

October 10th is **World Mental Health Day**—it is an international day for mental health education, awareness, and advocacy against the associated social stigma. To mark the occasion, “I Am” (a psychological support organization) successfully conducted an online session with Sadbhavna members.

The pandemic has not been easy for many of us, with people facing difficulties in embracing the change. With this in mind, the session was planned to help the students know and understand themselves better and support them in enhancing their mental health.

Ms. Akanksha Chande, the facilitator, commenced the online session by briefly introducing the various nuances surrounding mental health. The session shed light on mental health issues and its effects on our daily life. Keeping confidentiality and mutual respect as a strict baseline, Sadbhavna members shared their perspective on the topic, including the thoughts, fears, and concerns they realized during the COVID-19 lockdown.

The students drew pictures representing the activities performed by them to boost their mental soundness. The pictures demonstrated activities such as reading books, playing games, listening to music, cooking food, and spending time with their pets, among others.

A special and important part of the session was identifying the different signs that can indicate if a person is facing a mental health crisis or is in need of help.

The session concluded with the participants showcasing their love for themselves and others. The students and facilitators alike enriched their understanding of mental health through an interactive and informative session.

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