



**Oriental Education Society's**  
**Oriental College of Education & Research**  
UGC NCTE Approved, Affiliated to University of Mumbai,  
(NCTE Code- 123016)  
Adarsh Nagar, Andheri (W)  
NAAC Accreditation 'B' Grade

## **Report on World Mental Health Day**

**Date:** 11<sup>th</sup> October

**Time:** 11:00 AM to 1:00 PM

**Venue:** Oriental College of Education and Research (Andheri)

**Organized by:** IQAC and Guidance Counselling Cell of Oriental College of Education of Research (Andheri)

### **Introduction**

Oriental College of Education and Research (OCER), Andheri, in collaboration with Amann Junior College of Arts and Commerce, organized a two-day programme to commemorate **World Mental Health Day** under the IQAC and Guidance and Counselling Cell. The event aimed to raise awareness about mental well-being, address issues like mobile addiction and stress, and encourage mindfulness and emotional balance among students.

### **Objectives**

- To raise awareness about the importance of mental health.
- To understand the role of teachers in supporting students' emotional well-being.
- To promote practices that enhance mental health and resilience among learners.

### **Day 1: 10th October – Seminar on Suicidal Prevention**

On the first day, a **Seminar on Suicidal Prevention** was conducted by **Dr. Priyanka Pandey**. She sensitized the student-teachers about the seriousness of mental health issues and the need for early intervention and peer support. Madam explained the topic through **interactive activities**, enabling participants to understand the causes, warning signs, and preventive strategies related to

suicidal tendencies. The session emphasized the importance of empathy, open communication, and collective efforts in ensuring mental well-being.

## **Day 2: 11th October – World Mental Health Day Celebration**

The second day began with an assembly hosted by Divanshi. The programme commenced with a prayer “*Itni Shakti Hamein Dena Data*” followed by the University Song.

- **Speeches:**

- Afsana spoke on the *Significance of World Mental Health Day*.
- Shifa discussed *Common Mental Health Challenges in Schools*.
- Priya shared the *Early Signs of Mental Health Issues in Children*.
- Lavita spoke about the *Role of Teachers in Promoting Mental Health*.
- Aarti discussed *Mental Health in the Educational Context*.

A short video on mental health awareness was also shown to the students.

## **Seminar and Activities**

A **guest lecture** was delivered by **Mrs. Meher Patel**, Principal of Amann Junior College of Arts and Commerce, on **Mobile Addiction and Mental Health**. She explained how excessive screen time and digital dependence negatively affect emotional and psychological balance.

Following the lecture, several engaging activities were conducted:

- **Tension Tracker:** Helped participants identify and manage stress levels.
- **Mindbloom Counter:** Students and teachers wrote positive affirmations on sticky notes and displayed them together.
- **Heal Through Rhythm:** Focused on rhythmic breathing and mindfulness exercises.
- **Meditative Raga:** Encouraged relaxation and inner calm through music and guided meditation.

The event concluded with encouraging words from **Dr. Priyanka Pandey**, who appreciated the initiative and the enthusiastic participation of students and staff. Aarti delivered the vote of thanks, and the session ended with the **National Anthem**.

### **Conclusion**

The two-day World Mental Health Day celebration at Oriental College of Education and Research effectively raised awareness about mental health and emotional well-being. The sessions by Dr. Priyanka Pandey and Mrs. Mehr Patel provided valuable insights into maintaining mental balance and tackling psychological challenges. The event successfully promoted mindfulness, empathy, and positive thinking among student-teachers.

**Prepared by:**



**Dr. Veena Kasabe**

**Organizing In- Charge**



**Dr. Priyanka Pandey]**

**[I/C Principal]**



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# MIND BLOOM COUNTER

Will Joy To Be  
 fit + Smiling happy  
 Anishad

Be kind!  
 U don't know what  
 the other person is  
 going through!

Struggled come,  
 there are trials,  
 But being positive  
 and appreciating  
 yourself is a good  
 impact!!

Don't think about  
 things that are not  
 in your control.  
 Think about things  
 that you can control.  
 Anishad

Love yourself  
 to start!

There might be 10  
 things in someone's  
 mind, but there are  
 also 10 things to  
 be grateful for.  
 TRICHA

I feel anxious about my  
 health but I try to  
 keep my mind ready  
 you will be fine soon

Eat healthy!  
 Stay fit!!

Be grateful for  
 what you have in  
 life and always  
 be contented

Everything looks  
 beautiful when  
 we look at it  
 with love

Health is  
 worth waiting  
 😊

Never stop learning  
 because life  
 never stop  
 Teaching 😊

Always  
 smile  
 😊

Be satisfied with  
 where you are because  
 there was a time where  
 you wished you were  
 there

Be happy  
 Smile is the  
 best answer  
 for all your  
 worries.....

Don't  
 be sad, keep  
 doing things and  
 appreciate everyone  
 for every little thing  
 that they do

Be Happy.  
 😊

Take care of  
 yourself as  
 you take  
 care of  
 others! 😊

Love yourself  
 and the  
 world around  
 you  
 Be happy!!

We always say to  
 do is be positive,  
 smiling, helpful,  
 cheerful 😊😊  
 because when we  
 are positive young  
 etc....



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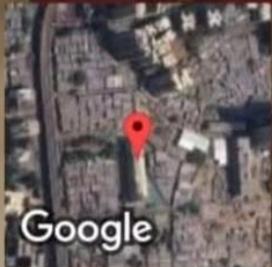
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