



Exciting Two-Day Campaign !



22nd-23rd August , 2023

TEACHER COORDINATOR	Dr. Shalini Singhal
STUDENT COORDINATOR	Harshita Singh (President) Ishita Khatri (Vice President) Aarjav Jain (Secretary) Janvi Bansal (Head Advisor) Muskan Yadav (Junior Advisor)

MANAS CVS- The Mental Health & Advocacy Cell of CVS organised a wonderful campaign in amphitheatre of their college. The exciting two-day mental health campaign was a resounding success as we, alongside our dedicated team members, had the privilege of organizing it on the grounds of our college. We felt honored to lead this impactful initiative aimed at raising awareness and dismantling the stigmas surrounding mental health.

DAY 1 - 22nd August , 2023

Engaging Activities for Empowerment

On the first day of the campaign, we set the stage with two engaging activities tailored to promote mental health awareness and create a positive atmosphere:

📌 **Activity 1 - Guess the Word:** We embarked on a challenging journey of deciphering words related to mental health and positivity. It was inspiring to witness the enthusiasm and insightful responses of our peers.

📌 **Activity 2 - Myth Busting:** We facilitated a playful yet enlightening activity where participants took on the role of mental health myth busters. We shared laughs and engaged in valuable discussions, all while dispelling misconceptions. Notably, we were heartened by the diverse range of participants, spanning from freshers to experienced students, demonstrating that the message of mental well-being resonated across all years.

DAY 2 - 23rd August , 2023

Nurturing a Welcoming Environment

Day two was all about connecting with the newest members of our college community. We hosted an orientation session designed to acquaint the freshers with 'Manas,' its mission, vision, and significant initiatives. We delved into the vibrant history of our cell, shared insights from past events, and explained the collaborative efforts of different departments within the society.

The passion and curiosity displayed by the freshers were truly inspiring, igniting a sense of hope for the future of mental health advocacy within our college.

We are immensely grateful for the unwavering support of our team and the enthusiastic participation from our fellow students. This campaign has been a testament to the power of collective action and the significance of nurturing open dialogues around mental health.

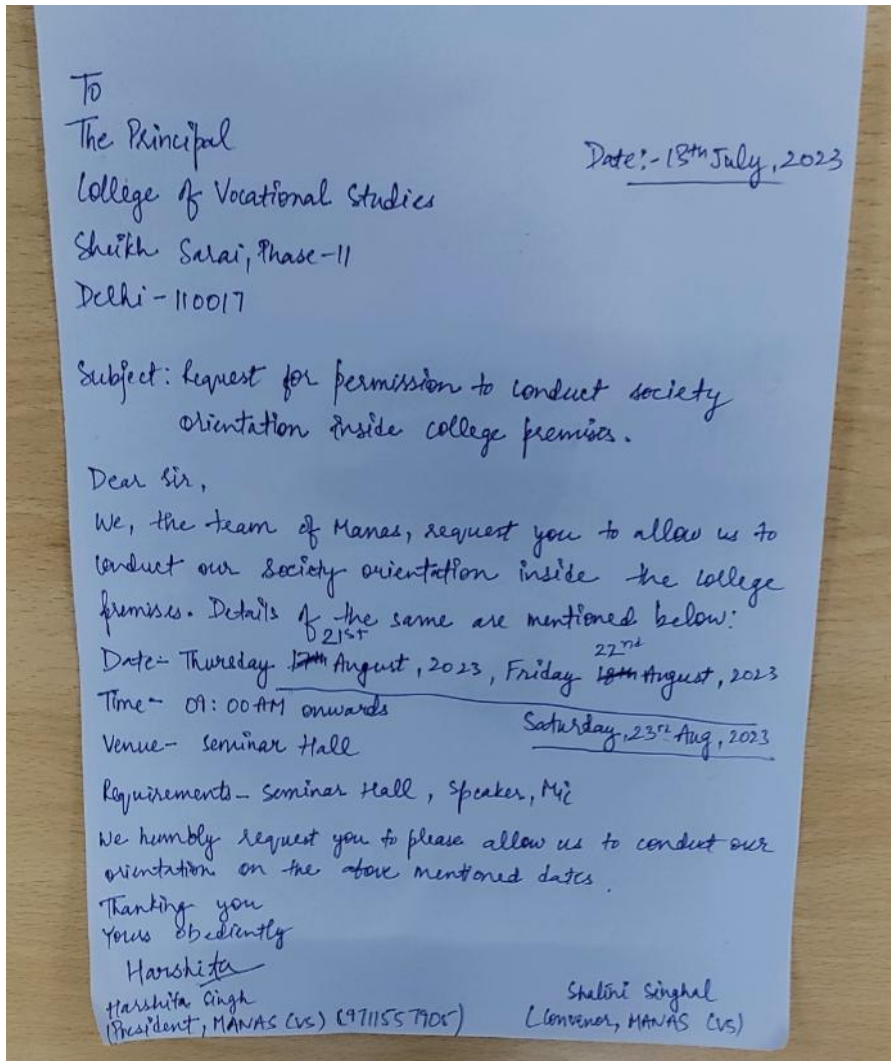
PICTURES-



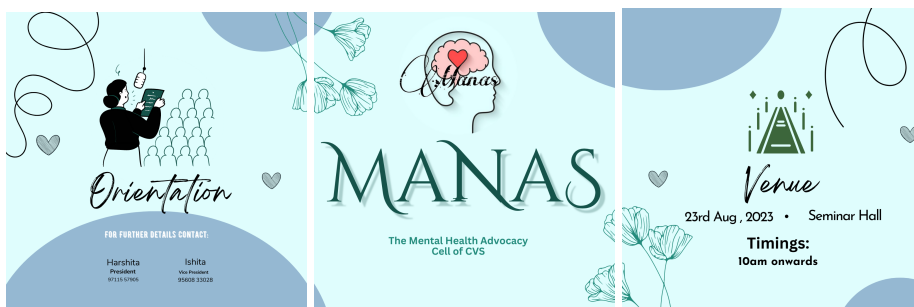
ATTENDANCE-

<https://docs.google.com/spreadsheets/d/1ifSQmiX4GF0Ms8Enmi25VbtLCYeVtqJgMUyq8fkROOk/edit?usp=sharing>

PERMISSION-



POSTER:



LINKS :

https://www.instagram.com/s/aGlnaGxpZ2h0OjE4MjMyMTY5NzQ2MTYyNzU4?story_media_id=3174808324616720465_45139802027&igshid=MzRIODBiNWFIZA==

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संदर्भ संख्या
Ref. No. CVS

दिनांक
Dated

This is to certify that the activity report (Department/Society/Unit) for the academic year 2022-2023 has been submitted for documentation to Internal Quality Assurance Cell, College of Vocational Studies, University of Delhi.

Anu Satyal
18.12.2023.

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