



ST FRANCIS DE SALES COLLEGE

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Report of "Outreach Program: Svastir-World Mental Health Day 2022"

Title	Outreach Program: Svastir-World Mental Health Day 2022 MOU Activity
Date of Event(s)	12.10.2022
Department / Association	PsyLight Club Dept. of Psychology Postgraduate Centre <i>In association with</i> TREDA Counselling and Training Centre, Bengaluru
Venue	Traffic Signals in Electronic City and SFS Degree Campus
Number of Participants	35 + 500 Public

Report:

PsyLight Club, Dept. of Psychology organizes awareness program on account of World Mental Health Day every year on 10th October. Theme for this year was *Make mental health and well-being for all a global priority*. Mental health should be promoted and importance of it to be explained to all. Following the legacy of promoting mental health, PsyLight Club in association with TREDA, Counselling and Training Centre organized Outreach program titled "Svastir" in two phases to bring awareness among public.

Phase I: Permission from Traffic police department was taken for the event. MSc Psychology students along with TREDA volunteers assembled in the decided and permitted venue, that is traffic signals in electronic city. Some of the students and volunteers were holding banners and placards in the signals for public to read. Others were issuing flyers about tips to improve mental health. Flyers were written in English and Kannada. For every red signal students and volunteers went to the public standing in signals, issued flyers and explained about the importance of the day and mental health.

Phase II: To build civic sense and social responsibility among youth Mental Health Ambassadors Cards were prepared. The event was executed in SFS Campus. MSc Psychology students went into each classroom of Under graduation and spoke about the importance of mental health and responsibilities to be taken over by youngsters to build healthy society.

Duties and responsibilities were explained, and consent was taken from UG students. Whoever was interested to become the ambassadors, details were collected and Pledge Cards were issued. Whatsapp group was created and these ambassadors were included in the group. The intention of the group is to increase the ambassadors and make them responsible for mental health.

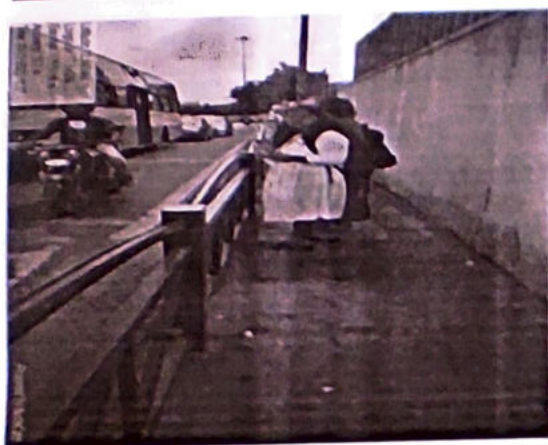
Positive Outcome: Svastir means well-being. Building well-being among people is important to have a healthy society. Visibility is one strategy to make people think about it. Fast and stressful life has taken people far from mental health. Students were taught to initiate events to talk to people and explain to them. Social skills were improved by talking to public. Mental health ambassadors made all youth responsible for their actions. The event build confidence, civic sense, social responsibility and also work for the society.

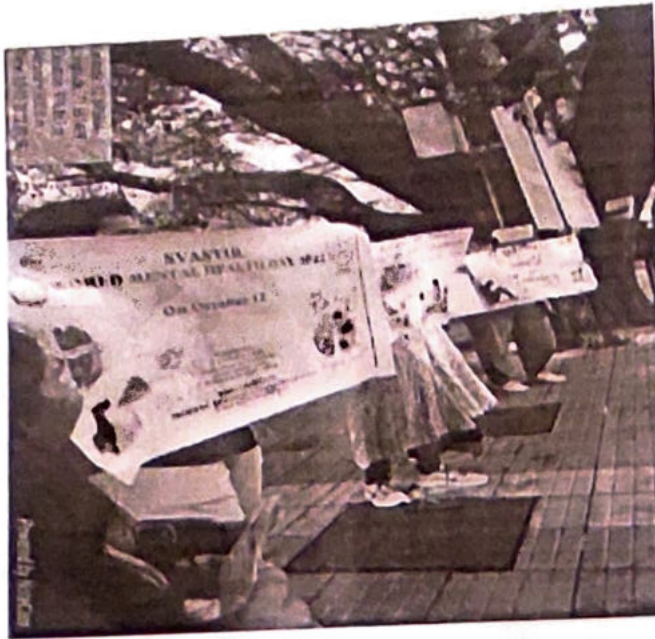
Supporting Documents:

