

REPORT ON MENTAL HEALTH AWARENESS PROGRAM FOR STUDENTS

Organized by: Miss. Bantu Anumitha (Counselling Psychologist); V. Kalyani (Co-Ordinator) along with the COPE Team.

Date: 26th December, 2025

Venue: Quadrangle, Smt. B. Seetha Polytechnic

Introduction

Psychologist at Smt. B. Seetha Polytechnic organized a Mental Health Awareness Program for whole college on 26th December, 2025. The program was organized by setting up thematic stalls by COPE students with various hands-on activities to engage students and create awareness about Mental Health & Emotional well-being. The stalls included self-care tasks, stress-relief activities, and reflective exercises that encouraged students to participate actively and learn practical mental health strategies and followed by Movie Screening for the COPE Students of Old and New Batches.

Objectives of the Program

The key objectives of the program were:

- To increase awareness about mental health and reduce stigma.
- To equip students with tools to manage their own stress and emotional well-being.
- To foster a more compassionate and inclusive learning environment.
- To reduce stigma and misconceptions related to mental health through interactive and engaging activities
- To increase awareness about the availability of psychological support services within the institution.
- To encourage students to openly discuss mental health concerns in a safe, supportive environment.

Details of the Participants: All students of Smt. B. Seetha Polytechnic.

Description of the program:

The newly inducted COPE student members, with the support of the senior batch, facilitated a series of interactive mental health activities for the entire college. The activities included:

1. **New Year Pledge:** Encouraging students to set positive, mindful intentions for the upcoming year.
2. **Self-Care Recipe Box:** Guiding students to create personalized “self-care recipes” to promote emotional well-being.
3. **Mandala Art:** Providing a calming, creative space for students to engage in mindful colouring and stress relief.
4. **Dice Challenge:** Conducting a fun dice-based activity with short mental-health-focused tasks to build engagement and awareness.
5. **Emotional Flash:** Facilitating a quick reflective activity where students identified and shared emotions to enhance emotional literacy.
6. **Year-End Gratitude:** Encouraging students to express appreciation and acknowledge positive moments from the year.

Movie Screening:

A screening of *Inside Out 2* was organized for both the old and new batches of COPE students to enhance their understanding of emotional awareness and regulation. The movie provided an engaging and relatable way for students to explore complex emotions such as anxiety, envy, and embarrassment, and understand how they influence behavior and decision-making. Through the characters’ experiences, students learned the importance of acknowledging emotions, building resilience, and developing healthy coping strategies. The screening also encouraged open discussions among students, strengthened group bonding, and supported the broader goal of promoting emotional intelligence and mental well-being within the COPE community.

Feedback and Outcomes:

At the end of the program, faculty members and Students were encouraged to provide feedback. The responses were overwhelmingly positive, with many appreciating the relevance of the activities conducted and the practical strategies shared. 90% of participants rated the program as highly effective in improving their understanding of mental health.

Key Outcomes:

- Increased awareness and openness regarding mental health among students.
- Faculty reported feeling better equipped to handle their own stress and emotional regulation.
- Improved understanding of student mental health concerns and how to address them effectively.
- Strengthened faculty-student relationships, promoting a more supportive academic environment.

Conclusion & Recommendations

The Mental Health Awareness Program was a great success, with strong faculty and students engagement and positive feedback. Moving forward, it is recommended that:

- Such programs be conducted annually or biannually to reinforce learning and provide continuous support.
- Additional specialized workshops (e.g., coping strategies for burnout, emotional intelligence, resilience-building) be organized.

Submitted by:

Bantu Anumitha

Counselling Psychologist

Smt. B. Seetha Polytechnic

Pictures from the Event:







Movie Screening at Colloquium on 26th December 2026

VISHNU
UNIVERSITY LEARNING

COPE

VISHNU
STUDENT SUCCESS CENTRE

SMT. B. SEETHA
polytechnic

Mental Health Awareness

Take Care of Your Mind

Activities:

- NEW YEAR PLEDGE
- MANDALA ART
- DICE GAME
- EMOTIONAL FLASH
- YEAR ENDING THANKS
- BOX RECIPE

DECEMBER 26

TIMINGS
10:00AM TO 12:30PM

scan this..

Organized by
B. Anumitha (psychologist)
V. Kalyani (co-ordinator)