



CAMPUS MENTAL HEALTH DRIVE

Department of Psychology, KMV
In collaboration with WFMH and YMH



On the occasion of World Mental Health Day 2022, the Department of Psychology, KMV organised a 5 day-long event in the form of a campus drive. The event was conducted from October 10th, 2022 to October 14th, 2022. Each day featured a variety of sessions and activities, with the former aiming to raise awareness about issues that can assist an individual in coping with mental health issues and the latter aiming to help people relax and vent their feelings.

Day 1 - 10/10/2022

On the first day of the event, two sessions on psychological first aid were held. These sessions were conducted in collaboration with the NSS unit of KMV. The speaker for the first session was Ms. Tanvi Jajoria, (Counselling Psychologist, Mentamigo) who informed the participants about what psychological first aid (PFA) is and focused on suicide prevention and how we can use PFA to facilitate it. The second session of the day was held by Dr. Renu Sharma (Clinical Psychologist, AIIMS). She explained the different forms of PFA, their significance and how one can execute them. Both, the departmental students and NSS volunteers took part in the sessions. We were able to make the participants aware and have a very successful beginning to the event.



A group discussion was held as the activity for the day. the discussion was very fruitful, everyone engaged and presented their views. It mainly revolved around the need to recognise mental health problems and giving them the same importance as physical health problems. There was also a discussion about what is the scenario in rural areas revolving mental health and how and what we can do to make mental health awareness and services accessible to rural people.



Day 2 - 11/10/2022

On the second day, a movie screening was organised for the students of Psychology. Inside Out is a movie that follows the inner workings of a young girl named Riley, as five personified emotions administer her thoughts and actions as she adapts to her family's relocation. This movie helped the students acknowledge, understand, and manage their emotions better. A panel discussion was also conducted after the screening, in which five volunteers from the audience were made a part of the panel, and a moderator asked a variety of questions which were answered and further discussed by the audience. The discussion helped the participants gain a better insight of emotions management, and how different factors like social perception can affect an individual's behaviour.



The activity of the day was 'Blackout Poetry' in which the participants were given an unseen passage, and they were asked to strike down extra words, to make a poem/prose out of the remaining words. The activity aimed to help the participants reflect on their feelings and try to bring out emotions through poetry.



Day 3 - 12/10/2022

On the third day, a session was conducted in collaboration with EmoAid, an organization which promotes emotional wellbeing across populations. The speakers Ms Eti Goel and Ayushi Mittal held an extremely interactive session. The participants were given various worksheets like an 'Emotion Tracker' and taught various techniques that can enable them to manage their emotions better. The speakers guided the participants to help them overcome their recent emotional instability. The session was highly engaging and the participants enjoyed it thoroughly.



The activity for the day was "Paint Your Mood", The volunteers set up a stall in the college campus, which was open for the whole college to engage with. The participants were provided with a sheet of paper and some colours, and were simply asked to draw whatever they wish to. This activity aimed at helping the people release their emotions through art.



Day 4 - 13/10/2022

On the fourth day, the departmental staff tried to help the participants by lending an ear, and listening to them talk about their feelings. The participants were asked to enter the room, where the faculty of the psychology department was seated, with a screen in front of them, to maintain anonymity. The environment was made as comfortable as possible. The participants were able to talk to the listeners and were able to vent freely. The activity for the day was 'Pop It', where the participants were given a balloon and a marker and were asked to write something negative on it, and then to pop the balloon. This activity aimed to help people 'pop' the negativity out of their life.



Day 5 - 14/10/2022

On the fifth day, a session on Expressive Arts Therapy was conducted by Eti Goel (EmoAid). The session was undoubtedly fun-loaded with activities where the participants walked across the room randomly on speed counts saying thank you to anyone they bumped into, imitated to be a newspaper that their partner controlled, chased each other's scribbles, founded objects in them with which they then weaved a story, played with balloons using only a specifically instructed body part and much more. The entire session was relaxing and refreshing not just because of the fun of the activities, but also because each of these activities made the participants more aware of their own sensations or feelings and gave them an insight on how they perceive the world around us.



The activity for the day was 'Color a Mandala', in which the participants were given a printout of a mandala, and were asked to colour it. This activity aimed at helping people forget about their worries and relax while colouring a Mandala.

