

WORLD MENTAL HEALTH DAY REPORTS-2024

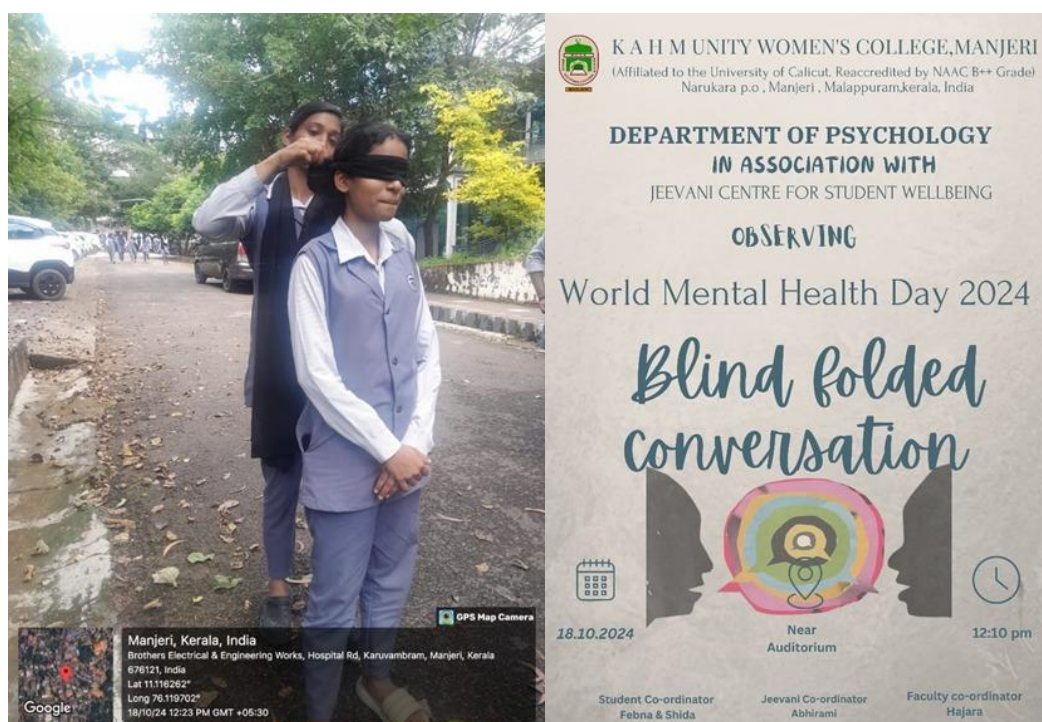
TAKE WHAT YOU NEED- AFFIRMATION BULLETIN BOARD

As part of World Mental Health Day, the Department of Psychology organized and placed an affirmation bulletin board in the college campus, titled 'Take What You Need'. The board offered a selection of affirmative messages on themes like hope, love and understanding, confidence and strength, forgiveness, motivation, peace and healing, from which students could pick and take with them. The students were encouraged to pick any affirmation they needed, offering them a small reminder of support and encouragement.



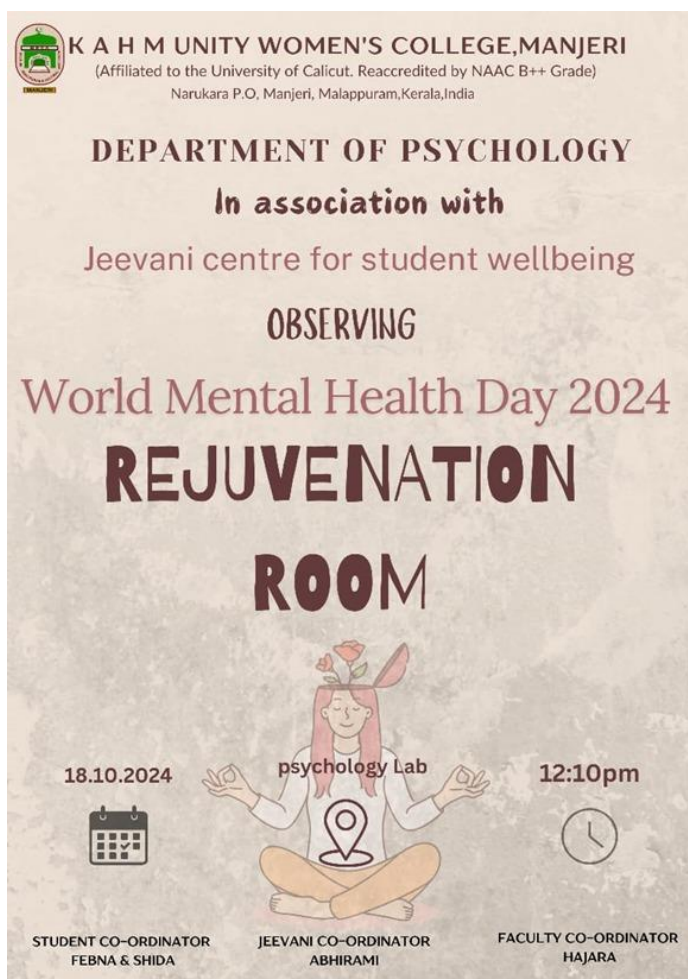
BLIND FOLDED CONVERSATION

The Department of Psychology organised "Blindfolded Conversation" program in connection with World Mental Health Day 2024 at the college ground near auditorium. Held on 18th October 2024, Blindfolded Conversation allowed participants to communicate freely without revealing their identity. Blindfolded, the participants engaged in conversations, focusing on each other's words and expressions without any judgments or preconceptions.



REJUVENATION ROOM

A “Rejuvenation Room” was set up by the Department of Psychology in connection with World Mental Health Day 2024 at the Psychology lab on 18th October 2024. The Rejuvenation Room offered a calming space where 20 students experienced Jacobson’s Progressive Muscle Relaxation (JPMR), guided by the faculty, Hajara. Divided into two batches, the JPMR allowed participants to unwind, reduce stress, and refresh the mind and body by systematically tensing and relaxing muscle groups.



K A H M UNITY WOMEN'S COLLEGE, MANJERI
(Affiliated to the University of Calicut. Reaccredited by NAAC B++ Grade)
Narukara P.O, Manjeri, Malappuram, Kerala, India

DEPARTMENT OF PSYCHOLOGY
In association with
Jeevani centre for student wellbeing

OBSERVING
World Mental Health Day 2024
REJUVENATION
ROOM

18.10.2024  psychology Lab  12:10pm



STUDENT CO-ORDINATOR
FEBNA & SHIDA

JEEVANI CO-ORDINATOR
ABHIRAMI

FACULTY CO-ORDINATOR
HAJARA

MOVIE ANALYSIS

On 17th October 2024, during the association hour the department organized a movie analysis featuring 'Chuvadu', a film depicting bipolar disorder, in connection with World Mental Health Day. The movie helped students gain an understanding into the difficulties of living with bipolar disorder and how mental illness can affect the various psychosocial aspects of a person. The session was then followed by a discussion on the same topic where students exchanged their thoughts and viewpoints related to mental illness and its treatment.

