

**WORLD**  
**MENTAL**  
**HEALTH**  
**DAY**

**OCTOBER 10**

# REPORT : WORLD MENTAL HEALTH DAY, OCTOBER 10 2022

World Mental Health Day is observed on 10th October every year to create global awareness about mental illnesses and highlight the importance of preventive measures to tackle the disease. World Mental Health Day provides an opportunity for individuals, organizations, and other stakeholders to come together and share their experiences on mental health issues and what needs to be done to make mental healthcare for all a reality. The awareness color for World Mental Health Day is 'Green'. The objectives of the Health Awareness programme are widespread. The ultimate goal of health awareness programme is:

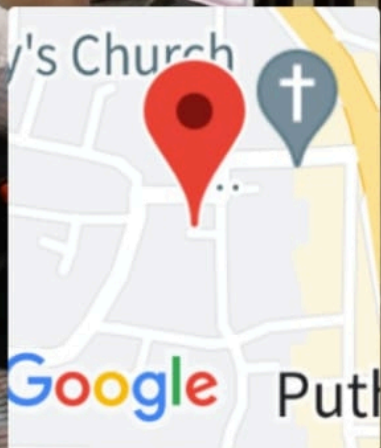
- To improve the health of the individual and community level.
- To reduce the incidence of disease.
- To cut down the rate of reduction of disabilities and deaths.
- To inform and educate the mass about their certain health issues.
- To raise awareness regarding the targeted health issues .

- To create awareness about the available wellness resources.
- To share the adequate information upon health.
- To achieve a much higher level with broad objectives.
- To help listeners and their close ones choose a lifestyle that knocks down unhealthy ambiance.
- To combat diseases like stress, mental unhealthiness.
- To promote individual health coaching and recommendations from the result.

Hence, as a part of the celebrations, third year b.sc psychology students from **Prajyothi Niketan College,Pudukkad** conducted awareness classes in various schools ,under the guidelines of HOD **DR.MILU MARIA ANTO** and Programme Coordinator **SR. JULIE ELIZABETH**.The classes are conducted by different group.There will be three to four person in a group.The members of group four are Liya Babu,Delna Davis,Gouri Nandhana Mariya Thomas Chittilappilly.With the consent of the Principal of **St. Anthony's Higher Secondary School,Pudukkad** classes were conducted in 10 a,b,c.The classes are organized into three parts : introduction to mental health, problem related to mental health and how to improve and maintain mental health.While conducting the class most important rule is to be consistent in the way one deal with their pupils.If the class firm in the discipline, they're less likely to challenge rules.So,before starting the class, rapport was established. During the class,all of them follow directions promptly and accurately.They also show a conscientious effort to be active in throughout. They were also given a task between classes.The task was to write down any of their five stressors .They wrote it and brought it in our hands. After the classes,students also gave their comments .This motivated us to take more classes.



GPS Map Camera



**Puthukkad, Kerala, India**

C7C9+F5W, Puthukkad, Kerala 680301, India

Lat 10.421234°

Long 76.267878°

10/10/22 10:18 AM GMT +05:30



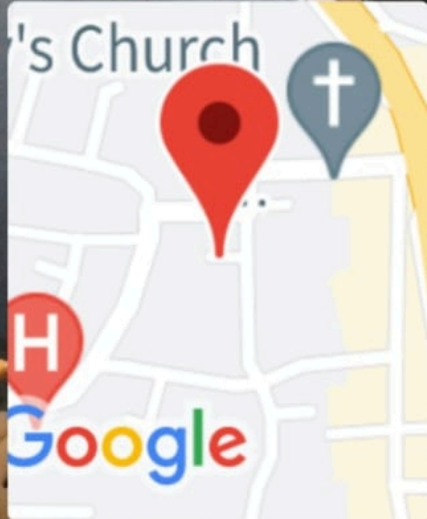
GPS Map Camera



**Puthukkad, Kerala, India**  
C7C9+F5W, Puthukkad, Kerala 680301, India  
Lat 10.421237°  
Long 76.267907°  
10/10/22 10:36 AM GMT +05:30



GPS Map Camera



Puthukkad, Kerala, India

C7C9+F5W, Puthukkad, Kerala 680301, India

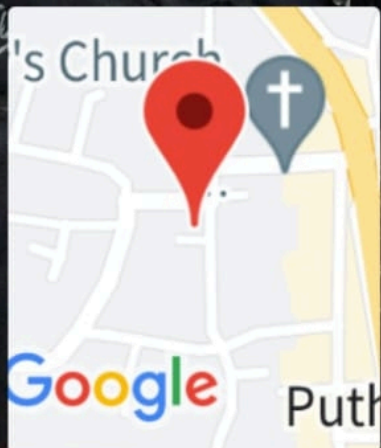
Lat 10.421174°

Long 76.267921°

10/10/22 10:54 AM GMT +05:30



GPS Map Camera



**Puthukkad, Kerala, India**

**C7C9+F5W, Puthukkad, Kerala 680301, India**

**Lat 10.421324°**

**Long 76.268004°**

**10/10/22 11:20 AM GMT +05:30**





GPS Map Camera

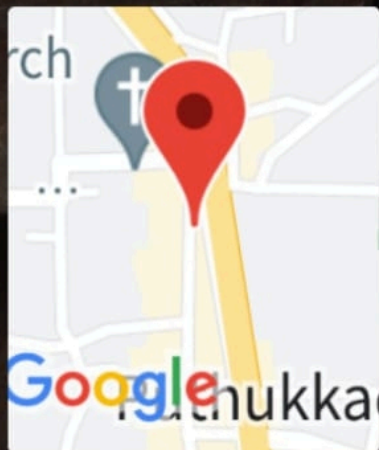
Puthukkad, Kerala, India

C7C9+GRH, Puthukkad, Kerala 680301, India

Lat 10.421292°

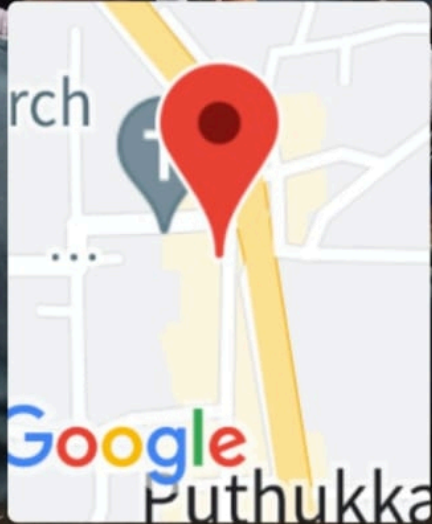
Long 76.269586°

10/10/22 11:41 AM GMT +05:30





GPS Map Camera



**Puthukkad, Kerala, India**

**C7C9+JQ5, Puthukkad, Kerala 680301, India**

**Lat 10.42166°**

**Long 76.269454°**

**10/10/22 11:41 AM GMT +05:30**

# NEED ANALYSIS

35 students from class 10 were present at the event. The team members presented and spoke to the students about various topics like mental health, work of mind, tension, anxiety, substance abuse, toxic relationship, phone addiction and how to achieve psychological well-being. An effective session “find your stressors” was held, where the students were asked to write down their stressors. The members noticed that their concerns was that of exams, results, peer group issues and parent-child relationship problems. The issues were really concerning. The overall facilities provided by the school were appreciable and helped for an effective session. The students were given positive response regarding the facilities of the school. There were game sessions which helped for interacting and understanding the students even more better.



**ST. ANTONY'S HIGHER SECONDARY SCHOOL**

**PUDUKAD -680 301**

**THRISSUR DT., KERALA, Ph: 0480 2752672**

**e-mail:stantonyshsspudukad@yahoo.com**

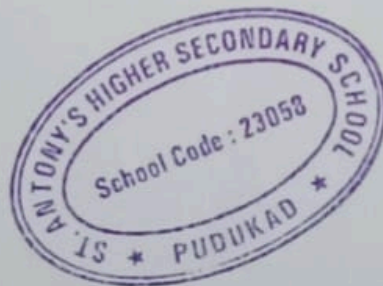
Date 10/10/2022

**To Whomsoever it may concern**

This is to certify that Kumari.MARIYA THOMAS CHITTILAPPILLY, III<sup>rd</sup> year B.Sc Psychology student, Prajothi Nikethan College, Pudukad has taken one hour class on Mental Health Awareness for the X<sup>th</sup> standard students of ST. ANTONY'S HSS PUDUKAD on 10<sup>th</sup> October 2022. The class was found to be very useful to the students.

Date : 10/10/2022

Place : PUDUKAD



*Eugene Prince M*  
Headmaster  
EUGENE PRINCE .M  
HEADMASTER  
ST. ANTONY'S H.S.S.  
PUDUKAD - 680301



**ST.ANTONY'S HIGHER SECONDARY SCHOOL**

**PUDUKAD -680 301**

**THRISSUR DT., KERALA, Ph: 0480 2752672**

**e-mail:stantonyshsspudukad@yahoo.com**

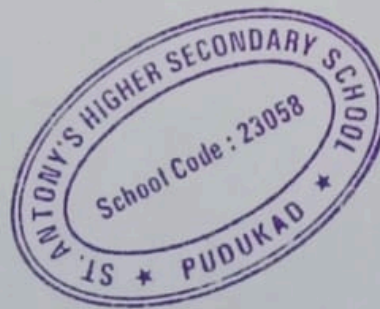
Date...10/10/2022

**To Whomsoever it may concern**

This is to certify that Kumari.GOURI NANDHANA, III<sup>rd</sup> year B.Sc Psychology student, Prajothi Nikethan College, Pudukad has taken one hour class on Mental Health Awareness for the X<sup>th</sup> standard students of ST.ANTONY'S HSS PUDUKAD on 10<sup>th</sup> October 2022. The class was found to be very useful to the students.

