

NEW HORIZON COLLEGE OF ENGINEERING

DEPARTMENT OF COUNSELLING

REPORT - WORLD MENTAL HEALTH DAY CELEBRATION 2019

World mental health day is an international day which globally celebrated on 10th October. The department of counselling celebrated whole week as a world mental health day in NHCE and NHC. In this week they displayed some motivational and mental health related posters in all the department notice board and formally celebrated with teaching and nonteaching staff of NHCE on 12th October 2019 in the falconry hall from 3.30 to 4.30pm. This program was conducted for teaching and non-teaching staff with the objective of mental health awareness, education and advocacy against social stigma.

Department welcomed each participants by pasting the sticker (World mental health day logo) at the entrance of the gate

The program was started with sanskrit sloka by Ms Rupa, student counsellor and was inaugurated by Dr Manjunatha, Principal NHCE and Dr Prashant, Dean of academics. Welcome address and significance of world mental health day was given by Dr Reena Jain (Chief Counsellor) and she was the MC of the program also. Presidential address was delivered by the Principal. After that Dr Reena accord a power point presentation on *Mental Health and Hygiene*. The presentation explained how good mental health can improve the efficiency and productivity in your personal and profession life and how can they maintain it. There was an activity in between the presentation for self- reflection. In this activity some questions were asked from the audience and chocolate was given to them for their reflection. After this activity Dr Reena continued the presentation. In the end life wheel activity was conducted by Ms Rakhi, student counsellor for the audience. This activity was to know your balance for your life. The whole program was well conducted by the department of counselling and received the good feedback from the participants.

Report prepared by:

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