Mental Health Awareness Program Report

On: 28-07-25,
Venue: room no 20 ,AMS Campus

Presented by:
Psychology Department

Report on Mental Awareness Program

1. Introduction

Mental health is crucial to our overall well-being—it affects how we think, feel, and act. With the rising stressors of modern life, spreading awareness and educating individuals about mental health has become essential. Recognizing this need, the **Department of Psychology** organized a *Mental Awareness Program* aimed at encouraging open dialogue, breaking stigmas, and highlighting the challenges and impacts of mental health—particularly in relation to social media.

2. Program Details

- **Date of Event:** 28-07-2025
- **Venue:** Room No. 20, AMS Campus
- **Organized by:** Department of Psychology
- **Audience:** Esteemed dignitaries, faculty members, and students of B.A. & B.Com

3. Program Flow and Highlights

A) Welcome Address – Ms. D. Ratna Sri

The program commenced with a warm welcome address by Ms. D. Ratna Sri. She greeted the dignitaries, faculty, and students, setting the tone for the event by emphasizing the importance of awareness, education, and collective action in promoting mental health.

B) Introduction to Mental Health – Ms. G. Madhavi

Ms. G. Madhavi followed with a brief yet informative talk on *"What is Mental Health?"*. She explained the basic concepts of mental well-being, signs of mental distress, and the need to normalize conversations about mental health in academic and home environments.

C) Speech on Mental Health – Ms. Amanthika

Ms. Amanthika delivered a compelling speech on the *importance of mental health*. She discussed how mental health influences daily life and stressed the importance of self-awareness, emotional strength, and seeking support when needed.

D) Presentation: "Minds, Myth & Media" – Ms. Lasya

Ms. Lasya presented a visually engaging PowerPoint titled *"Minds, Myth & Media"*. She focused on the *impact of social media on children's mental health*, discussing how it affects self-esteem, sleep, social interaction, and stability. She also addressed popular myths and advocated for digital mindfulness.

E) Skit: "The Unseen Battle" – Final Year Psychology Students

The skit *"The Unseen Battle"*, performed by final-year Psychology students, powerfully portrayed the internal struggles of someone dealing with suicidal thoughts. The moving performance highlighted the emotional pain and silence many face and stressed the value of compassion and timely support.

F) Address by Vice Principal – Dr. Y. Vasundhara Mam

Dr. Y. Vasundhara Mam, Vice Principal, addressed the gathering with a speech focusing on *social media's influence on young minds*. She emphasized how digital platforms can both positively and negatively shape mental health and urged students to prioritize self-care and face-to-face communication.

G) Reflections – Ms. G. Himabindu Mam

Ms. G. Himabindu Mam offered her reflections, underlining the dual nature of social media and the broader elements of emotional well-being. She encouraged students to identify signs of distress, support each other, and nurture a judgment-free, empathetic campus.

H) Speech: "Mental Health is Not a Taboo" – Ms. Shruthi

Ms. Shruthi gave a thought-provoking speech titled *"Mental Health is Not a Taboo"*. She addressed the stigma associated with mental illness, advocating for open conversations, early intervention, and acceptance.

Vote of Thanks – Ms. D. Ratna Sri

The event concluded with a heartfelt vote of thanks by Ms. D. Ratna Sri. She acknowledged and appreciated the efforts of the speakers, performers, faculty, and students in making the program a success and highlighted the collective effort behind the event's success.

4. Outcomes and Impact

- Raised awareness on the **real-life impact of social media** on youth mental health
- **De-stigmatized** topics like suicidal thoughts and psychological challenges
- Encouraged a **supportive and inclusive campus** environment for mental well-being

5. Conclusion

The *Mental Health Awareness Program* was a thoughtful and impactful initiative that successfully tackled some of the most pressing mental health issues faced by the younger generation. It fostered compassion, understanding, and a shared sense of responsibility among the AMS campus community. The **Department of Psychology**, along with all participants, deserves commendation for leading this important step toward a mentally healthier campus.

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