Date : 10/10/2022

Place : PUDUKAD



*Eugene Prince .M*  
Headmaster

EUGENE PRINCE .M  
HEADMASTER  
ST. ANTONY'S H.S.S.  
PUDUKAD - 680301



**ST.ANTONY'S HIGHER SECONDARY SCHOOL  
PUDUKAD -680 301**

**THRISSUR DT., KERALA, Ph: 0480 2752672**

**e-mail:stantonyshsspudukad@yahoo.com**

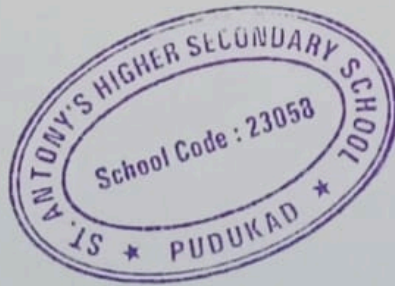
Date..10/10/2022

**To Whomsoever it may concern**

This is to certify that Kumari.DELNA DAVIS, III<sup>rd</sup> year B.Sc Psychology student, Prajothi Nikethan College, Pudukad has taken one hour class on Mental Health Awareness for the X<sup>th</sup> standard students of ST.ANTONY'S HSS PUDUKAD on 10<sup>th</sup> October 2022. The class was found to be very useful to the students.

Date : 10/10/2022

Place : PUDUKAD



*Eugene Prince .M*  
Headmaster  
EUGENE PRINCE .M  
HEADMASTER  
ST. ANTONY'S H.S.S.  
PUDUKAD - 680301



**ST. ANTONY'S HIGHER SECONDARY SCHOOL  
PUDUKAD -680 301**

**THRISSUR DT., KERALA, Ph: 0480 2752672**

**e-mail:stantonyshsspudukkad@yahoo.com**

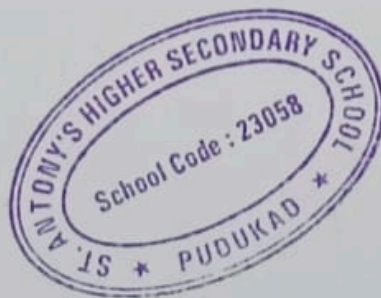
Date..10/10/2022

**To Whomsoever it may concern**

This is to certify that Kumari.LIYA BABU, III<sup>rd</sup> year B.Sc Psychology student, Prajothi Nikethan College, Pudukad has taken one hour class on Mental Health Awareness for the X<sup>th</sup> standard students of ST. ANTONY'S HSS PUDUKAD on 10<sup>th</sup> October 2022. The class was found to be very useful to the students.

Date : 10/10/2022

Place : PUDUKAD




*Eugene Prince*  
Headmaster  
EUGENE PRINCE .M  
HEADMASTER  
ST. ANTONY'S H.S.S.  
PUDUKAD - 680301

# MENTAL HEALTH AWARENESS PROGRAMME NEED ANALYSIS PRAJYOTI NIKETAN COLLEGE

The World Health Organization had declared the 10th of October every year to be the world mental health day. Every year WHO introduces a unique theme for the international celebration. The theme for the world mental health day 2022, is "Make Mental Health for all a Global Priority". The Final year students of BSc Psychology took part of the international celebration by conducting awareness classes in various schools of Thrissur district. The programme was coordinated by research scholars of Department of Psychology under the guidance of Dr. Milu Maria Anto, HOD Department of Psychology. The members of one of those groups including Aparanna Surendran, Liya Treesa, Grace Saju, Sriduna P handled classes in St. Xavier's Convent UP School, Pudukad.

PRAJYOTI NIKETAN COLLEGE PUDUKAD  
IN ASSOCIATION WITH  
ST XAVIER'S CONVENT UP SCHOOL PUDUKAD THRISSUR





Mental Health Awareness Programme 

**Make Mental Health and Well being for all a Global Priority**

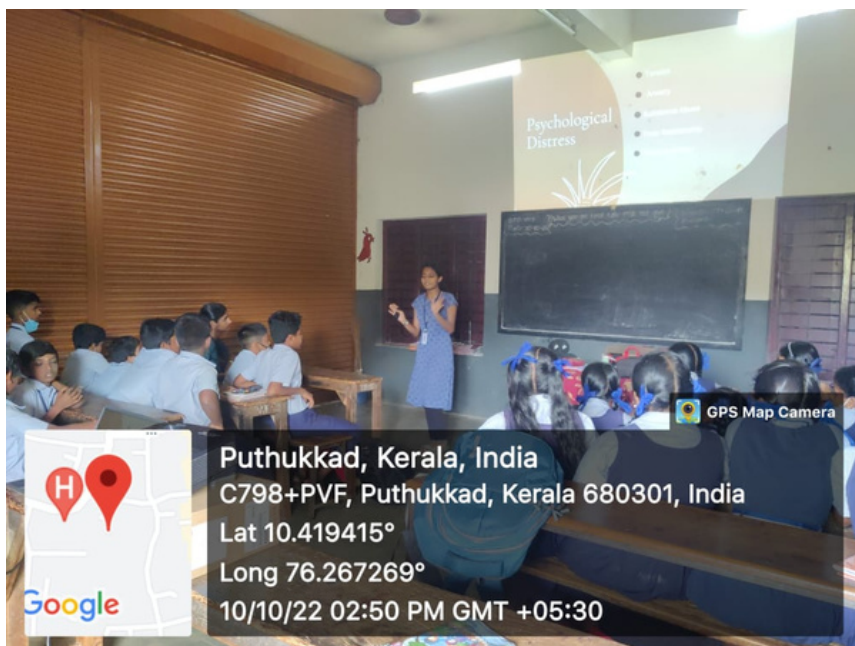
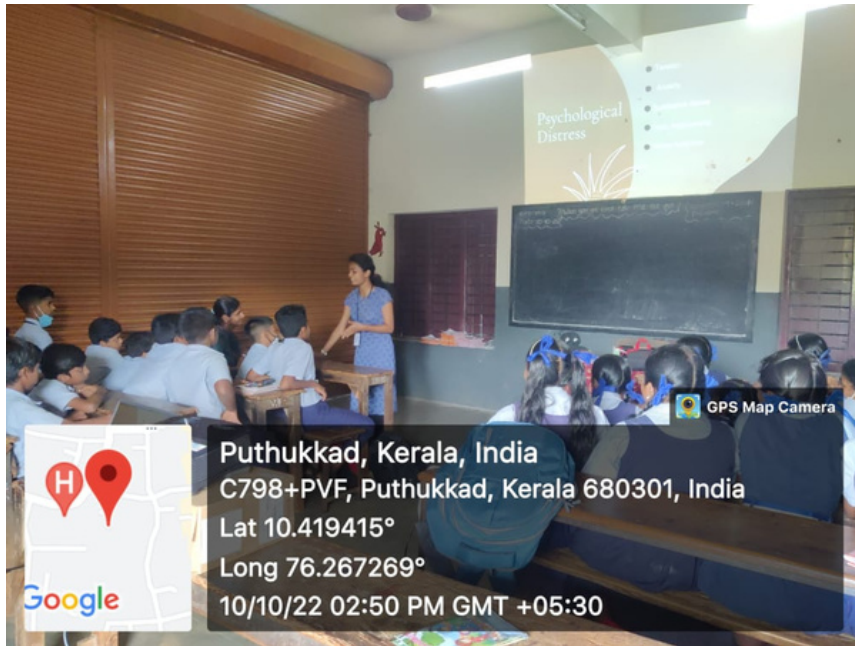
**OCT 10, 2022**

WORLD MENTAL HEALTH DAY

**Resource Persons**

 Aparanna Surendran	 Liya Treesa	 Grace Saju	 Sriduna P
Sr Christin Jose Principal, St. Xavier's CUPS		Dr. Binu P Chacko Principal, Prajyoti Niketan College	
Liby Leo Akkara Programme Coordinator		Dr. Milu Maria Anto, HOD Department of Psychology	





# NEED ANALYSIS

45 students from class 7 were present at the event. The team members presented and spoke to the students about various topics like mental health, work of mind, tension, anxiety, substance abuse, toxic relationship, phone addiction and how to achieve psychological well-being. An effective session named "Find your best self" was held, where the students were given questions regarding their problems, how to improve their daily life habits and whether they are satisfied with their current life. The members noticed that their concerns was that of exams, results, peer group issues and parent-child relationship problems. The issues were really concerning. The overall facilities provided by the school were appreciable and helped for an effective session. The students were given positive response regarding the facilities of the school. There were game sessions which helped for interacting and understanding the students even more better.



1. കുറേ സാധാരണക്കാരനാണെന്ന്
- 2 Friends വിനോദം ഇരിക്കുമ്പോൾ
- 3 phone കാര്യങ്ങൾ
- 4 രണ്ടാം ഉല്പാദനം 21000
- 5 Friendship, Family
- 6 Exam
- 7 ~~no~~, ~~no~~ Yes

- 1 ~~mother, father~~ mother, father
- 2 ~~പഠിക്കാൻ കഴിയുന്നതാണ്~~
- 3 ~~games കളിക്കുന്നത്, ~~അതിൽ പങ്കെടുക്കുന്നു~~~~ games കളിക്കുന്നത്
- 4 കുടുംബാംകളോട് കൂടുതൽ ചർച്ചകൾ,  
അറിയിക്കുക
- 5 ~~പഠിക്കുക~~
- 6 games, ~~...~~
- 7 Yes

- 1 എനിക്ക് എനിക്കുവേണ്ട വിദ്യാഭ്യാസം
- 2 വിദ്യാഭ്യാസ പ്രശ്നങ്ങൾ
- 3 നേരത്തെ എനിക്കുവേണ്ട
- 4 എനിക്ക് പഠിക്കാൻ <sup>കഴിയുന്ന</sup> ~~പഠിക്കാൻ കഴിയുന്ന~~ കഴിയുന്ന വിധത്തിൽ പഠിക്കാൻ കഴിയുന്ന വിധത്തിൽ
- 5 family
- 6 exam
- 7 Yes

# Group Report

Prajyoti Niketan College, Pudukad had conducted an awareness programme in various schools of Thrissur district as part of the mental health day celebration. Final year students of BSc Psychology took classes for raising awareness and the need of healthy mental setting.

