



Join us for a 5-day event recognizing

## WORLD MENTAL HEALTH DAY

Theme: *It is time to prioritize mental health in the workplace*

4<sup>th</sup> - 8<sup>th</sup> October 2024

# Thoughtfest

Its time to talk about mental health

## ART THERAPY

**Eligibility:** Open to all STUDENTS and FACULTY members.  
Participants may enter individually

**Theme:** *It is time to prioritize mental health in the workplace*  
All submissions must creatively express this theme.

### Submission Requirements:

**Medium:** Painting and drawing are acceptable mediums.  
**Originality:** Submissions must be original works.

**Entry Process:** Participants must fill out an google form.

**Date and Time :** 7th October 2024, | 2 pm onwards. | 3<sup>rd</sup> Floor, Library.

\* Certificates of participation will be provided to all.



Scan the QR Code  
For Registration

## Cash Prizes for Students and Staff

1. Rs. 3000

2. Rs. 2000

3. Rs. 1000

## PSYCH FUN

Psych Fun is an engaging and interactive approach to understanding psychology through assessments and games

What Animal Am I ?  
Short Term Memory  
Am I Attractive ?



Scan QR Code  
Know your Self

## HOW SATISFIED ARE YOU

The following test helps you to know about your level of satisfaction in various ages and stages in your overall life



Scan QR Code  
Know your Self

## EVENT COORDINATORS

**Dr. Vijay Bhaskar**  
Asst. Professor of Psychology  
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**Dr. Rajya Lakshmi**  
Asst. Professor of Psychology  
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Psychology Team  
Mob: 81796 56508

Shabana Azmi  
D. Krupa Jyothirmai  
M. Mounika  
Ch. Meghana  
G. Haveela  
V. Vaani Sharma



**October 10**



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## FACULTY ZONE

## MINDFUEL

To assess teachers' mental well-being, provide training on stress management and mental health strategies, and introduce effective relaxation techniques to enhance their emotional resilience.

### Activities

"Mental Health in Academia: Balancing Teaching and Well-Being"

Know Yourself | Art Therapy | How satisfied you are? | Psych Fun

Date: 6<sup>th</sup> - 7<sup>th</sup> October 2024



## NEUROBICS

## STUDENT ZONE



To enhance cognitive function and mental well-being by engaging students in simple, fun brain exercises that challenge memory, focus, and creative thinking.

### Activities

Know yourself | Spin wheel | Art Therapy | Psych Fun

## NON TEACHING ZONE

## MENTAL NUTRITION

To equip non-teaching staff with practical mental wellness strategies, improve emotional balance, and provide self-care techniques for maintaining mental health in the workplace.

### Activities

Mental Health Beyond the Day

Know Yourself | How satisfied are you? | Psych Fun

Date: 7<sup>th</sup> October 2024



## EVENT COORDINATORS

**Dr. Vijay Bhaskar**  
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**Dr. D. Adam Stephen**  
Associate Professor, HoD, SSH  
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Psychology Team  
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### EVENT SCHEDULE

DAY	PARTICIPANTS	THOUGHTFEST	ACTIVITY TO BE COVERED	VENUE	TIME
4 <sup>th</sup> Oct 2024	Students	Mental health Walk	"Step Towards Mental Wellness"	A block	02 PM – 04 PM
5 <sup>th</sup> Oct 2024	Faculty	Mindfuel	Mental Health in Academia: Balancing Teaching and Well-Being"	AFD Hall, 3rd Floor, NTR - Library	Batch- 1 : 10 AM – 12 PM Batch- 2 : 02 PM – 04 PM
6 <sup>th</sup> Oct 2024	Students	Neurobics	Spin Wheel and Know Yourself	A Block	02 PM - 04 PM
	Faculty	Mindfuel	Mental Health in Academia: Balancing Teaching and Well-Being"	AFD Hall, 3rd Floor, NTR - Library	Batch- 3 : 10 AM – 12 PM Batch- 4 : 02 PM – 04 PM
7 <sup>th</sup> Oct 2024	Students & Staff	Neurobics	Art Therapy	Library block	02 PM - 04 PM
	Non-Teaching Administrative Staff	Mental Nutrition	"Mental Health Beyond the Day"	AFD Hall, 3rd Floor, NTR - Library	04 PM - 06 PM
8 <sup>th</sup> Oct 2024	Students & Staff	World Mental Health day	"Fostering a Mentally Healthy Workplace"	Sangamam Seminar Hall, 5th Floor, A-Block	02 PM - 04 PM

#### EVENT COORDINATORS

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