students were also given a chance to create their own emotional wheel and colour it according to their perception. The resource person has further given a small training on maintaining emotion diary in regular basic as a means for anger management. The students from I, II and III B.Sc. Psychology, B.A English and B.Sc. Biotechnology have taken part in the seminar and benefitted. The session winded up at 4.30 p.m. after Ms. Nishathi.V, Assistant Professor of Psychology has proposed vote of thanks.



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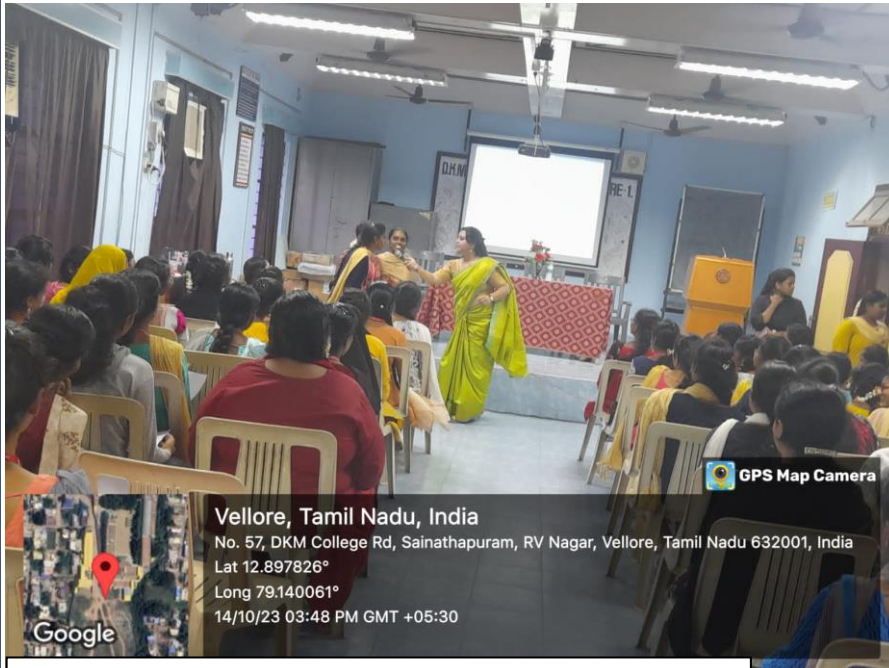
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INTERDEPARTMENTAL SEMINAR ON “MAPPING YOUR EMOTIONS”

PHOTOGRAPHS



THE RESOURCE PERSON Ms.IYSHWHARYA.G CONDUCTING EMOTIONAL WHEEL ACTIVITY DURING WMHD SEMINAR ON MAPPING YOUR EMOTION ON 14.10.2023 AT KAVERI CONFERENCE HALL



THE RESOURCE PERSON Ms.IYSHWHARYA.G CONCLUDING THE SESSION DURING WMHD SEMINAR ON MAPPING YOUR EMOTION ON 14.10.2023 AT KAVERI CONFERENCE HALL