We conducted an awareness programme for the 7th grade students of St. Xavier's Convent UP School.

Our group included four members : Aparnna Surendran, Liya Treesa, Grace Saju, Sriduna P. The Principal and the officials of the school were cooperative and provided facilities for an effective session. The students were curious about the event and interacted well during the sessions.

We had arranged games and to the end of the session, the students were asked to answer certain questions regarding their problems and whether they are satisfied with their current life. Majority of the students had problem with exams, peer group issues and parent-child relation problems.

The event received great feedback from the students and staffs. The concerns of the students are taken down by the members.

World Mental Health Day is an international day for global mental health education, awareness and advocacy against social stigma. It was first celebrated in 1992 at the initiative of the World Federation for Mental Health, a global mental health organization with members and contacts in more than 150 countries. *"Make mental health for all a global priority"*, was the theme for 2022 World Mental Health Day.

WORLD  
MENTAL  
HEALTH  
DAY



Mental health for all  
**Get involved**

To make every individual aware about the day, the students of third year BSc Psychology had volunteered to take classes in various schools to raise awareness on the importance of mental health under the guidance of Dr. Milu Maria Anto, HOD of Department of Psychology along with the Research and Scholars team. Group 5 included four members : Elz Maria Benny , Husna P S , Ananova Benny, Saniya Davis.

# PRAJYOTI NIKETHAN COLLEGE PUDUKKAD

In association with

## ST.MARY'S H.S.S. IRINJALAKUDA

### WORLD MENTAL HEALTH DAY

#### *Mental Health Awareness Programme*



#### RESOURCE PERSONS

OCTOBER 10



ELZ MARIA BENNY



HUSNA P.S



SANIYA DAVIS



ANANOVA BENNY

HEAD MISTRESS;  
MINCY THOMAS  
ST.MARY'S H.S.S  
IRINJALAKUDA

PRINCIPAL;  
DR.BINU P.CHACKO

PROGRAMME COORDINATOR;  
LIBY LEO AKKARA  
RESEARCH SCHOLAR

HOD:DR.MILU MARIA ANTO  
DEPARTMENT OF PSYCHOLOGY



Thrissur, Kerala, India  
St Marys High School, Irinjalakuda, Kerala 680121, India  
Long 76.218118°  
Lat 10.343583°  
10/10/2022 11:24 AM



Thrissur, Kerala, India  
86U9+F7X, Nadavaramba, Kerala 680121, India  
Long 76.218241°  
Lat 10.343732°  
10/10/2022 11:43 AM



Thrissur, Kerala, India  
st Mary's high school irinjalakuda, Kerala 680121, India  
Long 76.279395°  
Lat 10.404767°  
10/10/2022 11:50 AM



Thrissur kerala india  
St Mary's high school irinjalakuda kerala, 680121, India  
Long 76.279395°  
Lat 10.404767°  
10/10/2022 11:35 AM

- **The Principal of St Marys Higher Secondary School, Irinjalakuda, was very corporative and had given us a chance to give a session for the students of VII students. The teachers and students were very cooperative and the session turned out to be a lot meaningful because it was a learning experience for both us and the students. The aim of the session was to impart the knowledge about the mental health and why it is important to keep it healthy and positive. If our mind stays healthy then our daily activities will be done with ease. The students were very interactive, raising questions and trying to understand about what was being said. Each of us had a great experience. There was a session where we had asked the students to write down their negatives or those factors that had a negative impact on their health, after collecting back their notes the most noticeable concern was that of exams and the assignments. The pressure that follows it was really concerning. Also there few students who were distracted throughout and was really sensitive with the attention that follows when asked questions. There were games sessions which was really helpful for understanding the content.**



Examine & discuss  
അമ്മ ഷൺ്ക് Phare അനുഭവിക്കുമ്പോഴു  
ആടിക്കൊന്നിനെ നല്ലവണ്ണമേ  
അ അറ്റാ 2100 0 100000000  
ഭാവീശ്വര നവരത്ന അടിക്കുമ്പോൾ എടുക്കാ

Examine & discuss  
അമ്മ ഷൺ്ക് Phare അനുഭവിക്കുമ്പോഴു  
ആടിക്കൊന്നിനെ നല്ലവണ്ണമേ  
അ അറ്റാ 2100 0 100000000  
ഭാവീശ്വര നവരത്ന അടിക്കുമ്പോൾ എടുക്കാ

Examine & discuss  
അമ്മ ഷൺ്ക് Phare അനുഭവിക്കുമ്പോഴു  
ആടിക്കൊന്നിനെ നല്ലവണ്ണമേ  
അ അറ്റാ 2100 0 100000000  
ഭാവീശ്വര നവരത്ന അടിക്കുമ്പോൾ എടുക്കാ

Examine & discuss  
അമ്മ ഷൺ്ക് Phare അനുഭവിക്കുമ്പോഴു  
ആടിക്കൊന്നിനെ നല്ലവണ്ണമേ  
അ അറ്റാ 2100 0 100000000  
ഭാവീശ്വര നവരത്ന അടിക്കുമ്പോൾ എടുക്കാ

Examine & discuss  
അമ്മ ഷൺ്ക് Phare അനുഭവിക്കുമ്പോഴു  
ആടിക്കൊന്നിനെ നല്ലവണ്ണമേ  
അ അറ്റാ 2100 0 100000000  
ഭാവീശ്വര നവരത്ന അടിക്കുമ്പോൾ എടുക്കാ

# **MENTAL HEALTH AWARENESS PROGRAM REPORT**

**As a part of Mental Health Day Prajyoti Niketan College of Pudukkad conducted an awareness program on 10 th October 2022 in different schools. We Husna P S, Elz Maria, Ananova Benny and Saniya Davis has volunteered to take class for students in class 7 th of St Mary's HSS Irinjalakuda. The principal and all other teachers of St Mary's HSS was very cooperative and supportive. They gave us a big opportunity to raise awareness among students about mental health. There were about more than 60 students and they were very much curious to know about the class. The students were interested to know more about mental health and asked many questions. We included several games to make the session more interesting and they were very cooperative.**

**They were most welcoming childrens, they accepted us and treated us like their own teachers. We asked them to write the things which make them stressed. The main concerns were exams , assignment, friendship fights etc. The overall session was very much helpful to know more about the concerns of students and to our own personal growth.**

## **REPORT – WORLD MENTAL HEALTH DAY**

**OCT 10 2022**

### **GROUP 7**

In connection with the world mental health day celebration psychology department of Prajyothi Niketan College had conducted a community project in various schools of Thrissur district. Students of 3rd year BSC psychology took mental awareness classes for students as a part of the project. The program was coordinated by research scholar of the same institution and was overseen by department HOD Dr Milu Maria Anto.

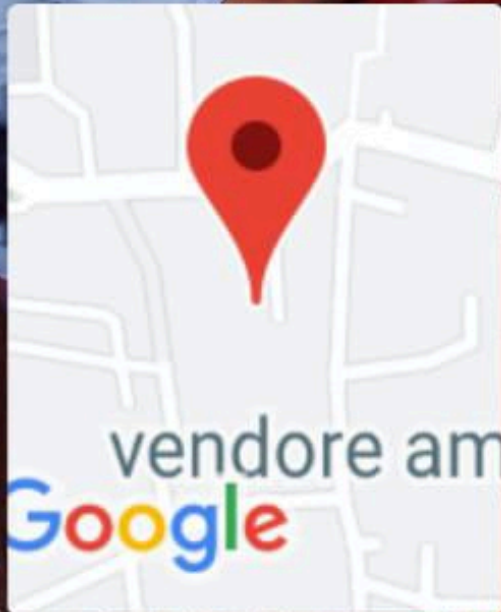
On Oct 10 , group 7 consisted of members Gayathri V Binu, Anusree K R, Christa Maria, and Aishwarya k d conducted mental health day awareness class at APHSS Alagappanagar . We reached the school at 11 am , we started class at 11:30 am ,lasting for one hour. Before class , the school head mistress Sini miss introduced us to the 9<sup>th</sup> standard students. The class was structured as 3 parts :- introduction to mental health, problems with mental health and how to improve and maintain mental health. We conducted two games for establishing rapport and entertain them .They actively participated in two games and we made them to write their tensions in their life in a paper and collected it for analysis.

The students were really enthusiastic,excited and much responsive in the class. The teachers provided every help needed for the class to be successful.

At last session , two students came out to give review on the whole class. The session came to end by 1 pm . It was really good experience and we leave with a feeling of satisfaction. Certificate are provided by the head mistress. We are grateful for the support of our institute for this community activity. Special thanks to Dr Milu Maria Anto and program coordinator Liby and Sr. Julie Elizabeth for their guidance.



