



Sarvajani Education Society
Sarvajani College of Engineering and Technology
A Constituent Institute of Sarvajani University, Surat



National Service Scheme (NSS)

Title of Event: Mental Health Awareness Program

Date of Event: 26/09/2022

Venue: N. J. Seminar Hall, Sarvajani College of Engineering & Technology, Surat

Event Description: We had organized the " Mental Health Awareness Program " on 26th September 2022 associated with Psychology Department, M. T. B. Arts College, Surat.

Event Objectives:

1. To raise awareness about the mental health continuum.
2. To reduce stigma associated with mental illness.
3. To promote help-seeking behaviours and emotional well-being practices.
4. To prevent suicide through individual education and outreach events.

Total No. of Registration: 70

Total No. of Participants: 57

Outcomes of the Event: The speaker, Professor Zakhana Umrigar, M. T. B. Arts college was the resource person. The speaker discussed about mental health awareness, mental illness, individual education and outreach activities to prevent suicide etc. Also, NSS unit of SCET & M. T. B. Arts college are performed skit regarding mental health awareness.

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Associate with Psychology Department, M.T.B. Arts College, Surat

"Mental Health Awareness Program"

<https://forms.gle/vgkEDK4iv5d7cVpj7>

Venue:

N.J. Seminar Hall, SCET, Surat

Date: 26/09/2022

Time: 02:00 pm to 04:00 pm



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