


**OCTOBER 10 WORLD MENTAL HEALTH DAY**


 **PRAJYOTI NIKETAN COLLEGE, PUDUKAD**


# **BEFRIENDING EMOTIONS**

In connection with mental health day observance  
**THEME: MAKE MENTAL HEALTH FOR ALL A GLOBAL PRIORITY**

**For degree 1st year students**  
**Venue: Assisi Hall**  
**Date: 10/10/2022**  
**Time: 11:15 a.m.**

**Resource Persons:**





**Fathima M.A. Bishmi P.D.**  
(Research Scholars)

● **Coordinator and HOD**  
**Dr. Milu Maria Anto**

● **Principal**  
**Dr. Binu P. Chacko**

Prajyoti Niketan College, Pudukad conducted an awareness programme with the title of ***“BEFRIENDING EMOTIONS”*** in connection with mental health day observance, dated on 10th October 2022 for degree first year students. The World Federation for Mental Health has been celebrating World Mental Health Day on the 10<sup>th</sup> of October for the past 30 years. **The Theme of 2022 is ‘Make Mental Health and Well Being for all a Global Priority’.**

The programme was held at Assisi Hall, Prajyoti Niketan College, Pudukad by 11.15 am.

The dignitaries present at the venue were: Principal: Binu P Chacko, Coordinator and HOD of Psychology department: Milu Maria Anto, Resource person : Fathima M.A

Five other faculty members were also attended the programme.

The programme was anchored by Meera Nair.

The programme started with a silent prayer.

Then our Principal Binu P Chacko shared few words about current mental health status of people, how sleep will effect our mental health, online addiction and substance addiction among students.

Secondly, Milu Maria Anto had talked about the importance of mental health and how we should make a global awareness about it in the society.

Then a short introductory video on mental health was presented, which was prepared by the Bsc second year students.

An icebreaking activity was conducted for students to make them feel relaxed.

The session started by 11.30 am by our resource person Fathima M.A., Clinical psychologist and research scholar at Prajyoti Niketan College Pudukad.

The topic was about Befriending Emotions, types of emotions and its classification. She has spoken about pleasant and unpleasant emotions.

Another subtopic was about :

*'How to effectively communicate with others when we have issues related to mental health and also the steps for communicating with others'.*

To know how people will behave in an unpleasant situation, she conducted an activity among students by making them into 20 groups containing 10 members in each group. And they were provided with four scenarios which has 4 different unpleasant situations. And the students are required to express their feelings when they are in that situation through non violent communication.

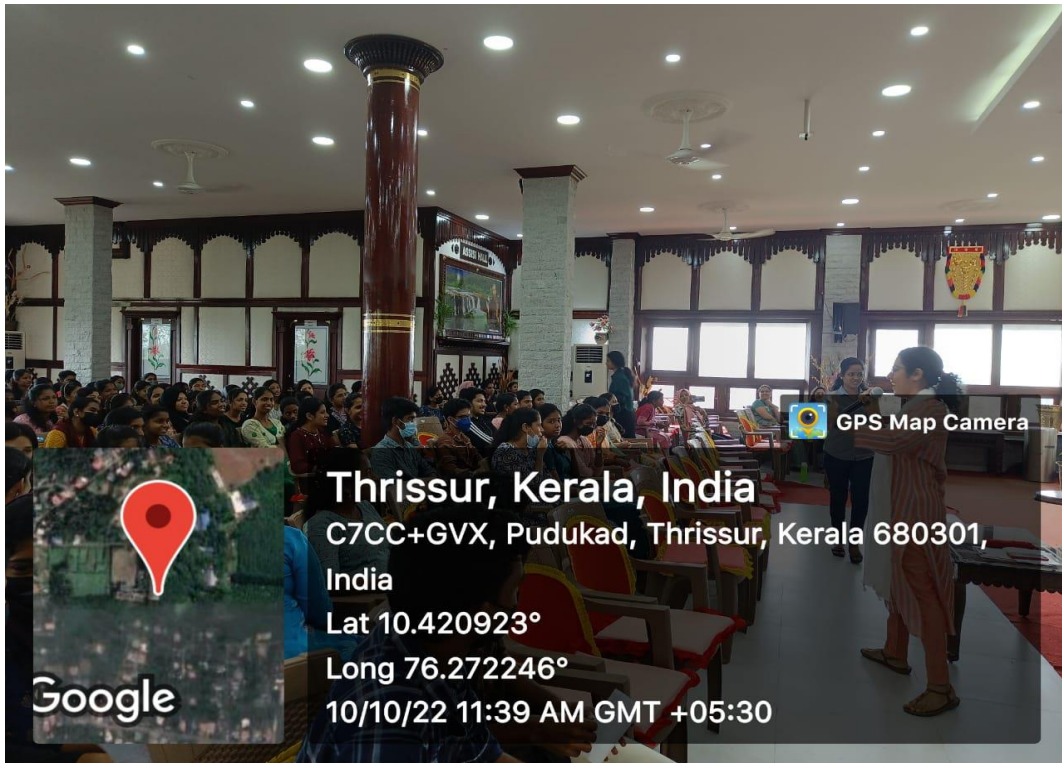
The students done that activity within 10 minutes, and they also expressed their feelings well just as there were in that situation.

