

Government Degree College Rajpora

REPORT ON WORLD MENTAL HEALTH DAY

NSS Unit and Mental Health and Hygiene Committee of GDC Rajpora, commemorated World Mental Health Day on 10th of October, 2023. World Mental Health Day is marked every year on October 10 to raise awareness about mental health around the world and to



mobilize efforts to support those experiencing mental health issues. Every year WHO organizes a global campaign on World Mental Health Day for Mental health Education, awareness and advocacy against social

stigma. This year's theme is "Mental Health is a Universal Human Right". With regard to this, the said units organized a "Multilingual Mushaira" to give the mental health a poetic touch, as Neuro-scientists have been



exploring how the human brain reacts to poetry using advanced tools such as functional magnetic resonance imaging (fMRI). Poetry evokes emotions because it is a multisensory experience. Poetry can provide comfort and boost mood during periods of

stress, trauma and grief. Poetry allows individuals to use the nuance of language to express some of the most difficult feelings that people can experience. It allows us to confront our innermost thoughts and feelings and



provides a comfortable format for sharing them with others. In this Mushaira, poets from different corners of the Kashmir participated. Our students also took part in the Mushaira. Students read some poems about mental health. Following this a Pledge taking ceremony was

also conducted in which Principal Mam along with staff participated. The students along with staff moved around the college campus with pycards to aware others about the importance of mental health. The whole event ended with the speech by the Principal Prof. (Dr.) Gazala Gaiyas, in her speech, she expressed the importance of mental health and also appreciated the organizing team and students for carrying out such wonderful events.