

EHSAAS- The Mental Health Awareness Society

Activities 2021-2022

EHSAAS is the mental health awareness society that works together to fight the battle of societal negligence and norms over mental health. The society has reached many lives through organizing inter and intra-college events which have proved generative.

Following is the list of events that the society organized during 2021 – 2022.

1. **Face Painting Competition** on the topic ‘Mental Freedom: From Pain to Power’ on August 25, 2021.
2. **Open Mic Competition** on the Topic ‘Mental Health and Rural India in lieu of Azadi ka Amrit Mahotsav on September 7, 2021.
3. **Webinar** on ‘Mental Health of Elderly’ by Mr. Inderjeet Singh on September 26, 2021.
4. **Webinar** on ‘Mental Health and Mindfulness’ by Swami Prakarshananda on November 25, 2021
5. **Open Mic Competition** on the Topic ‘Gender Stereotypes in Society’ on January 30, 2022.
6. **Session** on ‘Aerobics and Zumba’ by Ms. Simran Grover in lieu of Women’s Day on March 7, 2022.
7. **Art Therapy Workshop** on the topic ‘Art and Care’ in lieu of Karvaan’22 on March 9, 2022.