



ACTIVITIES

- **Mental Health Day Celebration**

Date: 10th October, 2023

Venue: Sukhna Lake

Introduction: The Mental Health Day celebration at our college was a resounding success, focusing on raising awareness about mental health through an invigorating walk around Sukhna Lake and a compelling nukkar natak performed by our enthusiastic students. The event aimed to shed light on the importance of mental health and promote a supportive community.

Awareness Walk: The day began with an energizing mental health awareness walk around Sukhna Lake. Students, faculty, and staff gathered at the starting point, demonstrating a united front in acknowledging the significance of mental well-being. As participants strolled around the picturesque lake, banners and placards were displayed, carrying messages advocating mental health awareness and destigmatization.

The walk provided a serene environment conducive to contemplation and reflection, encouraging open conversations about mental health. The participants engaged in discussions, sharing personal experiences and insights, fostering a sense of community and understanding.