Geo-tagged Photos









Permission letter from Traffic Police Station



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Ref. No: 2022/01/PSY

Date: 10/10/2022

To,

Police Inspector
Electronic City Traffic Police Station
Electronic City
Bangalore-560100

Dear Sir,

*Sub: Permission to conduct Public Awareness on Mental Health on 12.10.2022 in the
Traffic Signals situated in Electronic City*

With reference to the above subject would like to inform you that, Dept. of Psychology, Postgraduate Centre, St Francis de Sales College is organizing Outreach Program on 12th October 2022 on account of World Mental Health Day. The department intends to hold placards and issue flyers to the public in Traffic Signals situated in Electronic City (immediately after toll) Phase I and Phase II from 9 am to 11 am. The event has been planned to bring awareness among public about Mental Health. I request you to kindly permit the team to conduct Awareness Program on 12.10.2022. This would be of great support in building healthy society.

Thank You

For Contact:
Dr Mamatha K
Asst. Professor
Dept. of Psychology
St Francis de Sales College
Mob: 9900098109

With Regards


PRINCIPAL
St. Francis de Sales College
Electronic City Post, Bangalore - 560 100

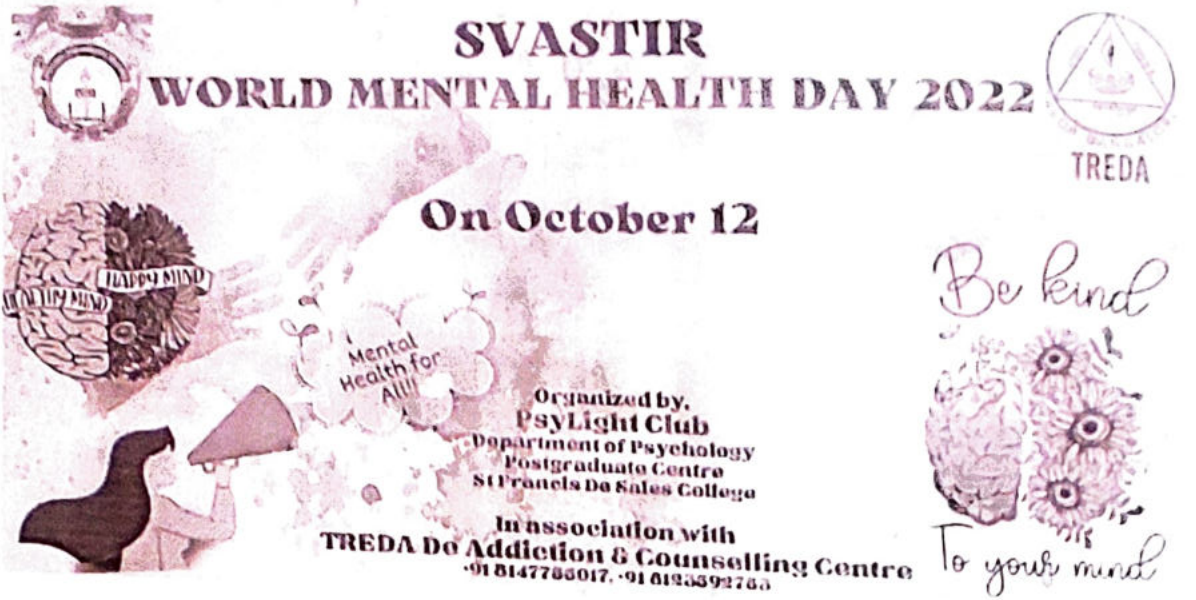


Electronics City P.O., Bengaluru - 560 100

Phone: 080-27836085 / 27834611, Fax: 080-27832299, Email: principal@sfscollege.in

www.sfscollege.in

Banner



SVASTIR
WORLD MENTAL HEALTH DAY 2022

On October 12

Organized by,
PsyLight Club
Department of Psychology
Postgraduate Centre
St Francis De Sales College

In association with
TREDA De Addiction & Counselling Centre
+91 8147785017, +91 8193392763