GPS Map Camera



**Vendore, Kerala, India**

**C7JF+F7P, Alagappa Nagar, Vendore, Kerala  
680302, India**

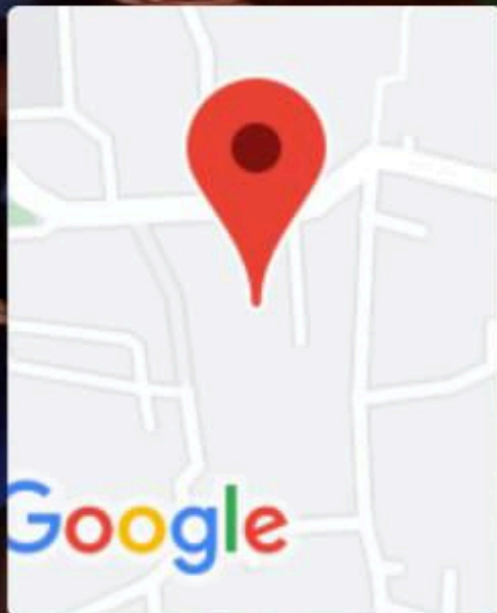
**Lat 10.430984°**

**Long 76.273377°**

**10/10/22 11:46 AM GMT +05:30**



GPS Map Camera



**Vendore, Kerala, India**

**C7JF+F7P, Alagappa Nagar, Vendore, Kerala  
680302, India**

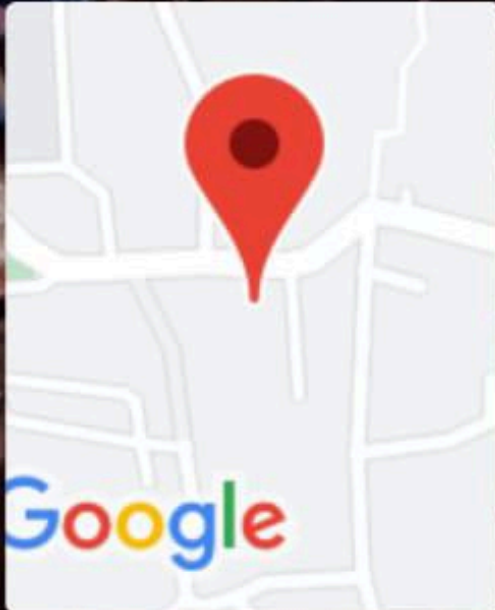
**Lat 10.431156°**

**Long 76.273214°**

**10/10/22 12:21 PM GMT +05:30**



GPS Map Camera



**Vendore, Kerala, India**

**C7JF+P98, Alagappa Nagar, Vendore, Kerala**

**680302, India**

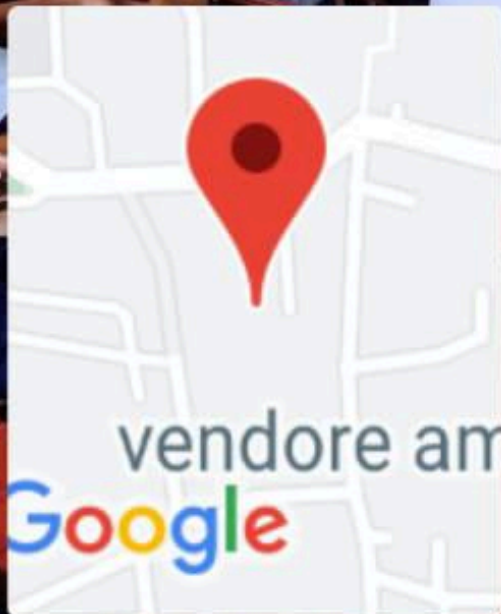
**Lat 10.431605°**

**Long 76.273215°**

**10/10/22 12:12 PM GMT +05:30**



GPS Map Camera



**Vendore, Kerala, India**

**C7JF+86M, Alagappa Nagar, Kanjoor, Vendore,  
Kerala 680302, India**

**Lat 10.430918°**

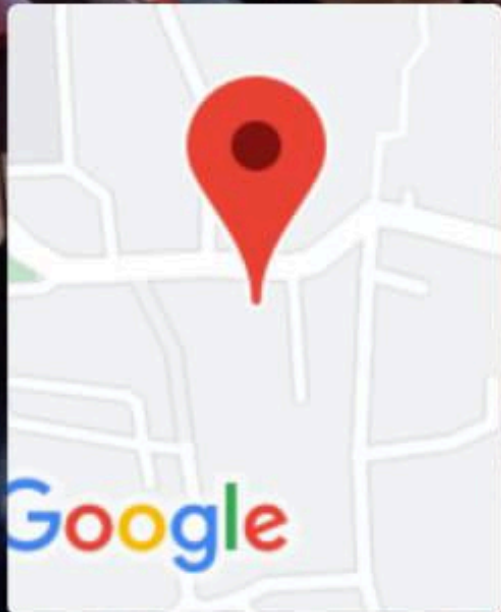
**Long 76.273301°**

**10/10/22 11:51 AM GMT +05:30**





GPS Map Camera



**Vendore, Kerala, India**

**C7JF+P98, Alagappa Nagar, Vendore, Kerala**


**680302, India**

**Lat 10.431605°**

**Long 76.273212°**

**10/10/22 12:12 PM GMT +05:30**



 GPS Map Camera



**Vendore, Kerala, India**

C7JF+86M, Alagappa Nagar, Kanjoor,

Vendore, Kerala 680302, India

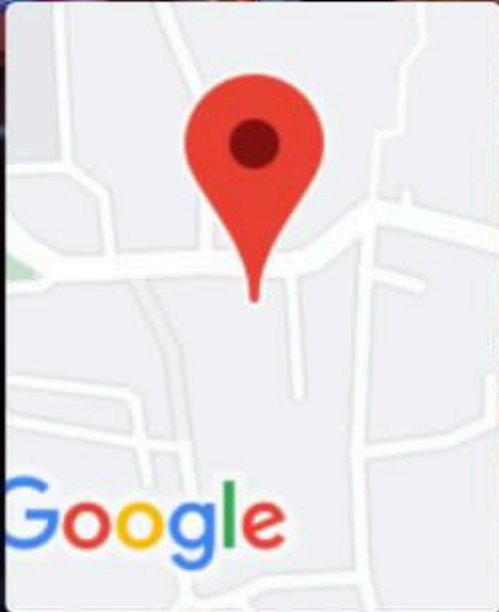
Lat 10.430705°

Long 76.273108°

10/10/22 11:47 AM GMT +05:30



GPS Map Camera



**Vendore, Kerala, India**

**C7JF+P98, Alagappa Nagar, Vendore, Kerala**

**680302, India**

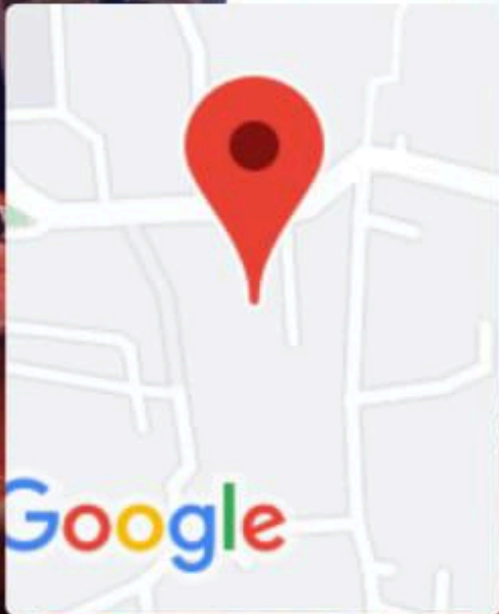
**Lat 10.431604°**

**Long 76.273214°**

**10/10/22 12:13 PM GMT +05:30**



GPS Map Camera



**Vendore, Kerala, India**

**C7JF+F7P, Alagappa Nagar, Vendore, Kerala**

**680302, India**

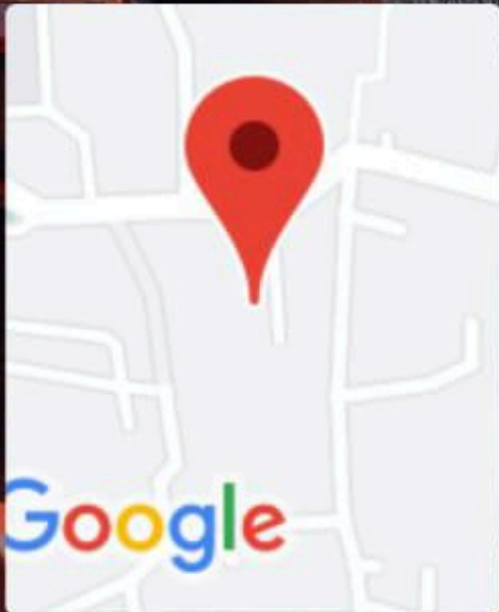
**Lat 10.43117°**

**Long 76.27324°**

**10/10/22 12:25 PM GMT +05:30**



GPS Map Camera



**Vendore, Kerala, India**

C7JF+F7P, Alagappa Nagar, Vendore, Kerala  
680302, India

Lat 10.431145°

Long 76.273355°

10/10/22 12:00 PM GMT +05:30

**APHSS ALAGAPPANAGAR**

**PO: ALAGAPPANAGAR, THRISSUR -680302**

**Phone:0480 2750958**

**To Whomsoever it may concern**

**This is to certify that kumari Aiswarya KD , 3 rd Bsc Psychology student, Prajyoti Niketan College, Pudukkad has taken one hour class on mental health awareness for 9<sup>th</sup> standard students of APHSS Alagappanagar on 10 th October 2022. The class was found to be very useful to the students.**

**Date : 10-10-2022**

**Headmistress**

**Place: Alagappanagar**



*Sini Kuriakose*  
*10/10/22*  
SINI KURIKOSE  
HEADMISTRESS, A.P.H.S  
ALAGAPPANAGAR

**APHSS ALAGAPPANAGAR**

**PO: ALAGAPPANAGAR, THRISSUR -680302**

**Phone:0480 2750958**

**To Whomsoever it may concern**

**This is to certify that kumari Anusree KR , 3 rd Bsc Psychology student, Prajyoti Niketan College, Pudukkad has taken one hour class on mental health awareness for 9<sup>th</sup> standard students of APHSS Alagappanagar on 10 th October 2022. The class was found to be very useful to the students.**

