

Sri Arvind Mahila College, Patna

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(A Constituent Unit of Patliputra University, Patna)

Report on World Mental Health Day

Date of Event: 10th October 2025

Venue: Psychology Lab, Sri Arvind Mahila College

Organized by: Department of Psychology

No. of students: 33

An awareness session on *World Mental Health Day* was organized by the **Department of Psychology** on **10th October 2025 at 11:00 a.m.** in the college Psychology Lab. The session aimed to help students recognize signs of mental disorder sand understand mental illness treatment to promote mental wellbeing.

Objectives

- 1. It aims to spread awareness and understanding about mental health, helping people recognize that mental health is just as important as physical health.
- 2. Mental health day encourages open discussion to break the stigma and misconceptions surrounding mental illness.
- 3. It emphasizes the importance of taking care of one's mental health and encourages activities that support emotional and psychological wellbeing.

Event Highlights

Educational Presentation:

Adetailedpresentationwasgivenonidentifyingsignsofmentaldisorders

Interactive Session:

Students actively participated in a question—answer session that helped clarify concepts and enhance their understanding of mental health.

Awareness Building:

The session focused on reducing social stigma related to mental illness. Discussions were held on emotional management, stress handling, and steps to prevent suicide.

Conclusion

The awareness session on *World Mental Health Day* was a successful initiative by the Department of Psychology. It helped students understand the importance of mental health, recognize symptoms of mental disorders. The session also promoted awareness, empathy, and a supportive environment for maintaining good mental health



Department of Psychology SRI ARVIND MAHILA COLLEGE

KAZIPUR, PATNA - 800004

(Constituent unit of Patliputra University, Patna)

Ref.

Date 07-10-2025

सूचना विभाग

विश्व मानसिक स्वास्थ्य दिवस पर त्यास्थान

मनीविज्ञान विमाग के सभी हात्राओं की व्यूचित किया जाता है कि "विश्व मान्सिक स्वास्थ्य दिवस" के अवसर पर एक विश्वीच ट्याष्ट्यान का आयोजन किया जा यहा है। इस ट्याष्ट्यान का उद्देश्य हात्राओं को मानसिक स्वास्थ के प्रति जागरूक करना स्वं उसके महत्व की समझाना हैं।

तिशि : 10.10.2025

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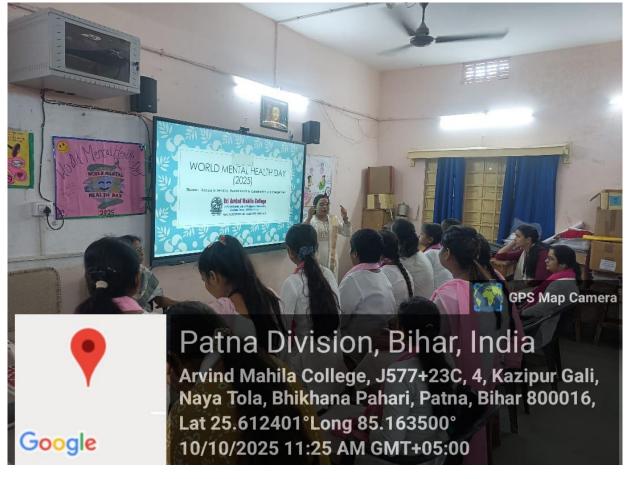
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(EXOIGHY)

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