

EHSAAS- The Mental Health Awareness Society
Activities 2022-23

Events society organized during 2022 – 2023.

1. **Session on ‘Mindfulness: A Step towards Positivity’** on September 12, 2022.
2. Activity on **‘Gratitude Bingo’** in lieu of World Gratitude Day on September 21, 2022.
3. **Mental health literacy program** organized in collaboration with UBA on September 28, 2022.
4. Activity on **‘Wellness Cards’** in lieu of World Mental Health day on October 10, 2022.
5. Activity on **‘Stain the square’** in lieu of Annual Cultural Fest, Karvaan'23 on March 28, 2023 in collaboration with Elvira.
6. **Inter-college meme making competition** in lieu of Annual Cultural Fest, Karvaan'23 on March 28, 2023