



Smt. P.N. Doshi Women's College

HIGH PERFORMING INSTITUTE ACCREDITED BY NAAC WITH 'A' GRADE IN THREE CYCLES

Department of Psychology

October '21

Mental Health Awareness Week

Mental Health in an Unequal World



Events

Reel it Make it

Mental Health Awareness

Quiz

'Never Have I ever':
Understanding Peer
Support

'Socha Na Tha'

Unboxing Supportive
Well-being

Mental Health Awareness Week 2021 is an initiative to create awareness among people about how much Mental Health is important.

The pandemic has affected various aspects of life and Mental Health is one of those. It has made us realise that life is so uncertain, and how important it is to be healthy not only just physically but also mentally.

Let's normalize seeking help or going to a Mental Health Professionals who are there just for you!

Making this sure do support and motivate each other for seeking help from Mental Health Professionals for your own selves and for your loved and respected ones too!

Reel It Make It

On the themes :

- 1) Myth vs. Reality
- 2) 5 self-care ideas for your mental health in an uneven society that you utilize
- 3) Methods for Creating a More Equal World

Create a reel | Give a description on the theme in context to your reel | follow us | use the hashtag #opposinginequality



[Read more about the competition rules and register yourself here!](#)

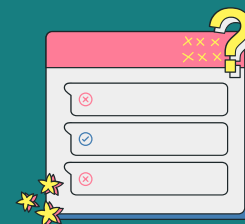
Mental Health Awareness Quiz

Theme :- To bring light regarding Mental Health and understanding it's impact along with taking initiative to solve those in different areas of life.

The Quiz is open for all!

All the participants will be provided E-certificates

[To start the Quiz click here!](#)



Never Have I Ever

We invite you to register yourselves for 'Never Have I Ever - Classroom version'. A collaborative, student-to-student, peer-to-peer activity to understand Peer Support for youth mental health.



When - 13th October' 21, 4pm

[Register here!](#)

Socha Na Tha!

Theme:- To bring awareness about the inequality and take a stand for equality
Attempt atleast 6 dialogues.



It is open for all
The link will be open till 13th October

All the participants will be provided
E-certificates.

[To know more about rules and game
click here!](#)

Unboxing Supportive Well-being

Theme:- To express the understanding and changes needed in your life and also how it impacted your environment.

This competition is open for all
Attempting all the questions is mandatory

The competition is open till 14th october.
All participants will be provided E-certificates & 3 winners will be selected on the basis of experts evaluation.

[Click to Start](#)



Word Puzzle

Theme:- Spread awareness about the psychological terms
The puzzle is open for all students.

E-certificates will be provided.

[Click to Start](#)





Looking Forward for Your
Participation!