**Date : 10-10-2022**

**Headmistress**

**Place: Alagappanagar**



*Sini M Kuriakose*  
*10/10/22*  
**SINI M KURIAKOSE**  
**HEADMISTRESS. A.P.H.S**  
**ALAGAPPANAGAR**

**APHSS ALAGAPPANAGAR**

**PO: ALAGAPPANAGAR, THRISSUR -680302**

**Phone:0480 2750958**

**To Whomsoever it may concern**

**This is to certify that kumari Christa Maria , 3 rd Bsc Psychology student, Prajyoti Niketan College, Pudukkad has taken one hour class on mental health awareness for 9<sup>th</sup> standard students of APHSS Alagappanagar on 10 th October 2022. The class was found to be very useful to the students.**

**Date : 10-10-2022**

**Headmistress**

**Place: Alagappanagar**



*Sunitha*  
*10/10/22*  
SUNITHA K. J. URIAKOSE  
HEADMISTRESS. A.P.H.S  
ALAGAPPANAGAR



**APHSS ALAGAPPANAGAR**  
**PO: ALAGAPPANAGAR, THRISSUR -680302**  
**Phone:0480 2750958**

**To Whomsoever it may concern**

**This is to certify that kumari Gayathri V Binu , 3 rd Bsc Psychology student, Prajyoti Niketan College, Pudukkad has taken one hour class on mental health awareness for 9<sup>th</sup> standard students of APHSS Alagappanagar on 10 th October 2022. The class was found to be very useful to the students.**

**Date : 10-10-2022**

**Headmistress**

**Place: Alagappanagar**



*Sini M Kuriakose*  
*10/10/22*  
**SINI M KURIAKOSE**  
**HEADMISTRESS. A.P.H.S**  
**ALAGAPPANAGAR**

**MENTAL HEALTH AWARENESS PROGRAMME**  
**NEED ANALYSIS REPORT**  
**PRAJYOTI NIKETAN COLLEGE**



World Mental Health Day has been celebrated every year to showcase the importance of mental health. On October 10, 1992, Richard Hunter, who was the deputy secretary general of the World Federation for Mental Health (WFMH) at the time, declared the first World Mental Health Day. Every year since 1994, a unique theme has been chosen for the international celebration. The theme for World Mental Health Day 2022, is “*Make mental health for all a global priority*”. According to the World Health Organization, the day offers an opportunity for all those working on mental health issues to speak about their work.

To make the day even more meaningful, the students of third year BSc Psychology had volunteered to take classes in various schools to raise awareness on the importance of mental health under the guidance of Dr. Milu Maria Anto, HOD of Department of Psychology along with the Research and Scholars team . One of those groups included the following members: Aswathi PD, Anna Therese Jaison, Nikhila Subramanian and Aiswarya Sunil.

**PRAJYOTI NIKETAN COLLEGE, PUDUKAD IN ASSOCIATION  
WITH CJM ASSUMPTION HSS, VARANDARAPPILLY**

**WORLD MENTAL HEALTH DAY**  
**MENTAL HEALTH AWARENESS PROGRAMME**

Make Mental Health & Well-being for all a Global  
Priority

Resource Persons:—

**ASWATHI P.D.**

**ANNA THERESE  
JAISON**

**NIKHILA  
SUBRAMANIAN**

**AISWARYA SUNIL**

**10 OCTOBER 2022**

Jophy C Manjaly, Headmaster,  
CJM Assumption HSS,  
Varandarappilly

Dr. Binu P. Chacko,  
Principal, Prajyoti Niketan  
College

Dr. Milu Maria Anto, HOD,  
Department of  
Psychology

Liby Leo Akkara,  
Program  
Coordinator



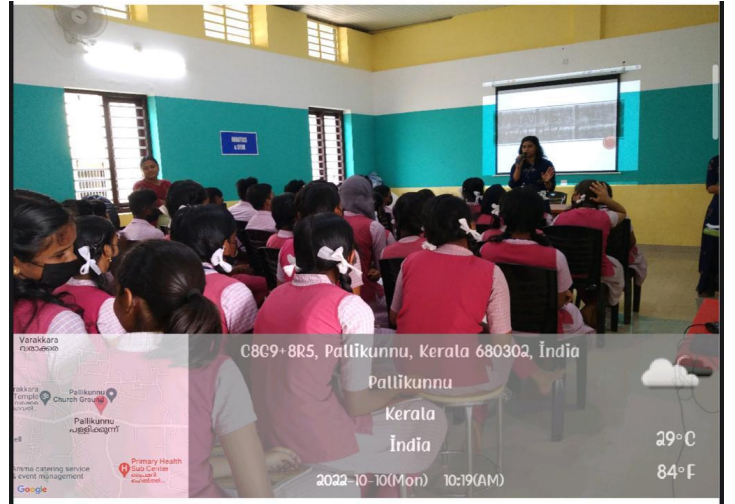
Varakkara വരക്കാട്  
C8C9+90F, Amballoor Palappilly road, Varandarappilly, Kerala 680302, India  
Varandarappilly  
Kerala  
India  
29° C  
84° F  
2022-10-10(Mon) 10:58(AM)



Varakkara വരക്കാട്  
C8C9+8R5, Pallikunnu, Kerala 680302, India  
Pallikunnu  
Kerala  
India  
29° C  
84° F  
2022-10-10(Mon) 11:15(AM)



Varakkara വരക്കാട്  
Varatharappilly, Pallikunnu, Kerala 680302, India  
Pallikunnu  
Kerala  
India  
29° C  
84° F  
2022-10-10(Mon) 10:16(AM)



Varakkara വരക്കാട്  
C8C9+8R5, Pallikunnu, Kerala 680302, India  
Pallikunnu  
Kerala  
India  
29° C  
84° F  
2022-10-10(Mon) 10:19(AM)



Varakkara വരക്കാട്  
Varatharappilly, Pallikunnu, Kerala 680302, India  
Pallikunnu  
Kerala  
India  
29° C  
84° F  
2022-10-10(Mon) 10:16(AM)

- Principle

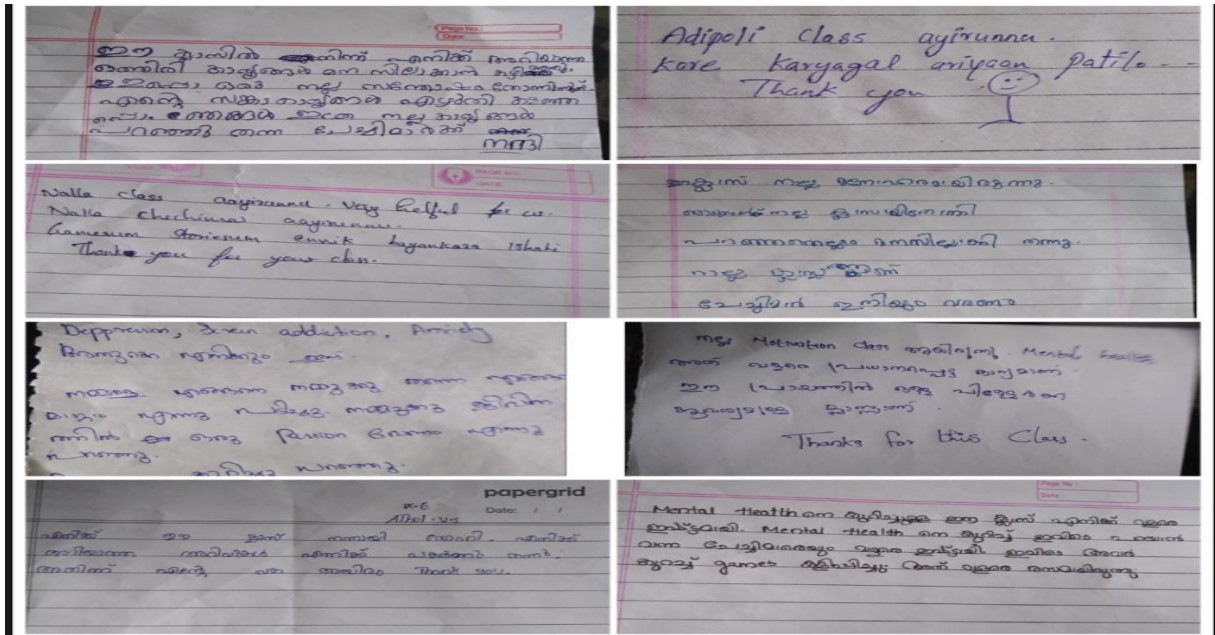
The Principal of **CJMA Higher Secondary School, Varandarappilly** was very cooperative and had given us a chance to give a session for the students of *IX B& C* students. The teachers and students were very cooperative and the session turned out to be a lot meaningful because it was a learning experience for both us and the students. The aim of the session was to impart the knowledge about the mental health and why it is important to keep it healthy and positive. If our mind stays healthy then our daily activities will be done with ease.

The students were very interactive, raising questions and trying to understand about what was being said. Each of us had a great experience. There was a session where we had asked the students to write down their negatives or those factors that had a negative impact on their health, after collecting back their notes the most noticeable concern was that of exams and the assignments. The pressure that follows it was really concerning. Also there few students who were distracted throughout and was really sensitive with the attention that follows when asked questions.

There were games sessions which was really helpful for understanding them because it measured their attention, patience, concentration, presence of mind, etc., because all these factors are also part of maintaining mental health.



Towards the end feedback was collected from the students and teachers.



It was really helpful because it give us an insight on how helpful the session and understand more of their concerns. Their requests to comeback again was really fulfilling for us because a part of it shows that we were successful in imparting the knowledge. The feed-backs also let us know where positives and negatives also how we can improve our style of communication. The session was valuable, the Principal, students, and teachers had greater role in the success of the day.

## REPORT ON MENTAL HEALTH AWARENESS DAY PROGRAMME

Prajyoti Niketan College, Pudukad had conducted an awareness programme in different schools as part of world mental health day,2022. The aim of the session was to raise awareness and the need of stable and healthy mental setting.

