

### **Session: peer orientation and sensitisation building parade, 2018**

*Peer orientation session-* On **13<sup>th</sup> september 2018**, the club organised a Mental Health talk session with the students of Jesus and Mary College. The experiential session was meant to highlight the importance of mental health and its role in our lives, and delve deeper into the reasons of neglect in our country and the road ahead. The event was attended by around 60 students and gave them an opportunity to share their thoughts and ideas with their peers.







A group of students from JMC, who share your love for the subject are planning on taking an interactive and engaging session on Mental Health and Well Being and thereby understanding why a "Peer Buddy" is important. This is not an intense academic discussion and neither a spiritually enlightening session, but is rather an experiential session that aims at liberating you and putting you in a position to introspect about your well-being and happiness.

***Understanding Mental Health  
And Its Psychosocial  
Perspectives – An Interactive  
Session***

**Thursday, 13 september 2018  
3 p.m. onwards  
Theatre Room**

**The talk shall highlight upon the following –**

- Importance of mental health and its role in our lives.***
- An exchange of perspectives on reasons of neglect in our country.***
- Brainstorming on the road ahead–***





*Sensitization parade-* the club organised a mental health sensitization parade in the college premises to create awareness about mental health and the initiatives being taken by the mental health club. The parade aimed to start conversations around mental health in the student community of the college and create awareness about the importance of mental health.





