



Sri Arvind Mahila College, Patna

Accredited by NAAC with B Grade

(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 and understand mental illness treatment to promote mental well-being.

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 well-being.

Event Highlights

Educational Presentation:

A detailed presentation was given on identifying signs of mental disorders.

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
मनोविज्ञान विभाग

विश्व मानसिक स्वास्थ्य दिवस पर व्याख्यान

मनोविज्ञान विभाग के सभी छात्राओं को सूचित किया जाता है कि "विश्व मानसिक स्वास्थ्य दिवस" के अवसर पर एक विशेष व्याख्यान का आयोजन किया जा रहा है। इस व्याख्यान का उद्देश्य छात्राओं को मानसिक स्वास्थ्य के प्रति जागरूक करना एवं उसके महत्व को समझाना है।

तिथि : 10.10.2025

समय : 11 A.M.

स्थान : मनोविज्ञान प्रयोगशाला

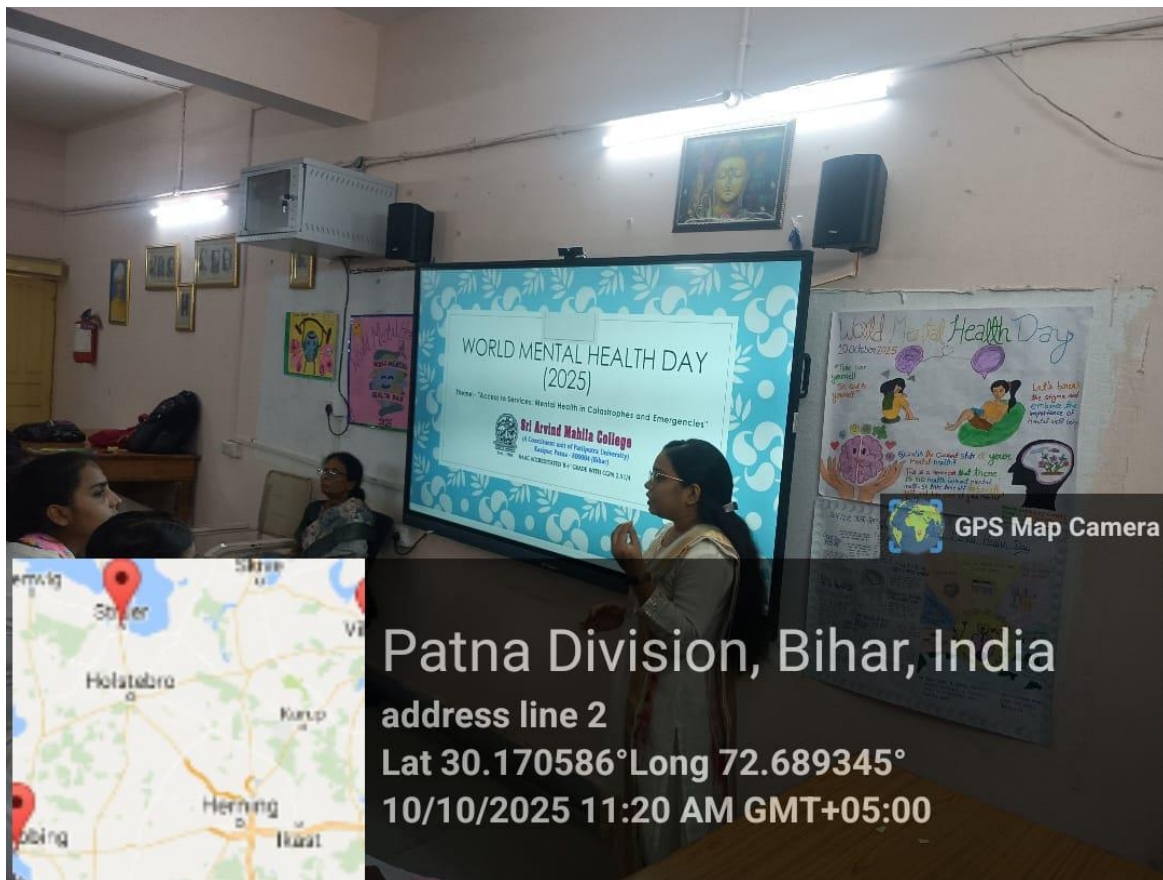
अधिक जानकारी के लिए विभाग से संपर्क करें।

