

**MADRAS SCHOOL OF SOCIAL WORK**  
**DEPARTMENT OF COUNSELLING PSYCHOLOGY**  
**World Mental Health Celebration (12<sup>th</sup> October 2019)**

**Introduction:**

“Suicide Prevention” being World Health Organisation's theme of this year for World Mental Health day, on commemorating it Vridhhi- the student forum of the department of Counselling Psychology in collaboration with Psychub Mind and behavior clinic conducted an one day intercollegiate program on 12<sup>th</sup> October 2019.

**Agenda:**

Various Competition were conducted for the students from other colleges.





### **Short film:**

The first contest conducted was short film on the topic “**Breaking the stigma around mental health**”. The shortfilms were played in front of the audience. The shortfilms that were screened are:

- Baby Blues (Post partum Depression)
- Flash (Disability and passion)
- Aasai (Physical disability and Dreams)
- 5 Beats (Physical Abuse faced by visually challenged people)

### **Connections**

Psychological terms were used and people were asked to guess the words using pictures. It was divided into two rounds

- 1<sup>st</sup> round – 6 teams: The terms used were, Behaviour, Research , Personality, Dejavu, Paranoid, Temperment, Bipolar, Acute Stress, Treatment, Biological, Delusion, Plato.
- 2<sup>nd</sup> round – 4 teams: Incest, Insomnia, Neurotransmission, Juvemile, Narcissistic, Catharsis, Psychopathy, Wilhelm Wundt.



## **Poster Making Competetion**

- Holding onto Hope was the topic given to make posters







## Dr. Nappinnai Special guest introduction

Dr. Nappinnai, PhD works as a consultant psychologist from Psy Hub and Behaviour Clinic was the special guest to the celebration.

## Special guest speech

Dr. Nappinnai gave a speech on Mental health, Suicide, its casues and reasons, types, vulnerability, difference between men and women when it comes to suicide, how to identify, what to do and what are the solution.



### **Debate:**

- Religion and its impact on mental health ( For and Against)
- Legalization of Euthanesia ( For and Against)
- Masculinity getting in the way of mental health ( For and Against)



### **Meme creation**

- Breaking through the stigma around mental health was the topic given to the participants and the memes were displayed and the winners were selected by the judge and also the public voting.

### **Human Chain:**

After the competition everyone took pluck cards and formed a human chain outside the campus in public to create awareness.





## **Certificate Distribution**

Certificates of participation was distributed to all the participants