Myself Aswathi.P.D from third year BSc Psychology, along with my friends had volunteered to take class for the students of *IX B & C of CJMA Higher Secondary School, Varandarappilly*. The principal was very cooperative and kind enough to give us the opportunity to raise awareness among the students. There were around 50 plus students and all were keen to know why we were there and what the class was about. The curiosity of theirs were really appreciable , coming forward to enquire and gain more knowledge on mental health.

We had arranged few games to entertain them as well as to let them understand the requirements of the presence of mind for it. The students were often surprised about the facts were stated.

Towards the end the students and I had build up a bond that was really surprising and were free enough to talk and joke. They were the most welcoming children and they had accepted us and listened to us patiently.

The feedback from the teachers and students , also the concerns of the students regarding their day to day life was taken down. The main concern was exams for the students also the assignments and activities that follow, which is quite common for their present age. Overall the session was quite helpful for them as well as myself because it gave an opportunity to view myself and understand their concerns from their point of view.

# REPORT

On 10th October 2022, As a part of world mental health day, resource persons of Prajyoti Niketan College - Aiswarya K, Sreena M M, Sruthi I S and Ann Mirium Gonsalvez conducted a mental health awareness programme at Sreeramakrishna Vidyanikethan Public School, Nandikkara.

The school authorities introduced us in the common assembly. The class started at 9.30am and lasted for 1 hour. The class covered 80 students from 8<sup>th</sup> standard. Students were very responsive during the session. They seem connected with the topics discussed. They didn't hold back from asking doubts and actively participated in the games provided.

The teachers provided assistance for the class to be successful. They were very supportive and actively attended the class along with the students.

At the end of the session, students voluntary came out to give a review on the class. An official vote of thanks was delivered by one of student and she sum up the points that were discussed in the session.

Towards the end, the students were asked to write a review on the class and to mention some of their life stressors

The programme was successful and it gives as an opportunity to interact with student and understand them even better.

# NEED ANALYSIS

The students are restless in the class and get distracted very easily. They lack proper communication and social skills. More active engagement in societal matters could be an effective measure. It has also been understood that relationship between teachers and students are not built properly

They seem less concerned about what happening in the society. They are more comfortable in their shells. Their learning environment doesn't help them to crack this shell. Many students have voiced their concerns about poor parental support. They are unable to seek their parents support during difficult times and often develop fear towards them. A peaceful coexistence is a necessity for the fullest development of a child

Lack of mutual respect has found to affect a child's self-esteem.

Relationship issues have become common at this age. Increase in need for developing interpersonal and effective problem-solving skill is in demand.

Though children are aware of drug abuse, their preference for novelty and curiosity is to be taken into consideration and classes are to be organized about the same. Children should also be encouraged to be productive in areas other than academics.

Knowing the socio-cultural context of each child and focussing on their betterment is very essential. A more respectable learning environment will boost their confidence and enhance their future endeavours.





## PRAJYOTI NIKETAN COLLEGE, PUDUKAD

Govt. Aided and Affiliated to the University of Calicut

### WORLD MENTAL HEALTH DAY

Mental Health Awareness

10 October 2022

**'Make Mental Health & Well-Being for All a Global Priority'**

#### Resource persons



**Sruthi I S**



**Aiswarya k**



**Sreena M M**



**Ann Mirium  
Gonsalvez**



In Association with

### SREERAMAKRISHNA VIDYANIKETHAN PUBLIC SCHOOL, NANDIKKARA

**DR BINU P CHACKO**

Principal Prajyoti Niketan College

**DR MILU MARIA ANTO**

HOD, Department of Psychology

**K R VIJAYA LAKSHMI**

Principal, SRKVN

**SR JULIE ELIZABETH**

Programme Coordinator



**SREERAMAKRISHNA VIDYANIKETHAN  
PUBLIC SCHOOL, NANDIKKARA**

Thrissur District, Kerala. PIN - 680 301

☎ : 9526757206, 9495849570

CBSE AFFILIATION No. 930931

(AFFILIATED TO BHARATHEEYA VIDYANIKETHAN & VIDYABHARATHY)

E-mail : [sreeramakrishna.srkvn@gmail.com](mailto:sreeramakrishna.srkvn@gmail.com) Web : [www.sreeramakrishnavidyanikethan.com](http://www.sreeramakrishnavidyanikethan.com)  
Managed by Vivekananda Trust, Kodakara



10.10.2022

**LETTER OF APPRECIATION**


The all Sreeramakrishna fraternity express our sincere appreciation and gratitude to Kum. Aiswarya K, resource person for conducting Mental Health Awareness campaign in connection with the World Mental Health day on 10th October 2022 at Sreeramakrishna Vidyanikethan Public School Nandikara under the guidance of Dr Milu Maria Anto, HOD, Department of psychology.

The program was enriching and highly inspiring to the younger generation. We thank you for your ongoing efforts to make this project a great endeavour.

On behalf of Sreeramakrishna family here we record our thanks to you for your hard effort to save lives and creating better future.

4-5/8



  
**K.R. VIJAYALEKSHMI**  
Principal  
Sreeramakrishna Vidyanikethan  
Public School, Nandikkara



**SREERAMAKRISHNA VIDYANIKETHAN  
PUBLIC SCHOOL, NANDIKKARA**

Thrissur District, Kerala. PIN - 680 301

☎ : 9526757206, 9495849570

CBSE AFFILIATION No. 930931

(AFFILIATED TO BHARATHEEYA VIDYANIKETHAN & VIDYABHARATHY)

E-mail : sreeramakrishna srkvn@gmail.com Web : www.sreeramakrishnavidyanikethan.com

Managed by Vivekananda Trust, Kodakara



10.10.2022

**LETTER OF APPRECIATION**

The all Sreeramakrishna fraternity express our sincere appreciation and gratitude to Kum. Sruthi I S, resource person for conducting Mental Health Awareness campaign in connection with the World Mental Health day on 10th October 2022 at Sreeramakrishna Vidyanikethan Public School Nandikara under the guidance of Dr Milu Maria Anto, HOD, Department of psychology.

The program was enriching and highly inspiring to the younger gen. We thank you for your ongoing efforts to make this project a great endeavour.

*On behalf of Sreeramakrishna family here we record our thanks to you for your hard effort to save lives and creating better future.*



  
**K.R. VIJAYALEKSHMI**  
Principal  
Sreeramakrishna Vidyanikethan  
Public School, Nandikkara



**SREERAMAKRISHNA VIDYANIKETHAN  
PUBLIC SCHOOL, NANDIKKARA**

Thrissur District, Kerala. PIN - 680 301

☎ 9526757206, 9495849570

CBSE AFFILIATION No. 930931

(AFFILIATED TO BHARATHEEYA VIDYANIKETHAN & VIDYABHARATHY)

E-mail : sreeramakrishna.srkv@gmail.com Web : www.sreeramakrishnavidyanikethan.com  
Managed by Vivekananda Trust, Kodakara



10.10.2022

**LETTER OF APPRECIATION**

The all Sreeramakrishna fraternity express our sincere appreciation and gratitude to Miss. Ann Mirium Gonsalvez, resource person for conducting Mental Health Awareness campaign in connection with the World Health day on 10th October 2022 at Sreeramakrishna Vidyanikethan Public School Nandikara under the guidance of Dr Milu Maria Anto, HOD, Department of psychology.

The program was enriching and highly inspiring to the younger generation. We thank you for your ongoing efforts to make this project a great endeavour.

On behalf of Sreeramakrishna family here we record our thanks to you for your hard effort to save lives and creating better future.



  
**K.R. VIJAYALEKSHMI**  
Principal  
Sreeramakrishna Vidyanikethan  
Public School, Nandikkara



**SREERAMAKRISHNA VIDYANIKETHAN  
PUBLIC SCHOOL, NANDIKKARA**

Thrissur District, Kerala. PIN - 680 301

☎ : 9526757206, 9495849570

CBSE AFFILIATION No. 930931

(AFFILIATED TO BHARATHEEYA VIDYANIKETHAN & VIDYABHARATHY)

E-mail : [sreeramakrishna.srkvn@gmail.com](mailto:sreeramakrishna.srkvn@gmail.com) Web : [www.sreeramakrishnavidyanikethan.com](http://www.sreeramakrishnavidyanikethan.com)  
Managed by Vivekananda Trust, Kodakara



10.10.2022

**LETTER OF APPRECIATION**

The all Sreeramakrishna fraternity express our sincere appreciation and gratitude to Kum. Sreena M M, resource person for conducting Mental Health Awareness campaign in connection with the World Mental Health day on 10th October 2022 at Sreeramakrishna Vidyanikethan Public School Nandikara under the guidance of Dr Milu Maria Anto, HOD, Department of psychology.

The program was enriching and highly inspiring to the younger generation. We thank you for your ongoing efforts to make this project a great endeavour.

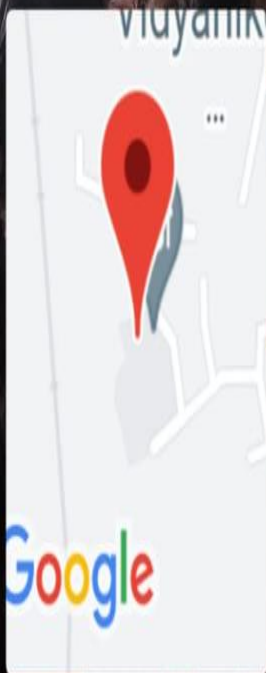
On behalf of Sreeramakrishna family here we record our thanks to you for your hard effort to save lives and creating better future.