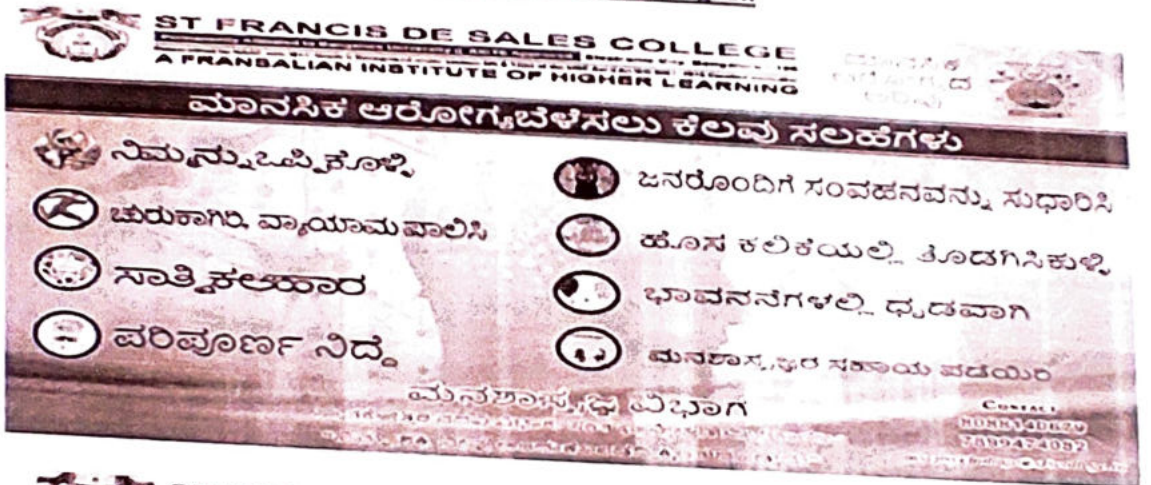
Be kind
To your mind

Mental Health for All!!!

SVASTIR

TREDA

Flyer in Kannada and English



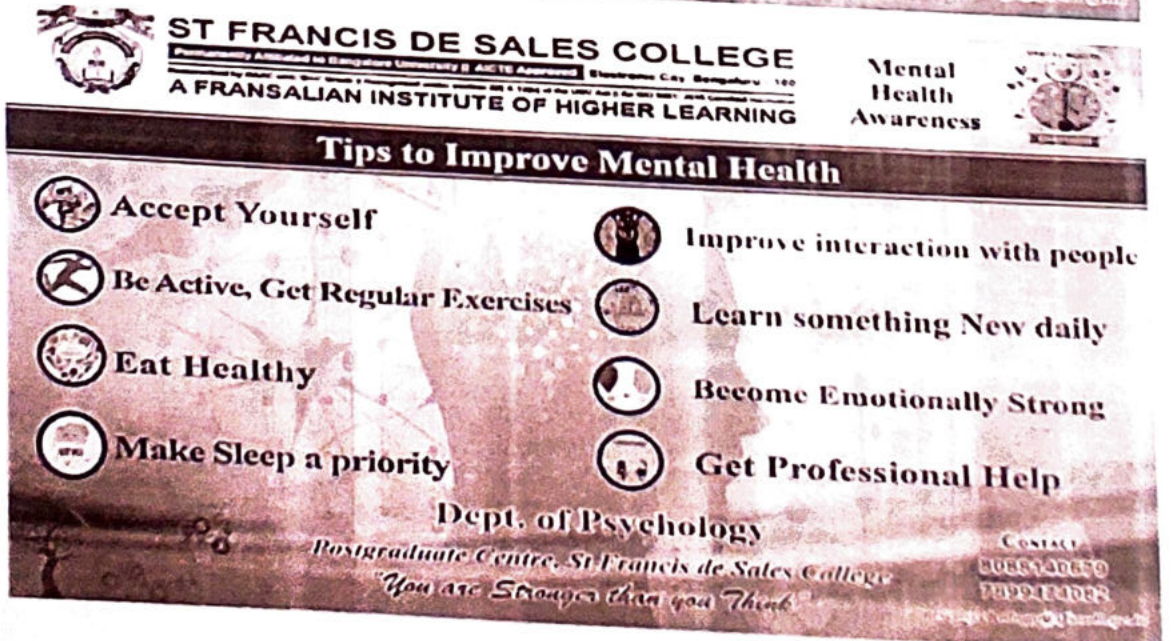
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ಮಾನಸಿಕ ಆರೋಗ್ಯ ಬೆಳೆಸಲು ಕೆಲವು ಸಲಹೆಗಳು

