

Nimhans Mental Health Santhe 3.0, 15th October 2024

On 15th October 2024, PG Psychology students set up the Mental Health Santhe 3.0 stall at NIMHANS Convention Center, Bangalore, with the aim of promoting positive mental health in the workplace and stress management among employees. The stall, set up by 9 AM, featured vibrant posters, charts, smiley-face cutouts, and interactive activities such as mental health crosswords, word searches on defense mechanisms, and unscramble puzzles on coping strategies, engaging visitors from diverse backgrounds. A key highlight was the introduction of the Stanley Brown Safety Plan for suicide prevention, educating participants on recognizing early warning signs and taking proactive steps. Additionally, visitors could assess their stress levels through Cohen's Perceived Stress Scale and were psycho-educated on relaxation and grounding techniques when high-stress levels were detected. YouTube videos on breathing exercises and mindfulness techniques provided a visually engaging way to learn stress management strategies. Thoughtfully designed bookmarks with affirmations, worded stickers reflecting positive qualities, and a Pick-a-Note, Leave-a-Note activity fostered encouragement and connection among attendees. The initiative received positive feedback from students, professionals, and organizations, some of whom expressed interest in collaborations. Despite the rainy weather, the stall attracted a significant audience, reinforcing the importance of mental health awareness. The event's success was made possible by the guidance of faculty members Anneshiya Ma'am and Neema Ma'am, along with the leadership of students like Khushi and Deeksha, who played a pivotal role in designing and organizing the stall, providing an enriching learning experience in event management and mental health advocacy.