  
**K.R. VIJAYALEKSHMI**  
Principal  
Sreeramakrishna Vidyanikethan  
Public School, Nandikkara



 GPS Map Camera



Nandikkara, Kerala, India


C72G+4QW, Nandikkara, Kerala 680301, India

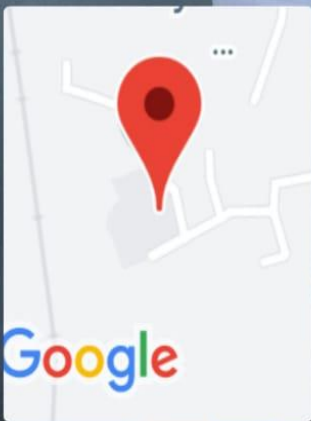
Lat 10.40032°

Long 76.276832°

10/10/22 10:32 AM GMT +05:30



 GPS Map Camera



**Nandikkara, Kerala, India**


C72G+4RG, Nandikkara, Kerala 680301, India

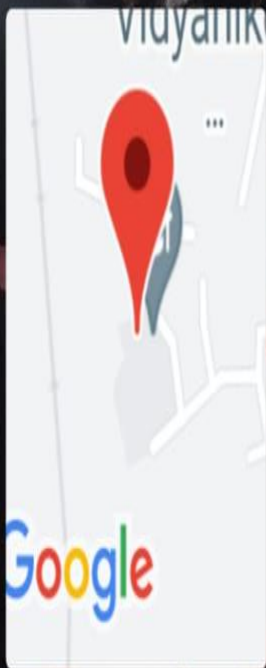
Lat 10.400071°

Long 76.277167°

10/10/22 10:50 AM GMT +05:30



 GPS Map Camera



Nandikkara, Kerala, India

C72G+4QW, Nandikkara, Kerala 680301, India

Lat 10.400364°

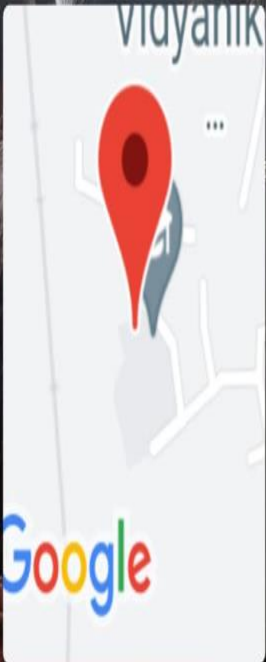
Long 76.276835°

10/10/22 09:49 AM GMT +05:30





 GPS Map Camera



**Nandikkara, Kerala, India**

**C72G+4QW, Nandikkara, Kerala 680301, India**

**Lat 10.400404°**

**Long 76.276804°**

**10/10/22 09:40 AM GMT +05:30**



# **MENTAL HEALTH AWARENESS PROGRAMME GROUP 10**

**MEMBERS :MALAVIKA MENON, ARATHI MOHAN, SANDRA JOSHY, ALNA ELISUBHA V.S.**

**Prajyoti Niketan College, Pudukad**  
in association with  
**GVHSS ,Pudukad**

**Mental Health Awareness  
Programme**

World  
Mental health day



**10 OCTOBER 2022**

Resource persons



Sandra Joshy



Arathi Mohan.M.V



Alna Elisuba.V.S



Malavika Menon

**"Make Mental Health And Well -being for all  
Global Priority**

Dr.Binu.P.Chacko

Principal  
PNC

Dr Milu Maria Anto

HOD Psychology

Liby Leo Akkara

Coordinator/  
Research Scholar

Sr. Julie Elizabeth

Programme Coordinator

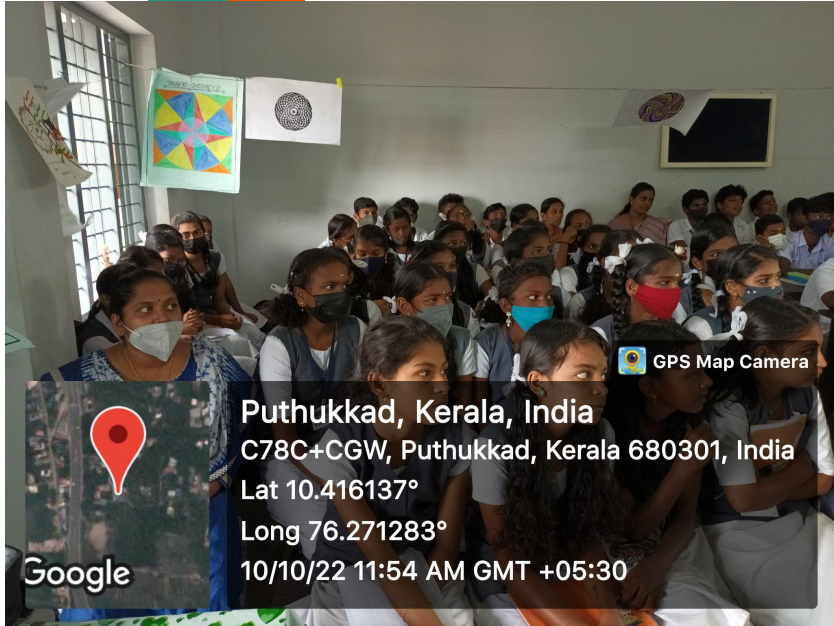
Nisha. T.R

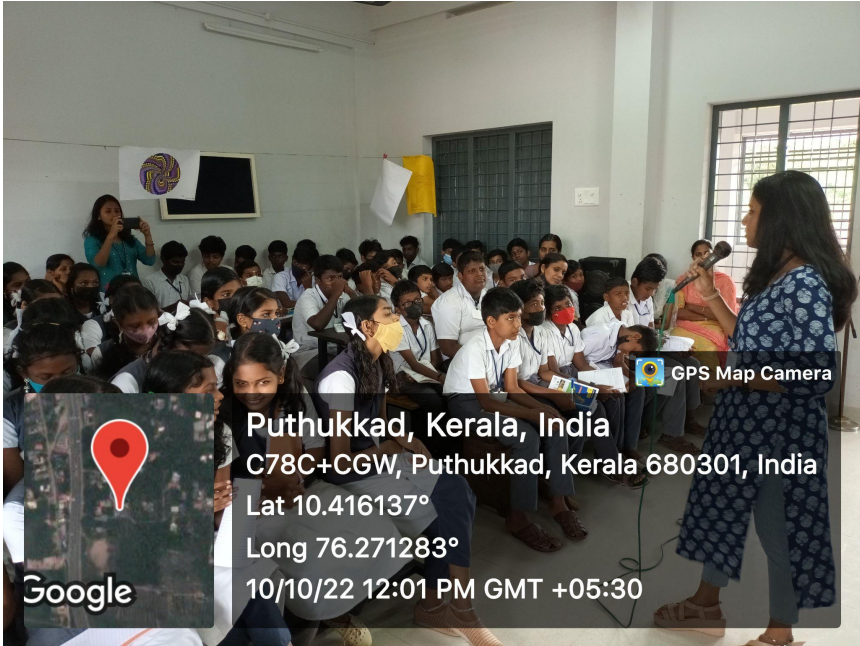
Head Mistress  
GVHSS ,Pudukad

# NEED ANALYSIS

---

- **Better old block infrastructure.**
- **Bigger hall with better audio visual facilities.**
- **More technical equipments. (Microphone, speaker, projector).**
- **More physical and co curricular activities.**
- **Provide friendly and healthy environment for studies.**
- **The students are restless in the class.**
- **Students get distracted very easily.**
- **Relationship issues with parents and teachers were a crisis faced by most of the students.**
- **Children should also be encouraged to take part in other areas than academics.**







GOVT: VOCATIONAL HIGHER SECONDARY SCHOOL PUDUKAD

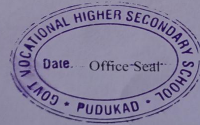
PUDUKAD.P.O. THRISSUR-680301 PHONE NUMBER 0480-2756976


Email address: www.gvhsspudukkad@yahoo.com

CERTIFICATE

Certified That Ms. Alna Elisuba.V.S has conducted a class on Mental Health Awareness Programme at GVHSS Pudukad on 10/10/2022.

Place:PUDUKAD  
Date: 10/10/2022



  
NISHA.M.N (PEN:218486)  
Headmistress  
Govt. HS Pudukad  
Thrissur - 680301

Signature of Headmistress



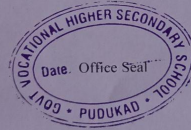
GOVT. VOCATIONAL HIGHER SECONDARY SCHOOL PUDUKAD  
PUDUKAD.P.O. THRISSUR-680301 PHONE NUMBER 0480-2756976

Email address: [www.gvhsspudukkad@yahoo.com](mailto:www.gvhsspudukkad@yahoo.com)


CERTIFICATE

Certified That Ms. Malavika Menon has conducted a class on Mental Health Awareness Programme at GVHSS Pudukad on 10/10/2022.

Place:PUDUKAD  
Date: 10/10/2022



Signature of Headmistress

  
NISHA.M.N (PEN:218486)  
Headmistress  
Govt. HS Pudukad  
ThriSSur - 680301

GOVT: VOCATIONAL HIGHER SECONDARY SCHOOL PUDUKAD

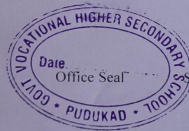
PUDUKAD.P.O. THRISSUR-680301 PHONE NUMBER 0480-2756976


Email address: www.gvhsspudukkad@yahoo.com

CERTIFICATE

Certified That Ms. Sandra Joshy has conducted a class on Mental Health Awareness Programme at GVHSS Pudukad on 10/10/2022, .

Place: PUDUKAD  
Date: 10/10/2022



  
NISHA.M.N (PEN:218486)  
Headmistress  
Govt. HS Pudukad  
Thrissur - 680301

Signature of Headmistress

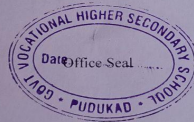
GOVT. VOCATIONAL HIGHER SECONDARY SCHOOL PUDUKAD  
PUDUKAD.P.O. THRISSUR-680301 PHONE NUMBER 0480-2756976

Email address: www.gvhsspudukad@yahoo.com


CERTIFICATE

Certified That Ms. Arathy Mohan.M.V has conducted a class on Mental Health Awareness Programme at GVHSS Pudukad on 10/10/2022.

