

World Mental Health Day, 10th October, 2019
MANAS-The Expo.

The program began at 11am in the auditorium. Krithik, a member of Elysium, welcomed the audience and our esteemed guests. Srividya, then addressed the audience on why they were gathered here today. She also highlighted the importance of World Mental Health Day.

Then, the chief guest, Lakshmi T Ranjan, Guest of honour, Parimal Pandit and our HOD, Priya Mahesh were called for the lighting up of the kuthuvelethu. Ms. Priya Magesh handed out role on welcome to the chief guest and the guest of honour.

Nikhil was called upon to paint a picture of Lakshmi T Ranjan, our chief guest. She is a psychologist and alumni of Madras University. She has opened clubs for anti suicide and PTSD. Then she was called upon to address the gathering.

Her speech was truly beautiful and captivating. She began by quoting a short saying, that goes like, may the supreme light be bestowed upon both us and may both of us grow together mentally and strongly.

She concluded her speech by sharing with us 4 resolutions that every human being needs to make.

1. Improve your knowledge
2. Reduce the stigma around facing failures
3. Let go and rejoice.
4. You are not alone . You have people around you.

Then Nandita introduced our guest of honour. Ms. Parimal Pandit is a trained clinical psychologist in counselling and psychotherapy. She has been anthroposophic certified. She is the 3rd Psychologist in India to be certified anthroposophic.

She was then called to the podium. She explained us the definition of having a sound Mental Health. She told us the importance of having trusted people around you. People on whom we can always fall back.

After that, few of our talented psychology girls came up and sang a beautiful song which was then followed by a short video on 'why mental health day?'

The program had reached its end and the audience were informed about the various the competition, activities, stalls that were put up and the most important thing the expo.

The school students were taken to the lab where various models were placed. They were based on psychology topics such as sports psychology, action reaction theory, our conscious mind, neuroplasticity and consumer psychology.

The students of the psychology department held various competitions, like essay writing and slogan making. Activities like dance therapy and music therapy were held. The students of the invited schools were also given an opportunity to take various psychology tests. Stalls for itinerary such as bakery, chat and face painting were also put up.

Later around 3pm the students were called back to auditorium for announcing the winners of the competitions held and were once again thanked for attending our expo.
