

Name of the Event: **World Mental Health Day**

Date: 10<sup>th</sup> October 2023

Time: Art Based Therapy: 9.40am -10.40am (TY HD) and 11am -12 (Msc 1 & 2)

Mental Health begins with Me: Empowering Youth to Unmask their Mental Health

Challenges: 12.30pm -2.30pm

Resource Person: Art based Therapy: Ms Athira Nair (Alumna of the Department)

Mental Health begins with Me: Empowering Youth to Unmask their

Mental Health

Challenges: Dr Nirmala Almeida (Ex HOD of the Department)

No. of Participants: 50 (Art based Therapy)

68 (Mental Health begins with Me)

This was the 2<sup>nd</sup> year of celebration of the World mental health day by the Department of Human Development in Collaboration with the Divyangjan committee of the college. The World Federation for Mental Health (WFMH) announced the theme for World Mental Health Day 2023, as ‘**Mental health is a universal human right**’ aiming at improving knowledge, raising awareness and driving actions that promote and protect everyone’s mental health as a universal human right.

In line with the global aim of the theme of raising awareness and promoting and protecting everyone’s mental health, two sessions were organized, one on Art Based Therapy and the other on “Mental Health begins with Me: Empowering Youth to Unmask their Mental Health Challenges”.

The Art Based Therapy workshop was conducted by our department alumna, Ms Athira Nair, A Trauma – Informed Art Based therapy practitioner. Two sessions were taken by her in the morning from 9.40am -10.40am (TY HD) and 11am -12 (Msc 1 & 2). The use of artistic methods to treat psychological disorders and enhance mental health is known as art therapy. Art therapy is a technique rooted in the idea that creative expression can foster healing and mental well-being. Ms Athira made students express themselves by drawing and painting and helped students make sense of their art. She used various techniques Collage making, Colouring, Doodling and scribbling, Drawing, Finger and thumb painting etc. As students created art, they were made to analyse what they have made and how it makes them feel. Through exploring their art, students were encouraged to look for themes and conflicts that may be affecting their thoughts, emotions, and behaviors. It was indeed a beautiful experience of understanding the meaning of our drawings and to understand how our thoughts, feelings and emotions become a part of the scribbling and doodling that we so often do. One of the most beautiful thing that happened was breaking of a myth that to do art therapy you need to have an artistic ability or special talent to participate in art therapy.

The afternoon session began at 12.30pm, with a brief welcome of our resource person, Dr Nirmala Almeida. Dr Almeida our ex Head of the Department is a Counsellor, Consultant Psychologist and Human Development specialist. She had an interactive session on the topic “Mental Health begins with Me: Empowering Youth to Unmask their Mental Health Challenges”. This was an intercollegiate session, with a total no. of participants as 68. Dr Almeida, proceeded with the session by using case examples from her counselling sessions, the confidentiality was maintained, and shared her experiences of how the difficulty and

problems that the youth were facing were resolved. She addressed all major themes related to Adolescent lives, Examination, Parent Adolescent Relationships, Heterosexual relationships, Peer Pressures and Stress faced by adolescents with regard to home and college. The main theme emerged in her session was to accept that one has a difficulty and seek help for the same. The participants asked questions and the resource person gracefully answered each one of them. The session could go on, but as the resource person had another appointment, the session ended at 2.30pm.

In all it was a fulfilling day and we all felt mentally happy at the end of the day..

Payal Maheshwari  
Organizer of the Event.

### Flyer of the Event



### ART BASED THERAPY







Ms Athira Nair – Resource Person

**Mental Health begins with Me: Empowering Youth to Unmask their Mental Health Challenges**



Dr Almeida – Resource Person





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