Then she talked about different mental health professionals.

At the end of the session three students asked their doubts and two students shared their feedback by representing the whole group. The students said that it was an effective session and were expecting many more sessions like this which is helpful in the daily lives.

By conducting a session like this, the students were able to realize the importance of pleasant and unpleasant emotions and how to express the unpleasant emotions through non violent communication.

<https://youtu.be/osziHIMjchs>







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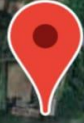
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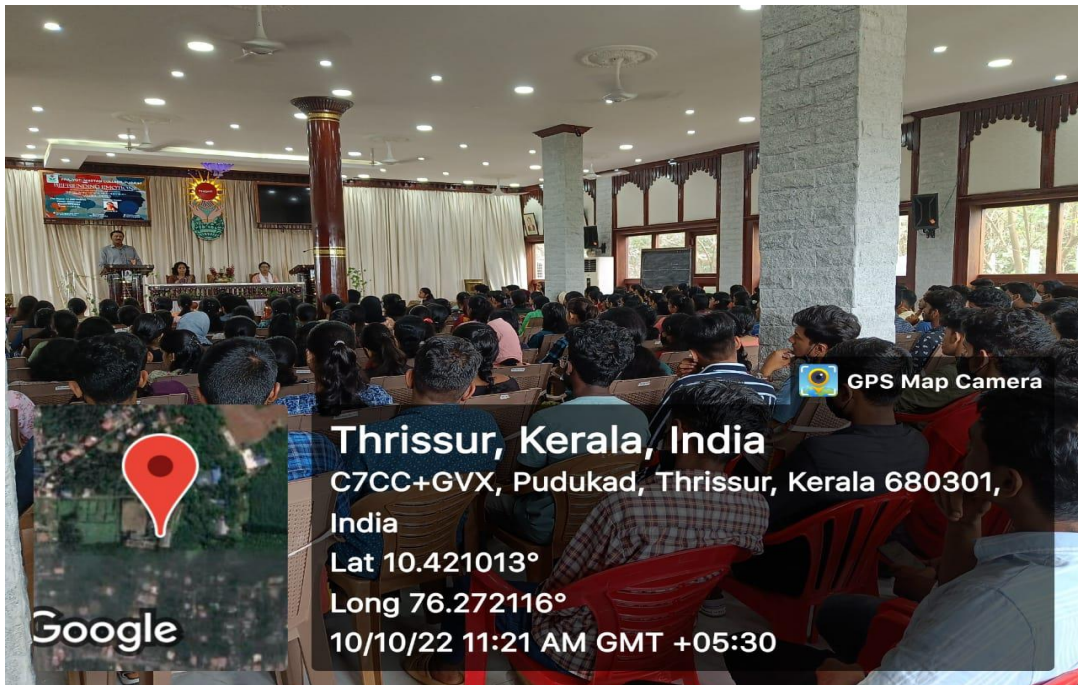
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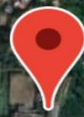
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