

EHSAAS- The Mental Health Awareness Society

Activities 2018-2019

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. **Open House Session on Depression** on World Mental Health Day by Dr. Amit Sen, Ms. Priyanka Mittal and Ms. Arshia Marwah (Children First Organization) on October 10, 2018
2. **Pop the Negative Thoughts activity** in lieu of Diwali Celebration, 2018 on November 2, 2018
3. **Dance Movement Therapy Workshop** by Ms. Sukriti Dua (Delhi based DMT Practitioner and psychologist) on January 23, 2019
4. **Gratitude Tree Activity** on Karvaan'19 (College Annual Fest) on February 14 and 15
5. **Slam Poetry competition** on the theme 'Social Acceptance' on Karvaan'19 (College Annual Fest) on February 14, 2019