



SRI SARVAJNA COLLEGE OF EDUCATION

(Recognized by Govt. of Karnataka, Affiliated to Bangalore University,

Approved by NCTE & Accredited by NAAC with 'B' Grade)

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A Brief report Anti Sexual Harassment Cell activity -of Promoting Mental Health Awareness Through Skit and Panel Discussion on 02-06-2023

Sri Sarvajna College of Education organized Mental health awareness programme under Anti Sexual Harassment Cell on second June 2023. Mental health is an important aspect of overall well-being that affects individuals of all ages and backgrounds. Recognizing the need for awareness, the student teachers of Sri Sarvajna College of Education organized a comprehensive program to promote mental health awareness. The program included a skit, panel discussion, collage making, analysis of a mental health video, self-analysis tool was used, all aimed at fostering understanding and support for mental health issues among student teachers.

The Programme was commenced with welcome by Student teacher Saanath Kumar . Skit was creating awareness regarding mental status of students , family members and society how the people facing harassment and their status of mind. Different instances took and exhibited through skit by student teachers. To create Awareness skit commenced with an impactful performance by Bhavana and team the student teachers of first semester. The skit depicted common scenarios related to mental health, such as stress, anxiety, depression, and peer pressure at family, society and schools. Through their exceptional acting skills, the student teachers effectively portrayed the struggles faced by individuals with mental health issues and the importance of empathy and support in such situations.

The student teachers of first and third semester students were participated as panellists. They are Tejas S.Urs, Dhanusha, Hareesh, Devaraj Mamatha N.S The panelists shed light on various aspects of mental health, including its prevalence, signs and symptoms, available resources, and the role of teachers in supporting students with mental health concerns. Audience was asked many questions to the panellists and it was answered very well. The panel discussion provided valuable insights and practical strategies for the student teachers to address mental health challenges in their future classrooms.

Student teachers prepared collage and displayed on bulletin board depicted creative reflection of emotions related to mental health this activity helped them to explore and communicate their feelings, self-awareness and empathy towards other persons.

As a part of the programme video was screened and asked students to observe keenly and discuss themselves to opine about their views. It helped them to understand about mental

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health issues and allowed them to participant to gain insights from diverse perspectives deepening their understanding about it.

The programme was concluded with a self-analysis session wherein student teachers were provided reflective questionnaire related to their own mental health status. They were encouraged to introspect and identify any personal challenges they may face and as well as their coping mechanisms. These aimed to promote self-awareness and emphasize the importance of self-care among future life.

This type ow awareness programme successfully highlighted the significance of mental health and its impact on individuals. Through variety of activities fostered empathy, knowledge and self-reflection among the participants.


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