



# मनोविज्ञान विभाग DEPARTMENT OF PSYCHOLOGY

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Ref. No.: PSY/2024/

Date: 15.10.2024

## Event Report World Mental Health Day 2024

Department of Psychology at Dr. Harisingh Gour Vishwavidyalaya, Sagar, organized a comprehensive and inspiring celebration of World Mental Health Week 2024 to mark the occasion of World Mental Health Day (celebrated globally on 10th October). The central theme of this year's celebration was **“It is Time to Prioritize Mental Health in the Workplace”**. The week-long series of events, conducted from 7th October to 10th October 2024, aimed at promoting mental health awareness, reducing stigma, and encouraging proactive steps toward mental well-being, particularly in professional and academic environments.

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: 7th October 2024**

#### *1. Inaugural Session and Seminar (Time: 10:00 AM – onwards)*

The Mental Health Week commenced with a formal inauguration and seminar. The event featured distinguished resource persons:

- Dr. Aditya Dubey (MD Neuropsychiatry, District Hospital, Sagar)
- Mr. Anupam Bohare (Senior Counsellor, ART Centre, Bundelkhand Medical College & Hospital, Sagar)

The seminar addressed the importance of workplace mental health and the urgency of mental health advocacy in institutions and offices. The speakers provided insights into the psychological challenges faced by professionals and students, and emphasized the need for a supportive environment.

#### *2. Debate Competition*

Following the seminar, an engaging debate competition was conducted on mental health-related themes. Participants shared their perspectives and counterpoints on crucial issues such as stigma, access to mental healthcare, work-related stress, and the role of education in promoting mental health.

Theme: Mental Health and Workplace

Time: 3:00 PM onwards

Judges:

- Dr. Pankaj Singh – Assistant Professor, Department of History
- Dr. Afreen Khan – Assistant Professor, Department of Political Science & Public Administration
- Dr. Rahul Swarnkar – Assistant Professor, Department of Music

### **Day 2: 8th October 2024**

#### *1. Poetry Recitation Competition*

Students showcased their emotional intelligence and creative depth by reciting original poems that touched on various aspects of psychological well-being, self-care, empathy, and resilience. The event created a reflective and heartwarming atmosphere.

Theme Topics: My Story, Well-being, Mental Health, Positivity in Life, Prioritizing Mental Health in the Workplace

Students expressed emotions, stories, and insights through original poetry.

Time: 11:00 AM onwards

Judges:

- Dr. Himanshu Kumar – Assistant Professor, Department of Hindi
- Dr. Vandana Rajoriya – Assistant Professor, Department of English & Other European Languages
- Dr. Sanjay Yadav – Assistant Professor, Department of Sanskrit

## 2. *Poster-Making Competition*

Through vibrant visuals and impactful messages, students created posters that depicted the importance of mental health. Posters ranged from educational infographics to artistic depictions of stress, hope, recovery, and support systems. These artistic events encouraged expressive participation and offered a platform for students to voice their understanding of mental health through creative mediums.

Theme: It is Time to Prioritize Mental Health in the Workplace

Time: 12:00 PM onwards

Judges:

- Dr. Rakesh Soni – Assistant Professor, Department of Fine Arts & Performing Arts
- Dr. Awadhesh Pratap Singh Tomer – Assistant Professor, Department of Music
- Mr. Krishna Kumar- Assistant Professor, Department of Music

## **Day 3: 9th October 2024**

### *Event: Mind Mystery Competition*

The third day was filled with excitement and curiosity as students took part in the Mind Mystery event. It was an intellectually stimulating competition designed to test students' knowledge of psychological concepts, problem-solving abilities, and teamwork. The event aimed to promote mental health awareness and encourage self-discovery through a series of interactive psychological assessments. Open to all and operating on a first-come, first-serve basis with limited seats, the event attracted wide participation from students and faculty. Registration was held on 3rd October 2024, from 10 AM to 4 PM at the Department of Psychology. Participants had the opportunity to take part in various self-assessment activities, each priced at ₹20 per test. These included introspective and analytical stations such as “Do You Control Life or Life Controls You?”, “The Science of You at Work”, “Uncover the

Hidden You”, “Know Your Bonding Barometers”, “Explore How Your Habits Work”, “Unlock the Secret of Your Fonts”, “Reveal the Language of Facial Features”, and “Dive into the Spectrum of Your Unique Essence.” Each station was designed to provide insight into different aspects of personality, behaviour, and self-perception, using methods ranging from psychological theory to graphology and physiognomy. The initiative successfully blended education, creativity, and mental health advocacy, empowering participants to reflect on their inner selves and fostering a deeper understanding of mental wellness in a supportive environment.

World Mental Health Day, 2024

#### **Day 4: 10th October 2024**

*Rally and Nukkad Natak (Street Play)*

*Venue: University Premises*

The final day of the celebration involved public outreach activities. A mental health awareness rally was organized within the university premises. Students carried placards, banners, and slogans promoting the importance of mental well-being, self-care, and professional support.

A Nukkad Natak (Street Play) was a powerful street performance by students illustrated the social stigma surrounding mental health, emphasizing the need for awareness, acceptance, and open conversations. The street play was emotionally impactful and was appreciated by a large audience including students, faculty, and passersby.

These events aimed at breaking the silence and social stigma around mental illness and advocated for a more compassionate, aware, and inclusive society.

#### **Conclusion**

The World Mental Health Day 2024 at Dr. Harisingh Gour Vishwavidyalaya, Sagar, was a vibrant and meaningful initiative that successfully brought together students, educators, and mental health professionals. The week-long series of activities not only educated but also emotionally moved the participants and audience. Through discussions, creative arts, public awareness programs, and expert seminars, the celebration emphasized the importance of prioritizing mental health especially in workplaces and educational institutions. Such initiatives reflect the department's commitment to shaping a psychologically informed and emotionally resilient academic community. The event concluded with a collective sense of purpose and a call to action: Mental health is not a luxury; it is a priority.



(Prof. A. D. Sharma)