



DEPARTMENT OF CLINICAL PSYCHOLOGY
SCHOOL OF REHABILITATION AND BEHAVIORAL SCIENCES
VINAYAKA MISSION'S RESEARCH FOUNDATION
(Deemed to be University)
Aarupadai Veedu Medical College & Hospital Campus
Pondy - Cuddalore Main Road, Kirumampakkam, Pondicherry - 607403



WORLD MENTAL HEALTH DAY

DATE: 10th October 2024



The Department of Clinical Psychology, SRBS, AVMC&H Puducherry, conducted an impactful World Mental Health Day on October 10th 2024 with the blessing of Honorable Chancellor Dr A.S. Ganesan, Vinayaka Mission's Research Foundation (VMFR), Deemed University (DU), and Madam Chancellor DR. Anuradha Ganesan. Led by Dr E. Sambandam, Associate Professor and Head, coordinated by Mr R. Ajeethkumar, Assistant Professor and participated by Ms. G. Arunakumari, Ms. TM. Divyabarathi TM, Assistant Professors, and M.Phil/M. Sc Clinical Psychology students called up for a rally on October 9th, 2024 in Silver Beach, Cuddalore where the mental health day awareness pamphlets were distributed and a street play was enacted. The following day October 10th, conducted various events in the campus to encourage people to express their emotions, be non-judgmental and be empathetic and a positive affirmative individual. Students distributed the Mental Health Day awareness pamphlet to the officials, faculties, non-teaching staff, students and the public. The emphasis on mental health in the workplace was well-received, with many appreciating the engaging rally and street play.



Attendees found the awareness pamphlets informative and helpful. The campus events fostered open discussions about emotions and empathy. Overall, the initiative was seen as a vital step toward promoting mental well-being.