



ST FRANCIS DE SALES COLLEGE

Permanently Affiliated to Bangalore University || AICTE Approved Electronic City, Bengaluru - 100

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A FRANSALIAN INSTITUTE OF HIGHER LEARNING

Report of "Mental Health Check-Up Camp 2022"

Title	Mental Health Check-Up Camp 2022
Date of Event(s)	02.09.2022
Department / Association	PsyLight Club, Dept. of Psychology, Postgraduate Centre
Venue	Virtual Session
Number of Participants	415

Report:

Assessments are the primary steps taken by any psychologist to understand their clients better. Its important for people to know bout assessments. Unless assessment, psychologists cannot proceed with further steps. Its crucial for people to know about themselves to deal with their life. Making it a conscious practice is one of the social responsibilities. Since many people are still not aware about counselling and its benefits, Dept. of Psychology wanted to make it visible and show that they can reach them for any concerns they have. Hence the concept of Mental Health Check-Up Camp was conceived by the department.

PsyLight Club, Dept. of Psychology, Postgraduate Centre hosted "Mental Health Check-Up Camp" on 2nd September 2022. Brochure and promo videos were circulated. Charts were made by students for display. All participants registered in the counter and scanned for the scales they wanted assessment for. 420 students of the campus participated in the camp. Teachers also took part in the camp. All participants were told, the scores and interpretation will be sent to them in seven working days. The objective of the event was to build awareness among students and teachers about the importance of assessment to know about themselves and also to build self-awareness. A huge response by students and teachers in the campus, met the objective of the event and made the camp a big success.

Positive Outcome: Mental Health Check-Up Camp was a success by having huge response from students and teachers in the campus. It was one great experience to MSc Psychology students. It brought in social responsibility. Many more such camps would spread the importance of mental health.

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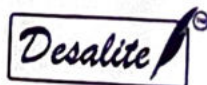
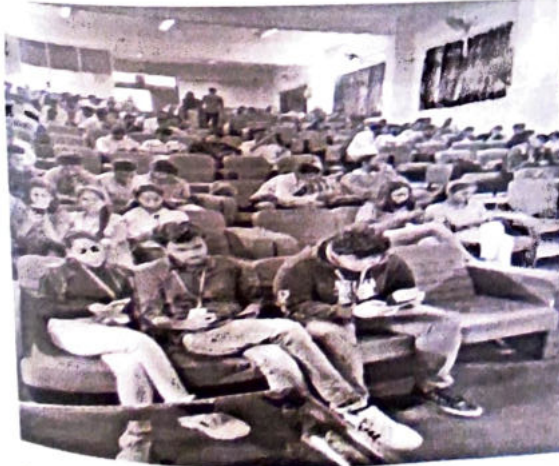


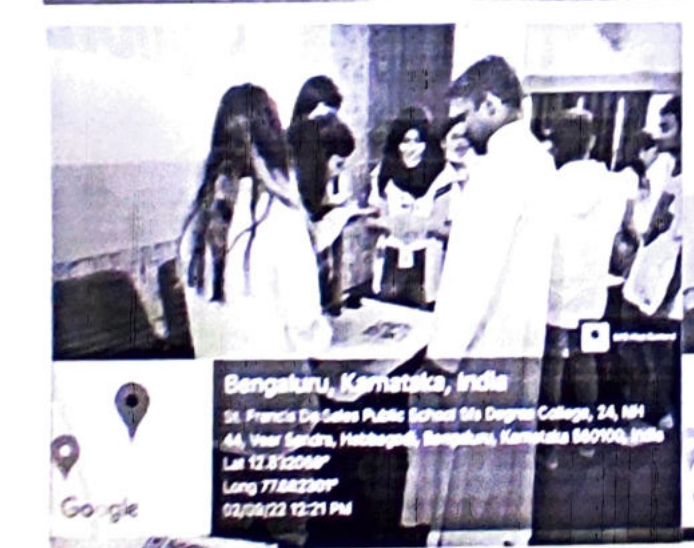
Photo Gallery










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 44, Veer Sandra, Hebbagodi, Bengaluru, Karnataka 560100, India
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Supporting Documents:

Brochure:

The brochure features a purple and white color scheme with a background of stylized human profiles. At the top left is the St. Francis de Sales College logo. The text on the brochure includes the college name, its affiliation with Bangalore University, and the organizing department.

ST. FRANCIS DE SALES COLLEGE
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SALISIAN INSTITUTE OF HIGHER EDUCATION

MENTAL HEALTH CHECK-UP CAMP

On
September 2, 2022

10:00 am to 1:30pm

At
Closed Auditorium

Organized by,
PsyLight Club
Department of Psychology
Postgraduate Centre

Link of the Promo Video:

<https://drive.google.com/drive/folders/13iIAVLgrRN-xijvKUe-F0TpKukwD3GUq>

Links of Assessed Scales and responses:

- https://docs.google.com/spreadsheets/d/1uOnATbWLFiN0X9VrvwEWiNhcVLE_M_2Ym2wm8adH9RI/edit#gid=1107710108
- <https://docs.google.com/spreadsheets/d/1ml-Gd3T42AWIKVvPIiEdolkz9MxWvbFtPPrR3JnoLY/edit#gid=1115323572>
- <https://docs.google.com/spreadsheets/d/1ck2-R5hQHAiEe85OuUGgYOvEUCNdIWInPy33gdcDGF/edit#gid=1481321244>

- https://docs.google.com/spreadsheets/d/1KtTwuVj7rPFPTJh3dRAszSTD_VFG2zxdSbuPjPVEAjE/edit#gid=758191709
- https://docs.google.com/spreadsheets/d/1T6EcuKEaCp3YKvVA8IFWQINdgtYWNgM5l_eRRoTs4Q/edit#gid=1754925505

Report prepared by:

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



HEAD
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PG Centre
St. Francis de Sales College
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ATTENDANCE SHEET

Event: Mental Health Check Up Camp 2022

Date: 02.09.2022

Volunteers List

Sl.No	Name	Reg. No.	Signature
1	AKRITI RAO	20NCSM8001	
2	AKSA MARY JOSE	20NCSM8002	
3	DIBYANGANA PAUL	20NCSM8003	
4	EBIN LEO ABRAHAM	20NCSM8004	
5	FELICIA SALDANHA	20NCSM8005	
6	ISHMAT	20NCSM8006	
7	JEEVAN V	20NCSM8007	
8	PREETHI DEVI Y	20NCSM8008	
9	SHILPA T R	20NCSM8009	
10	SIDDARTHA KUMAR	20NCSM8010	
11	TIBIRISETTI S MATHA	20NCSM8011	
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	


HEAD
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