

EHSAAS- The Mental Health Awareness Society

Activities 2020-2021

The Society encourages people to seek help and stop shaming mental illness. EHSAAS 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 2020 – 2021.

1. **Webinar** on Understanding and Responding to Suicidality by Ms. Aastha Jain (Clinical Psychologist, SRCASW) on September 12, 2020.
2. **Inter-college Body Painting Competition** in lieu of Mental Health Awareness Week on October 9, 2020.
3. **Inter-college Photography Competition** in lieu of Mental Health Awareness Week on October 9, 2020.
4. **Webinar** on ‘Let's talk- It's okay to seek help’ in lieu of Mental Health Awareness Week by Mrs. Aastha Dhingra (Clinical Psychologist) on October 10, 2020.
5. **Inter-college Microtale Competition** on the theme, ‘Bullying’ in lieu of Anti-bullying week on November 23, 2020.
6. **Webinar** on "2021: A New Beginning" by Mrs. Kanika Mahindroo (Clinical Psychologist) on January 3, 2021.
7. **Open mic competition** on the theme ‘Your personality, your call’ in lieu of Karvaan'21 on February 18, 2021.
8. **Meme Competition** on the theme ‘Self-esteem is about self or society’ in lieu of Karvaan'21 on February 18, 2021.
9. **Webinar** ‘Boosting self-esteem’ by Ms. Aishwarya S. Goyal (Clinical Psychologist) in lieu of Karvaan'21 on February 20, 2021.