

EHSAAS- The Mental Health Awareness Society

Activities 2017-2018

EHSAAS is an initiative towards mental health to promote mental well being of the students. The society promotes mental health and spread its awareness through workshops, seminars and interactive events.

Following are the events organized by the society

1. **Wall of Wellness activity** in lieu of Diwali Celebrations on October 11, 2017
2. **Unwinding Words activity** in lieu of Diwali Celebrations on October 11, 2017
3. **Interactive session** on 'How failure can be the best thing that can happen to you' by Ms. Rashi Ahuja (Psychologist and founder of Epsyclinic) on February 13, 2018
4. **Slam Poetry Competition** on 'Dramatic Dreams' on Karvan'18 (Annual College Fest) on March 13, 2018