



MENTAL HEALTH AWARENESS WORKSHOP

REPORT

Introduction:

Mental health awareness is becoming increasingly important in today's society as the incidence of mental health issues continues to rise. In order to address this growing concern, College of Physiotherapy-Dayananda Sagar University hosted a mental health awareness program with the theme "The Happiness Project".

Overview of the Program:

The mental health awareness program was aimed to educate attendees on mental health issues, strategies to deal with the mental health issues and raise awareness about the impact of mental illness on individuals and society. The program was conducted in a the PG Seminar Hall for 2 days on 01-06-2023 and 02-06-2023 for 3rd and 4th year BPT students. Resource person Ms. Rinu and her team conducted a workshop which consisted of several interactive sessions and group activities. These interactive sessions provided attendees with knowledge and information regarding mental health disorders, their symptoms, and coping strategies. Participants were given the opportunity to share their stories and experiences, allowing for open and honest discussions on the topic. One of the highlights of the program was the group activities, which provided a platform for interaction and engagement among attendees. This helped to establish a supportive community where individuals were encouraged to discuss their mental health concerns without fear of judgement. The mental health awareness program also provided information about local mental health resources and services available to those in need. This was particularly helpful to individuals who may have been hesitant to seek help due to social stigmas or lack of knowledge about available resources.



Program Co-ordinator

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