



**POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS,
SECTOR-11, CHANDIGARH**

P G Department of Psychology



**Counselling Cell - SAARTHI
(Session: 2022-23)**

Aims & Objectives:

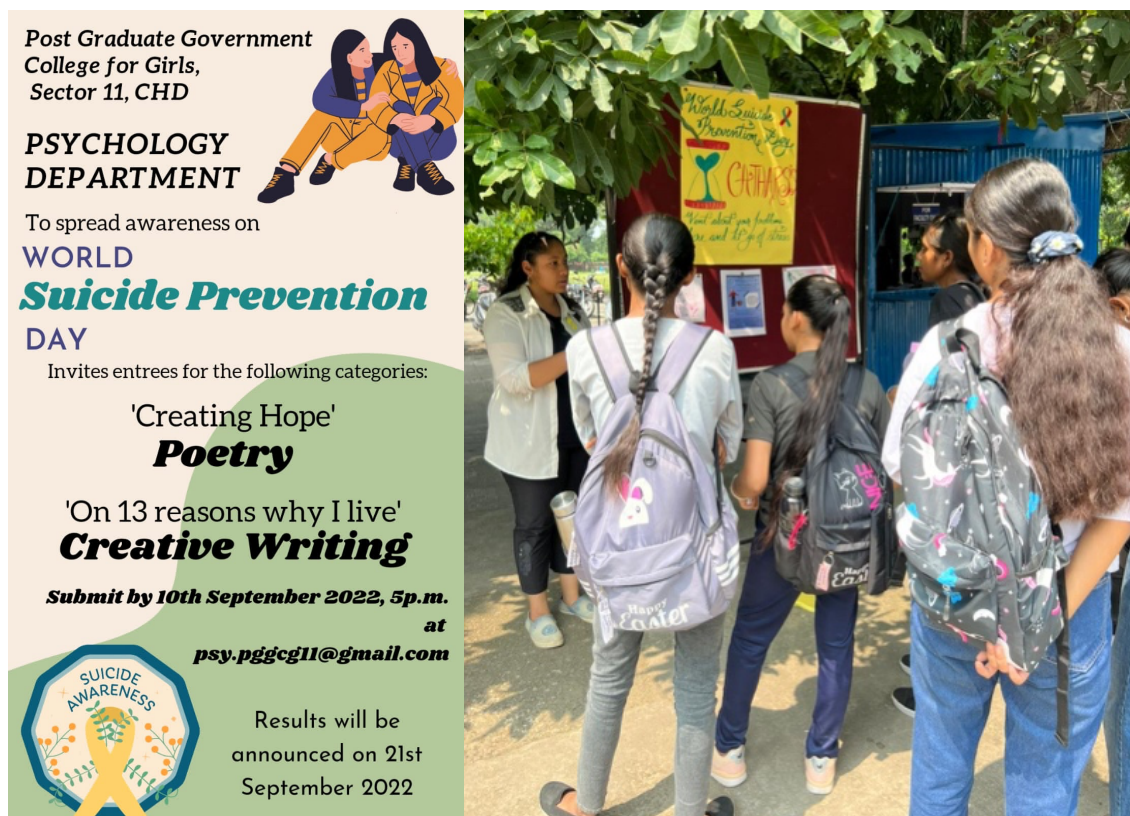
- To ensure adequate mental health and well-being of students.
- Enable overall positive personality developments with a strong sense of self-esteem and confidence in overall all domains of life.

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Activity 1: Awareness of Suicide Prevention Day

Suicide is a serious problem that has affected the entire country. Recent studies revealed that suicide is the eleventh leading cause of death. In order to educate students about suicide prevention, the warning signs, and how to prevent it, on **10th September 2022, on World Suicide Prevention Day**, members of the Counselling Cell and the Department of Psychology carried out an awareness drive in the college. The event started with the mobilising rally with the motive to make students aware about the causes of suicide. Students of all the classes came near Nescafé, they put a box and asked the students to write their problems on a paper and put that in the box. The inputs of students were later analysed and a talk was organized to address the issues raised by the students. Also, a poetry competition on the theme of “Creating Hope” and an Essay writing competition on “13 reasons why I live!” were also organized. To appreciate the participation prizes were given to winners of the competition. A large number of students (150) participated in these events.



Post Graduate Government College for Girls, Sector 11, CHD

PSYCHOLOGY DEPARTMENT

To spread awareness on

WORLD Suicide Prevention DAY

Invites entries for the following categories:

'Creating Hope' Poetry

'On 13 reasons why I live' Creative Writing

Submit by 10th September 2022, 5p.m. at psy.pggcg11@gmail.com

Results will be announced on 21st September 2022

The photograph shows a group of students gathered around a booth for World Suicide Prevention Day. A sign on the booth reads "World Suicide Prevention Day" and "CATHARSIS". One student is writing on a piece of paper. The booth is set up outdoors with trees in the background.

Activity 2: World Mental Health Day

The Department of Psychology and SAARTHI – the Counselling Cell of PGGCG-11, along with ‘Zehnat’ - an NGO, organised an event on **10th October 2022** to celebrate the “**World Mental Health Day**” in the college campus. World Mental Health Day is an international day for global mental health education, awareness and advocacy against social stigma related to mental health. It was first celebrated in 1992 at the initiative of the World Federation for Mental Health, a global mental health organization with members and contacts in more than 150 countries. Students of Psychology Department organized a Mental Health camp where various psychological, mental health and well-being scales were administered on students and accordingly students were informed about their mental-health and well-being

Furthermore, 'Spread Positivity Campaign' was also held in the college. A box was kept in a common open-area of the college, where students wrote words of appreciation and positivity on a piece of sheet and put it in the box. They also had to pick a piece of paper from the same box and take it with them. This activity was initiated to share kind words with people struggling in their lives and put a little smile on their face. The main aim of the entire event was to not only spread positivity but also to gain positivity.

As we know mental health comprises our emotional, psychological and social well-being. It affects how we feel, think and act. It also is a determinant of how we handle stress. Thus, it is very important at every stage of life. So it is crucial for everyone to work towards achieving a balance between mental and physical well-being and get the necessary help when either of them falters. 200 students participated in these events.



Activity 3: Psychological Testing – How Have You Been?

On 2nd March 2023, Psychological Testing – How Have You Been? – the Post Graduate students of the Psychology Department mobilized the workshop of psychological tests and intervention activities for the college students with the twin aim of nurturing their mental health as well for their well-being. Various tests were administered to assess the mental health and well-being of the students.



More than 80 students approached for these activities and sought guidance for various issues and were being helped.

Activity 4: Aesthetic Artist – Art Therapy

Another activity organized by the PG students on 2nd March 2023 was the demonstration and application of **aesthetic art therapy**. They applied art therapy which was based on environmental psychology theme of the Zeitgeist, portraying students' knowledge of flora-fauna and their surroundings.



More than 80 students approached for these activities and sought guidance for various issues and were being helped.

Activity 5: Counselling Session – ‘Main Hoon Na’

The last activity of the day, 2nd March 2023, was through the role of counselling, guidance and supervision of each student’s mental health and emotional well-being in the above-mentioned activities. Students who approached the team for consultation were provided guidance and counselling sessions were organized for them later on.



More than 80 students approached for these activities and sought guidance for various issues and were being helped.