W. Sinha
07/10/25
(हस्ताक्षर)

विभागाध्यक्ष

मनोविज्ञान विभाग





दिनांक - 10/10/25

"WORLD MENTAL HEALTH DAY"

आज दिनांक 10.10.25 को मनोविज्ञान विभाग द्वारा 'विश्व मानसिक स्वास्थ्य दिवस' के अवसर पर एक विशेष व्याख्यान का आयोजन किया गया जिसका उद्देश्य छात्रों को मानसिक स्वास्थ्य के प्रति जागरूक करना तथा इसके महत्व को समझाना था। छात्रों ने उत्साह के साथ इस कार्यक्रम में हिस्सा लिया तथा पोस्टर एवं प्रापण हेल्थ टैबल प्रस्तुति दी। छात्रों के अनुसार यह अभी तक का सबसे सफल कार्यक्रम रहा।

कार्यक्रम में शिक्षक शिक्षिकाओं एवं छात्रों की उपस्थिति रही।

शिक्षकों के नाम — ①

हस्ताक्षर

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③ श्री रजनी कुमारी सिन्हा — 

④ SHRUTI RANI

— Shrutirani

Sr.	Name	Class (Roll No.)	Signature
1	Samjama Kumari	P.G 68	Samjama Kumari
2	Shweta Mehta	U.G Sem III 293	Shweta Mehta
3	Triti Kumari	U.G Sem - III (15)	Triti
4	Ragani Kori Jha	U.G Sem - III (20)	Ragani Kori Jha
5	Rashmi Kumari	U.G. Sem. III (582)	Rashmi Kumari
6	Kajal Kumari	U.G. Sem. III (582)	Kajal Kumari
7	Maryam Zakir	U.G Sem IV th (11)	Maryam Zakir
8	Safna Kumari	U.G Sem IV th (29)	Safna Kumari
9	Dolly Kumari	U.G Sem V th (7)	Dolly Kumari
10	Raushni Kumari	U.G Sem V th (93)	Raushni Kumari
11	Seema Kumari	U.G Sem V th (9)	Seema Kumari
12	Jyoti Kumari	P.G Sem I st (03)	Jyoti Kumari

	Name	Rollno	Signature
13	Anjali Kumari	PG 1st Sem (48)	Anjali Kumari
14	Annu Kumari	PG 1st Sem (31)	Annu Kumari
15	Reshma Kumari	UG V th Sem (24)	Reshma Kumari
16	Nisha Priyadarshi	PG III Sem (Psy) 37	Nisha Priyadarshi
17	Priyanka Kumari	P.G. 1st Sem (Psy) 79	Priyanka Kumari
18	Chanda Kumari	PG. 1st Sem (34)	Chanda Kumari
19	Sweety Kumari	PG. 1st Sem (Psy) 67	Sweety Kumari
20	Manisha Kumari	P.G. 1st Sem (Psy) 21	Manisha Kumari
21	Nisha Kri	P.G. 1st Sem (Psy) 37	Nisha Kumari
22	Manisha Kri	" " 22	Manisha Kri
23	Minakshi Kumari	P.G. 1st Sem (Psy) 42	Minakshi Kri
24	Jaymala Kumari	PG 1st sem (Psy) 13	Jaymala Kumari
25	Ayushi Kumari	U.G. V th Sem (Psy) 17	Ayushi Kumari
26	Pushpa Kumari	U.G. V th sem (Psy) 18	Pushpa Kumari
27	Shilpa Kumari	P.G. II nd Sem (Psy) 28	Shilpa Kumari
28	Niti Jha	U.G. 3 rd sem (Psych) 102	Niti Jha
29	Aditi Ranjan	U.G. 1 st Sem (Psych) 77	Aditi Ranjan
30	Nupur Kumari	U.G. 1 st Sem (Psych) 30	Nupur Kumari
31	Mayuri Kumari	U.G. 3 rd Sem (Psy) (OH)	Mayuri Kri
32	Priya Kumari	U.G. V th Sem (Psy) 82	Priya Kumari
33	Dolly Kumari	UG V th Sem (Psy) 106	Dolly Kumari