



मनोविज्ञान विभाग DEPARTMENT OF PSYCHOLOGY

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Event Report World Mental Health Day 2023

To commemorate World Mental Health Day, the Department of Psychology at Dr. Harisingh Gour Vishwavidyalaya (A Central University), Sagar (M.P.), organized a long week series of events from 5th to 11th October 2023. These events were planned in alignment with the 2023 WHO theme: “Mental Health is a Universal Human Right”. The primary objective was to increase awareness, promote dialogue, and provide educational insights into mental health issues while engaging students in meaningful psychological activities. The celebration reflected the university’s commitment to mental well-being, inclusion, and the empowerment of individuals through awareness, skill-building, and creative expression. The entire celebration was meticulously planned and executed under the able guidance and leadership of the university’s eminent faculty and scholars. The event was graced by the support of Prof. Neelima Gupta, Hon’ble Vice Chancellor of Dr. Harisingh Gour Vishwavidyalaya, Sagar, who served as the Chief Patron. Prof. A.D. Sharma, Head of the Department of Psychology, acted as the Patron, while Dr. G.K. Tiwari, Assistant Professor in the Department of Psychology, served as the Convener of the event. The organizing team also included Dr. Sharda Vishwakarma and Dr. D.N. Sharma, both Guest Faculty members, who served as Co-Conveners. The event coordination and management were efficiently handled by a dedicated team of Coordinators, including Mr. Anurag Shukla, Mrs. Archana Singh, Ms. Archana Choudhary, and Mr. Amit Kumar Macorya, whose collective efforts ensured the smooth and successful execution of all the planned activities.

Event Schedule and Activities

Day 1: 5th October 2023 – Inauguration and Nukkad Natak

The Mental Health Week celebration was formally inaugurated on 5th October 2023 at 10:00 AM. The event was honored by the presence of two distinguished guests:

- Dr. Sandeep Jain, Joint Director of Inclusive Education, CBSE, New Delhi.
- Prof. (Retd.) P.K. Rai, Former Head, Department of Psychology, DHSGSU.

The inaugural session set a thoughtful tone for the week, focusing on the universality of mental health and the need for inclusive psychological practices.

Following the inauguration, a Nukkad Natak (street play) was staged within the university premises. The play addressed pressing mental health issues such as stigma, emotional expression, anxiety, and depression. With a creative and emotionally impactful performance, the student group succeeded in drawing public attention to the importance of seeking help and breaking the silence around mental illness.

Day 2: 6th October 2023 – Creative and Literary Competitions

The second day featured a variety of artistic and intellectual competitions hosted at the Department of Psychology:

- Poster-Making
- Debate
- Essay Writing
- Collage-Making
- Elocution

These competitions were designed to stimulate awareness and critical thinking on mental health themes. Participants expressed their ideas through visuals, arguments, storytelling, and design. The enthusiastic participation and high-quality submissions showcased a wide range of perspectives, highlighting mental health as a multidimensional issue.

Days 3 to 5: 6th – 11th October 2023 – Workshop Series

A 5-day workshop series was conducted featuring expert guest speakers from the field of psychology, counselling, and education. The workshops provided hands-on sessions focusing on practical mental health strategies and professional development:

6th October 2023, 11:00 AM:

Dr. Sujata Mudgal, Educational Psychologist and Counsellor, conducted a session on psychological resilience, stress management, and the role of psychoeducation.

7th October 2023, 2:00 PM:

Dr. Shraddha Khare, Mindfulness Trainer and Freelance Counsellor, facilitated a session on mindfulness techniques and self-awareness exercises.

9th October 2023, 2:00 PM:

Dr. Swati Sirotiya, Educational Psychologist and Counsellor, focused on emotional intelligence, interpersonal skills, and student counseling strategies.

11th October 2023, 11:00 AM:

Miss Mahak Jain, an expert in career counselling, addressed the issue of academic dissatisfaction and career-related mental stress among youth.

These workshops were highly informative and interactive, allowing participants to gain both theoretical knowledge and practical tools for improving mental well-being.

Day 6: 9th October 2023 – Mind Mystery

Mind Mystery held at the Department of Psychology, this signature event consisted of multiple psychological assessment stations aimed at exploring different facets of participants' personalities, behaviors, habits, emotional intelligence, and self-perception. This hands-on and introspective event attracted a large number of students and faculty, allowing them to reflect on their mental processes in an engaging way.

Day 7: 10th October 2023 – Awareness Rally

Mental Health Awareness Rally-A university-wide rally was organized to spread awareness about mental health and advocate for psychological support systems. Participants carried banners and chanted slogans, emphasizing the message that mental health is a basic human right. The rally received attention from students, faculty, and passersby, contributing to breaking stigma and normalizing discussions on mental well-being.

Conclusion

The World Mental Health Week Celebration 2023 organized by the Department of Psychology at Dr. Harisingh Gour Vishwavidyalaya was a remarkable success. Through a combination of creative competitions, educational workshops, interactive assessments, and public outreach, the event fulfilled its objective of promoting awareness, empathy, and action toward mental health. The diverse participation, expert sessions, and impactful messaging reflected the department's leadership in mental health advocacy and its dedication to the psychological well-being of the university community. This celebration not only aligned with the global theme declared by WHO but also made a lasting impression on the participants, encouraging them to view mental health as a fundamental, non-negotiable human right.



(Prof. A. D. Sharma)