Place:PUDUKAD  
Date: 10/10/2022



Signature of Headmistress

  
NISHA.M.N (PEN:218486)  
Headmistress  
Govt. HS Pudukad  
Thrissur - 680301



**THANK YOU**

# MENTAL HEALTH AWARENESS PROGRAMME


## NEED ANALYSIS

PRAJYOTI NIKETAN COLLEGE, PUDUKAD

The World Health Organisation (WHO) has declared 10<sup>th</sup> October as the World Mental Health Day. It was first celebrated in 1992 and it continues to be celebrated every year. Each year, the WHO announces a theme. This year 2022, the theme was "Making Mental Health & Well-Being for All a Global Priority".


On Monday, October 10th, 2022, the final year B.Sc Psychology students of Prajyoti Niketan College organized an awareness programme in various schools, as part of observing Mental Health Day. A parallel programme was held in Prajyoti Niketan College by the research department of psychology, overseen by the Head of Department, Dr. Milu Maria Anto.

Group 1, consisting of Maya Krishnan, Meera Mothilal, Samah, and Vismaya B., visited Sree Durga Vilasam Higher Secondary School, Peramangalam, as part of the awareness programme.




PRAJYOTI NIKETAN COLLEGE, PUDUKAD  
in association with  
**SDVHSS, PERAMANGALAM**

Mental Health Awareness  
Programme



World Mental Health Day  
OCTOBER 10, 2022

Resource Persons



MAYA KRISHNAN      MEERA MOTHILAL      SAMAH      VISMAYA B

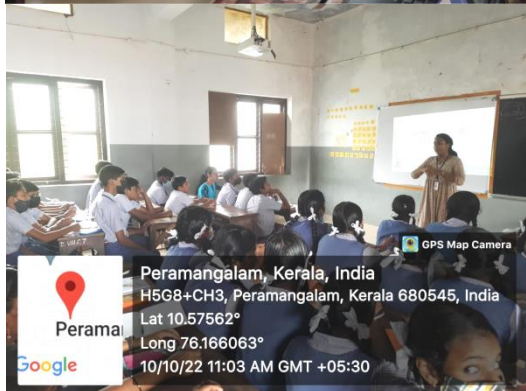
**"Make Mental Health & Well-being for all a Global Priority"**

Dr. Binu P Chacko  
Principal, PNC

Dr. Milu Maria  
HOD, Department of Psychology

Mr. P R Babu  
Headmaster, SDVHSS

Liby Leo Akkara  
Coordinator/ Research scholar



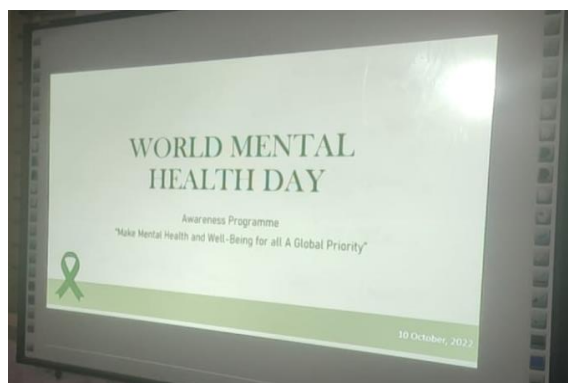
## GROUP REPORT

The group conducted four sessions, covering two classes at a time. The sessions were structured into three parts: An Introduction to the Concept of Mental Health, Problems Affecting Mental Health, and Ways to Improve Mental Health. The session also included two simple activities – one focused on stressors affecting the students, and the other, focused on self-acceptance. The students in both sessions were very responsive and comfortable. However, it was noted that they were restless, and unable to concentrate for even moderate amounts of time.

These concerns were also echoed by the teachers of the school, who attributed disturbances in attention and behaviour to the transition from online classes to the in-person classroom. The teachers also voiced their concerns about the discipline of the students.

In summary, while the Awareness programme was positively received, there is a glaring need for more mental health resources at the institution. Programmes that facilitate the transition of students from online to in-person classes, as well as those that address the concerns and stress of the teachers, would be of great benefit.

Conversations with students after the sessions indicated a general positive reception. A few students expressed their frustration in not being able to communicate their problems with their parents or teachers, which shows the need for an unbiased third-party, preferably, a mental health professional, at the institution. The teachers expressed the need for more of such sessions, particularly those catered to teachers.



## NEED ANALYSIS

Group 1 visited Sree Durga Vilasam Higher Secondary School as a part of Prajyoti Niketan's initiative for World Mental Health Day. The four students (split into pairs) conducted a session on the importance of mental health and self care for classes 8 and 9.

The visit provided a platform to assess the needs of students in the age group of 12 - 14, and emphasized the necessity of re-evaluating the current provision made and what must be done to improve upon them.

The students were lively and responsive. The session included an informative presentation and interactive activities. The students and teachers were also encouraged to ask questions and speak about their experiences. The aim of the activities was to gain insight on the kind of stressors that students in that particular age group face on a daily basis.

It was found that most students faced the following stressors:

- Academic pressure
- Financial problems at home
- Alcoholic parents
- Peer pressure
- Body image
- Bullying

These students are not equipped with knowledge on how to face or deal with these stressors. Therefore, there is a visible need to:

- a) Educate students about various methods to deal with daily life hassles.
- b) Avoid pressurising students about academics and scores, both at home and school. For this, the adults in a students life should be actively made aware about the harmful effects of pressurising students.
- c) Ensure that students have a trusted adult at school with whom they can speak to and share the problems that they face.
- d) Students must be made aware of what a healthy interpersonal relationship would be like, be it friendship, a romantic relation, etc. This way, students will be able to identify dysfunctional interpersonal relationships and protect themselves from peer pressure and influence.
- e) Have open, positive conversations about bodies and how every body is normal and worthy of appreciation. Sex education would be a bonus.



f) Anti-bullying campaigns must be undertaken by school authorities. Students are exposed to bullying both at school grounds and in the cyber setting. Special care must be taken to educate students about safe and ethical cyber habits.

Resource persons observed that the teachers were unable act on their own, due to potential conflict with the management. Teachers would not be able to provide a formal, unbiased source of support to students, as well. Hence, it is important to have a neutral, trained professional, who can actively focus on the well being of students. In the event that school counsellors are appointed, efforts must me made to encourage the students to meet them in times of need.

**MENTAL HEALTH AWARENESS PROGRAM  
NEED ANALYSIS  
PRAJYOTI NIKETAN COLLEGE**

The World Health Organization had declared the 10th of October every year to be the world mental health day. . Every year WHO introduces a unique theme for the international celebration. The theme for the world mental health day 2022, is "Make Mental Health for all a Global Priority".The Final year students of BSc Psychology took part of the international celebration by conducting awareness classes in various schools of

Thrissur district. The programme was coordinated by research scholars of Department of Psychology under the guidance of Dr. Milu Maria Anto, HOD Department of Psychology. The members of one of those groups Aaliya Ameen, Akifah Jamsheed Hamza, Christeena Unny and Susan Suseel handled classes in Chaldean Syrian H.S.S , Thrissur .





## NEED ANALYSIS

300 students from class 10 were present at the event. The team members presented and spoke to the students about various topics like mental health, work of mind, tension, anxiety, substance abuse, toxic relationship, phone addiction and how to achieve psychological well-being. An effective session named "Find your best self" was held, where the students were given questions regarding their problems, how to improve their daily life habits and whether they are satisfied with their current life. The members noticed that their concerns was that of exams, results, peer group issues and parent-child relationship problems. The issues were really concerning. The overall facilities provided by the school were appreciable and helped for an effective session. The students were given positive response regarding the facilities of the school. There were game sessions which helped for interacting and understanding the students even more better.



## **GROUP REPORT**

Mental Health Awareness - October 10

A mental health awareness program was conducted on October 10, 2022 at Chaldean Syrian HSS, Thrissur at 10.30 AM for Grade 10 students. Akifah Jamsheed Hamza, Aaliya Ameen, Susan Suseel, and Christeena Unny, BSc Psychology Year III students of Prajyoti Niketan College, Pudukad were the resource persons.

There were around 300 students, out of which were 35 girls and 265 boys, approximately.

Initially, the program started in the Auditorium, but had to shift to classrooms as the power went out. However, the students were very cooperative.

Topics covered in the session included:

- Introduction about Mental Health
- Factors influencing Mental Health
- Steps to improve Mental Health

The session was interactive, the students were very enthusiastic and responsive. The tasks and activities given energized them.

The Headmaster, Mr Jean Mookken, appreciated the efforts, and requested to go for follow up classes. It was a great opportunity and a learning experience.



# PRAJYOTI NIKETAN COLLEGE, PUDUKAD

Govt. Aided & Affiliated to the University of Calicut  
[www.prajyotiniketan.edu.in](http://www.prajyotiniketan.edu.in)

## MENTAL HEALTH

October 10



Mental Health Awareness Program

### Make Mental Health & Well-Being for All a Global Priority

~ Resource Persons ~



**Akifah  
Jamsheed Hamza**



**Susan Suseel**



**Aaliya Ameen**



**Christeena  
Kalan Unny**

BSc Psychology Year III

In Association with

**CHALDEAN SYRIAN HIGHER SECONDARY SCHOOL  
THRISSUR**

**DR BINU P CHACKO**

Principal

**MR JEAN MOOKKEN**

HM, CSHSS

**DR MILU MARIA ANTO**

HOD, Department of Psychology

**SR JULIE ELIZABETH**

Program Coordinator