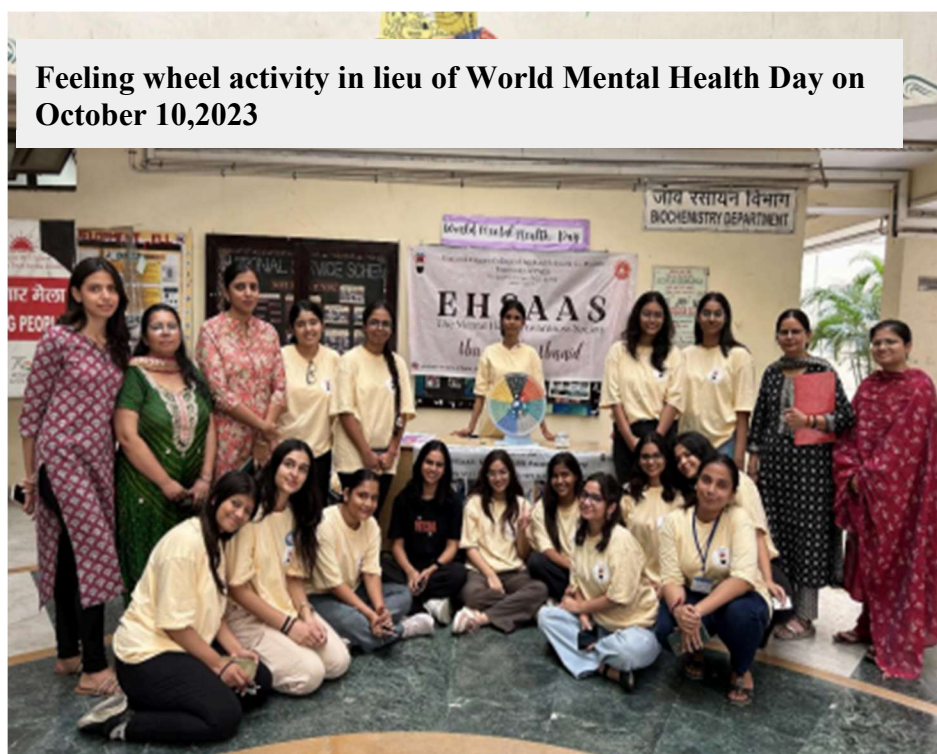# Ehsaas- The Mental Health Awareness Society
Activities 2023-2024

1. **"Feelings wheel" activity**

   Ehsaas celebrated World Mental Health Day on October 10,2023 in foyer area by organizing a 'Feelings Wheel' Activity that encouraged the participants to spin a wheel and share their recent emotional experiences.

Feeling wheel activity in lieu of World Mental Health Day on October 10,2023

2. **Mental health sessions conducted under Eudaimonia by Ehsaas with Psymentia (Psychology Department of SRCASW)**

   Ehsaas and Psymentia (The Department of Psychology) organized 'EUDAIMONIA,' a mental health event in collaboration with Youth for Mental Health, powered by AMAHA and featured by the World Federation for Mental Health on October 18, 2023 in SRG. The event highlighted the theme 'Mental Health is a Universal Human Right.' The speakers delivered insightful talks on 'The Rights-Based Approach' and 'Strategies for Coping with Examination Stress.'

   Number of Participants: 90

Session on "Mental Health is a Universal Human Right." on October 18, 2023

3. Technical fest of Ehsaas- Tranquil'2023

EHSAAS organized its first technical fest Tranquil'23. The fest included competitions like 'Just a Minute', 'feel it reel it' and 'Wellness Wits' in LT-01 and activities like 'Paint the town red' near stalls on November, 7-8, 2023

Activities under Technical Fest 'Tranquill' on November, 7-8, 2023

Competitions under Technical Fest 'Tranquill' on November, 7-8, 2023

4. **Session on Legal and Mental health issues of Women organized by Ehsaas and Women Development Cell**

   Ehsaas and WDC organized a legal and mental health awareness event as part of KARVAAN'24 on March 4,2024 in SRG. Advocate Megha Batra (speaker) discussed the legal implications of sharing intimate content online without consent, emphasizing responsibility and Dr. Satabdi Chakraborty (Speaker) addressed stress management, offering practical techniques.

   Number of Participants: 57

Session on legal and mental health awareness in collaboration with WDC on March 4,2024

5. **Activities organized under Karvaan (Annual Fest)**

   Ehsaas, played an active role in the annual cultural fest, KARVAAN on March 6, 2024 in Ground area through engaging Instagram content and captivating offline and online activities like 'Lens of Joy,' 'Self Awareness Tree,' and 'Expression Enclave,' Ehsaas successfully promoted mental health awareness.

Activities under annual cultural fest 'Karvaan'23' on March 6, 2024