

**Report for Geetanjali Counselling Helpline Committee  
(2023-24)**



**Mehr Chand Mahajan DAV College for Women  
Sector-36, Chandigarh  
[www.mcmdavcwchd.edu.in](http://www.mcmdavcwchd.edu.in)**

**Title of the Activity:** Poster Making on the theme “Destigmatization of Mental Health” to mark the celebrations of World Mental Health Day 2023 by World Health Organization (WHO)

**Name of the Committee:** Geetanjali Counselling Helpline Committee

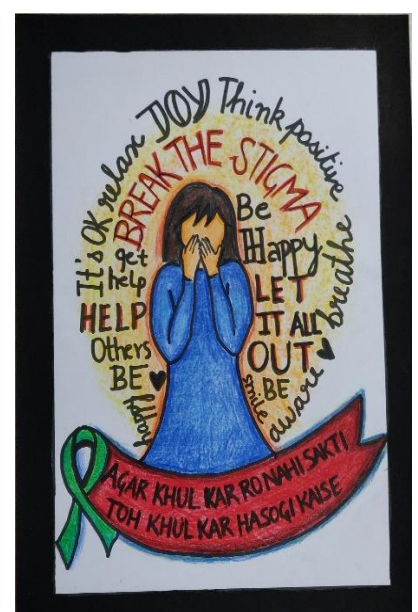
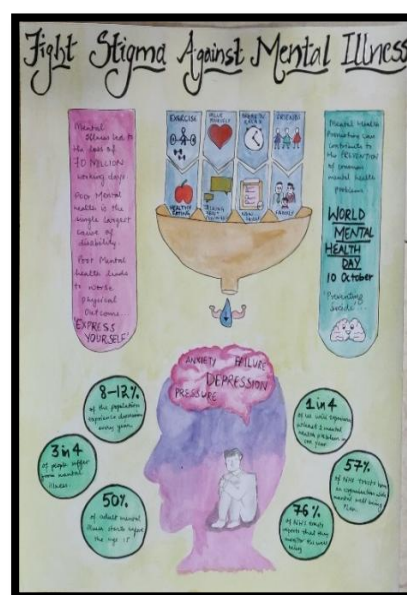
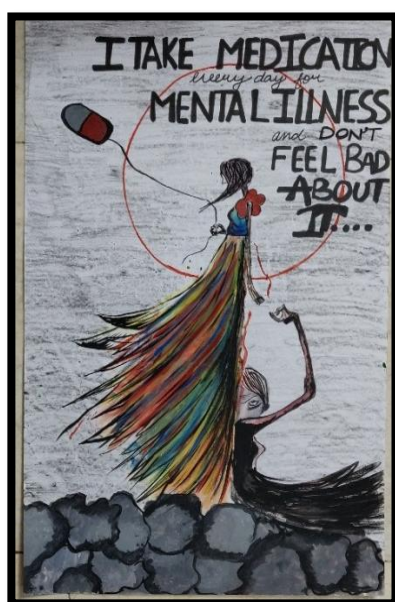
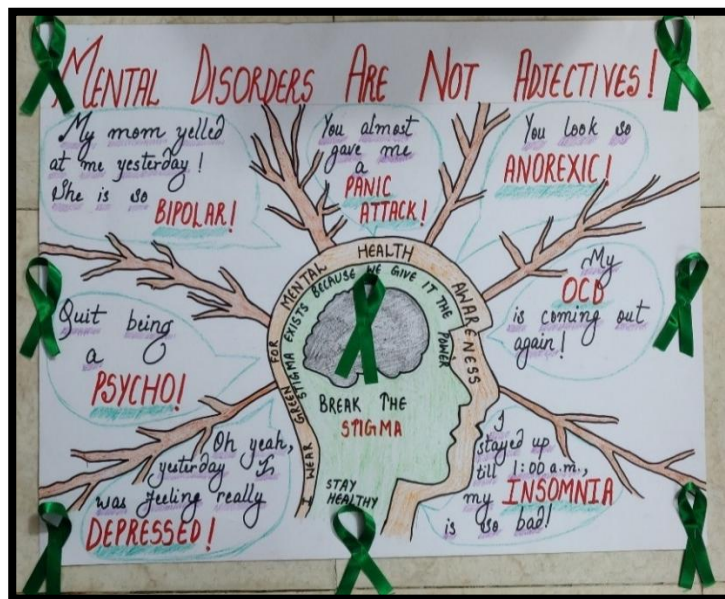
**Activity Co-ordinator:** Dr Nitasha Khehra

**Date of the Activity:** 13th October, 2023

**Number of participants:** 50 students

**Objectives & Context:** The theme for World Mental Health Day 2023 by the World Health Organization (WHO) was "Mental health is a universal human right" which emphasized the importance of promoting and protecting everyone's mental health as a fundamental human right, urging people to unite in improving knowledge, raising awareness, and driving actions to support this cause. The Geetanjali Counselling Helpline Committee organized a poster making activity with the objective that artistic expression can serve as a therapeutic outlet for individuals dealing with their own mental health challenges and encourage a more compassionate campus culture among our college students.

**Practice & Outcome:** The Geetanjali Counselling Helpline Committee organized a poster making activity on the pertinent theme of “Destigmatization of Mental Health” under their mental health initiative of “Swachh Mann Abhiyan” on 13th October, 2023 to mark the celebrations of World Mental Health Day 2023 by World Health Organization (WHO). The activity was aimed to encourage open conversation, reduce stigma, and promote positive mental health practices among our college students. The event witnessed enthusiastic participation from 50 students across various disciplines. These participants showcased their artistic skills while addressing the theme of mental health with creativity, sensitivity and fostering a supportive community. The event provided a platform for students to express their thoughts, emotions, and insights on mental health through visual art.





**Title of the Activity:** Workshop on the theme “Mental Health Awareness” to mark the celebrations of World Health Day 2024 by World Health Organization (WHO)

**Name of the Committee:** Geetanjali Counselling Helpline Committee

**Activity Co-ordinator:** Dr Nitasha Khehra

**Date of the Activity:** 8th April, 2024

**Number of participants:** 80 students

**Objectives & Context:** The theme for World Health Day 2024 by World Health Organization (WHO) was "My Health, My Right." highlighted the importance of having access to quality health services and a healthy environment, recognizing that good health is a fundamental human right. Hence, the Geetanjali Counselling Helpline Committee organized a workshop aimed increase understanding, knowledge about mental health conditions and promote positive well-being among our college students.

**Practice & Outcome:** The Geetanjali Counselling Helpline Committee organized a workshop on the theme “Mental Health Awareness” to mark the celebrations of World Health Day 2024 by WHO under their mental health initiative of “Swachh Mann Abhiyan” on 8th April, 2024. The resource person was Dr Nitasha Khehra. Assistant Professor, PG Department of Psychology and Co-ordinator, Geetanjali Counselling Helpline Committee at Mehr Chand Mahajan DAV College for Women, Chandigarh. The workshop engaged the students from various disciplines by defining mental health and its importance, differentiating between mental health problems and mental illness, and addressing common misconceptions. Participants learned how to identify signs of various mental health conditions, potentially using real-life examples and case studies. Dr Khehra focused on practical strategies for managing stress, including relaxation techniques healthy coping mechanisms. Information on resources like mental health professionals, hotlines, and support groups was provided. Creating a safe and supportive environment where students feel comfortable discussing mental health issues was a crucial goal of this workshop.

