

# Mental Health Camp 2017

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After the appreciable response of the last year's Mental Health Camp, the Department of Applied Psychology (Hons.) of Shyama Prasad Mukherji College, conducted '**The Mental Health Camp**' on 30<sup>th</sup> and 31<sup>st</sup> January 2017, with a train of events designed to promote, aware and encourage mental health and wellbeing among the students of SPM college.

As we know, in this growing world, every individual experiences daily life as a battle and needs a regular check-up, not only for their physical health but also for the mental one, as they both play a crucial role for a healthy wellbeing! And it is here that we require AWARENESS among the masses, for which Applied Psychology department celebrates/organizes/conducts/executes such events regularly.

Mental Health Camp commenced with freeze mobs executed by the Psychology students, firmly clutching on the posters across the college to grab the attention of their fellow mates, which further invited many to the following event, Psychological Testing Booth, where over 100 students participated in testing like CRI (Coping Resources Inventory), MPI (Maudsley Personality Inventory), and STAI (State and Trait Anxiety Inventory), to get a clearer window of their 'SELF'. Students, who attended the booth, were content with results and the one, who conducted it were glad for the opportunity to roll the dice from theoretical to practical side.

Second day of the camp got elevated with Flash Mobs, where the team tried to hit the chords of awareness among the students and was followed by the Interactive Session in which different experiential activities and small talks were orchestrated to stir the thoughts of every figure present in the Foyer. With accomplished events and a positive feedback, the department concluded the Mental Health Camp 2017.