- ನಿಮ್ಮನ್ನು ಒಪ್ಪಿಕೊಳ್ಳಿ
- ಚುರುಕಾಗಿ ವ್ಯಾಯಾಮವಾಳಿಸಿ
- ಸಾತ್ವಿಕ ಆಹಾರ
- ಪರಿಪೂರ್ಣ ನಿದ್ರೆ
- ಜನರೊಂದಿಗೆ ಸಂವಹನವನ್ನು ಸುಧಾರಿಸಿ
- ಹೊಸ ಕಲಿಕೆಯಲ್ಲಿ ತೊಡಗಿಸಿಕೊಳ್ಳಿ
- ಭಾವನನಗಳಲ್ಲಿ ಧೃದವಾಗ
- ಮನಶಾಸ್ತ್ರಜ್ಞರ ಸಹಾಯ ಪಡೆಯಿರಿ

ಮನಶಾಸ್ತ್ರಜ್ಞ ವಿಭಾಗ

Contact: 8085340870, 8193392763



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Tips to Improve Mental Health

- Accept Yourself
- Be Active, Get Regular Exercises
- Eat Healthy
- Make Sleep a priority
- Improve interaction with people
- Learn something New daily
- Become Emotionally Strong
- Get Professional Help

Dept. of Psychology
Postgraduate Centre, St Francis de Sales College

"You are Stronger than you Think"

Contact: 8085340870, 8193392763

Pledge Card



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MENTAL HEALTH AMBASSADOR

Pledge Card



I _____ Pledge to do my best to *remove stigma* about mental illness, help *raise awareness* about mental health and *encourage individuals* in their efforts to achieve well-being and build a healthy society.

PsyLight Club, Dept of Psychology, Postgraduate Centre
certifies you to be a
Mental Health Ambassador.

Report prepared by:

Dr. Mamatha K
Asst. Professor
Dept. of Psychology
Postgraduate Centre
St Francis de Sales College

HEAD

Department of Psychology
PG Centre
St. Francis de Sales College
Bengaluru - 560100



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A FRANSALIAN INSTITUTE OF HIGHER LEARNING

Ref. No: 2022/01/194

Date: 10/10/2022

To,

Police Inspector
Electronic City Traffic Police Station
Electronic City
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With Regards

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[Signature]
10/10/22
PRINCIPAL
St. Francis de Sales College
Electronics City Post, Bangalore - 560 100

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ATTENDANCE SHEET

Event: Outreach Program: Svastir-World Mental Health Day 2022

Date: 12.10.2022

Sl.No	Name	Reg. No.	Signature
1	AKRITI RAO	20NCSMS001	
2	AKSA MARY JOSE	20NCSMS002	
3	DIBYANGANA PAUL	20NCSMS003	
4	EBIN LEO ABRAHAM	20NCSMS004	
5	FELICIA SALDANHA	20NCSMS005	
6	ISHMAT	20NCSMS006	
7	JEEVAN V	20NCSMS007	
8	PREETHI DEVI Y	20NCSMS008	
9	SHILPA T R	20NCSMS009	
10	SIDDARTHA KUMAR	20NCSMS010	
11	TIBIRISETTI S MATHA	20NCSMS011	
12	DEEKSHA K N	P03MB21S0001	
13	ANAJANA SHAJI	P03MB21S0002	
14	NAFIYA FATHIMA M	P03MB21S0003	
15	SHALINI M	P03MB21S0004	
16	BAPTIST MILTON	P03MB21S0005	
17	VAISHNAVI A	P03MB21S0006	
18	VINCY VERONICA T	P03MB21S0007	
19	SOWJANYA ADIGA	P03MB21S0008	
20	EDATHURATHIKARAN ANCY ALEXANDER	P03MB21S0009	
21	AASHIN SHAJEEV KELOTH	P03MB21S0029	

NOTE: Other 10 volunteers from TREDA Counselling Centre

HEAD
Department of Psychology
PG Centre
St. Francis de Sales College
Bengaluru - 560100