

## **EHSAAS- The Mental Health Awareness Society**

### **Activities 2019-2020**

The Society encourages people to seek help and stop shaming mental illness. The society is working out together to fight the battle of societal negligence and norms over mental health. EHSAAS has reached many lives through organizing inter and intra-college events which have proved generative.

Following is the list of events that the society organized during 2019 – 2020

1. **Rally** in college campus– in lieu of Suicide Prevention Week on September 11, 2019
2. **Self-Composed Play** ‘Pukaar’- in lieu of Suicide Prevention Week on September 12, 2019
3. Interactive session on ‘**Mental Health First Aid**’ by Ms. Jigyasa Tandon (founder of PSY: FI: For a healthy mind) on October 1, 2019
4. **Do meethe bol activity** in lieu of Diwali celebration,2019 on October 23, 2019
5. **Crack it down activity** in lieu of Diwali celebration,2019 on October 23, 2019
6. **Music Therapy Workshop** by Ms. Meena Gupta and Ms. Radhika (Music Therapists and Counselors) on January 28, 2020
7. **Slam Poetry Competition** on the topic of ‘Self Awareness’ in lieu of Karvaan’20 (Annual College Fest) on March 3, 2020
8. **The Wall of Kindness activity** in lieu of Karvaan’20 (Annual College Fest) on March 3, 2020
9. **Webinar on Expressive Arts Technique** by Ms. Kamna Yadav (Clinical Psychologist) on April 28-30, 2020