



**Dempo Charities Trust's
Dhempe College of Arts and Science
Miramar, Panaji, Goa**

**JAGRUTI: MENTAL HEALTH AWARENESS PROGRAM
2022-2023**

DEPARTMENT OF PSYCHOLOGY

JAGRUTI: MENTAL HEALTH AWARENESS PROGRAM

On the occasion of Mental Health week, two street plays were organized under Jagruti programme, by the Department of Psychology, of DCT's Dhempe College of Arts and Science, Miramar Goa on 11th and 14th of October, 2022 at Kadamba bus station in Panjim and Mapusa. A total of 24 students participated in the street plays and the total number of beneficiaries were above 70 people.

The objectives were to create awareness among the public on:

- Cyber bullying and its impact on mental health
- Social Media Addiction and its impact on mental wellbeing
- Misconception of Schizophrenia and the attitude of people towards mental illnesses
- Impact of parental pressure on adolescents in making career choices

As the aim of the Jagruti programme is to create mental health awareness, the street play highlighted four factors that are found to have an impact on mental health of young adolescents. The scenes enacted by the Jagruti group members showcased how use of social media can make the young adolescents social media addicts and also how cyber bullying can further damage their self-esteem.

The members also enacted the various myths related to schizophrenia and informed the public on how they can seek help from mental health professionals. Further the members highlighted the significance of parental support and how the parental pressure in making career choices can lead youth to consume alcohol, other psychoactive substances and even depression and suicide.

The students of Department of Psychology also organized sessions on 'Mental Health' for schools. The sessions were conducted with an aim to educate young students about the various issues related to mental health and also the need to have a healthy mind.

The objectives were to:

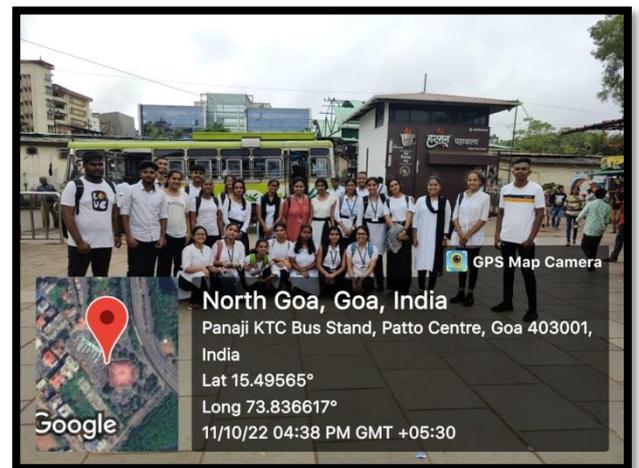
- Inform young students about the various issues related to mental health,
- Highlight various issues that can have a negative impact on the psychological wellbeing,
- Create awareness on how healthy mind can lead to healthy living,
- Educate students about various healthy practices based on strength based approach.

The details of the sessions held are as follows:

Date	Topic	Place	No. of speakers	Beneficiaries
08-3-2023	Ways to prevent bullying in schools, Healthy eating, Social media addiction, Stress management	Dr. K. B. Hedgewar High School, Bamboloim	04	31 students (7 th Standard)
11-3-2023	Healthy Lifestyle	Old Goa Educational School	01	29 students (7 th Standard)
15-3-2023	Stress Management Techniques	Mary Immaculate Girls' High School, Panjim	03	31 students (7 th Standard)
15-3-2023	Team Building	Mary Immaculate Girls' High School, Panjim	01	31 students (7 th Standard)
15-3-2023	Mental Disorders: Anxiety Disorders and OCD	Vidhya Vruddhi Saunstha, Ponda	04	40 students (8 th Standard)
18-3-2023	Healthy Eating	Govt Primary School, St.	03	30 students

	Importance of exercise and mental health, Good and Bad Habits for children	Cruz, Goa		(1 st - 4 th Standard)
21-3-2023	Stress Management	Corner Stone High School Karaswada, Mapusa	02	40 students (9 th Standard)
24-3-2023	Suicide Prevention	St. Michael High School, Taleigao	01	34 students (11 th Standard)
25-3-2023	Stress Management	Don Bosco High School and Higher Secondary School	01	18 students (7 th Standard)
25-3-2023	Mental Health, Anxiety and Eating disorders	HUSN Sahara and Mayrah English Medium School Chimbel	04	30 students (6 th - 7 th standard)





Mukta

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