



## National Service Scheme

### Activity Report

#### Title of the Event

Mental Health Empowerment

#### Objective of the Event

**Raise Awareness:** To increase awareness about mental health, reduce stigma, and promote open conversations about mental health challenges. By doing so, it aims to create a more supportive and understanding community.

**Education:** To provide information and resources on mental health conditions, their causes, symptoms, and treatment options. This empowers individuals with knowledge to better understand and manage their mental health.

**Empowerment:** To empower individuals to take control of their mental well-being. This can involve teaching coping strategies, stress management techniques, and self-care practices that can help people maintain good mental health.

**Destigmatization:** To reduce the stigma associated with mental health issues, making it more acceptable for people to seek help when needed. By sharing personal stories and experiences, the event can demonstrate that mental health challenges are common and can affect anyone.

**Community Support:** To foster a sense of community and support among those dealing with mental health issues. These events often provide a platform for people to connect, share their experiences, and offer mutual support.

**Advocacy:** Sometimes, these events may have advocacy as a key objective. This involves raising awareness about the importance of mental health care, advocating for policy changes, or supporting mental health organizations.

**Mental Health Resources:** Providing information about available mental health resources, including hotlines, counselling services, and local support groups.

#### Speakers Details

Mr. Nanda Ram Choudhary (Local event coordinator Youth peace foundation)

Mr. Pream Rawat (By video conferencing)

#### Participants details



# KIPM College of Engineering & Technology

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No of Faculty Participant: 15+

No of Student Participant: 650+

## Coordinator Details

### 1. Faculty coordinator details

- a. Dr M.Z.R. Khan
- b. Dr. Nitesh Tiwari

### 2. Student Coordinator details

- a. Mr. Asif Khan
- b. Mr. Diwakar Vishwakarma
- c. Ms. Varsha Tiwari

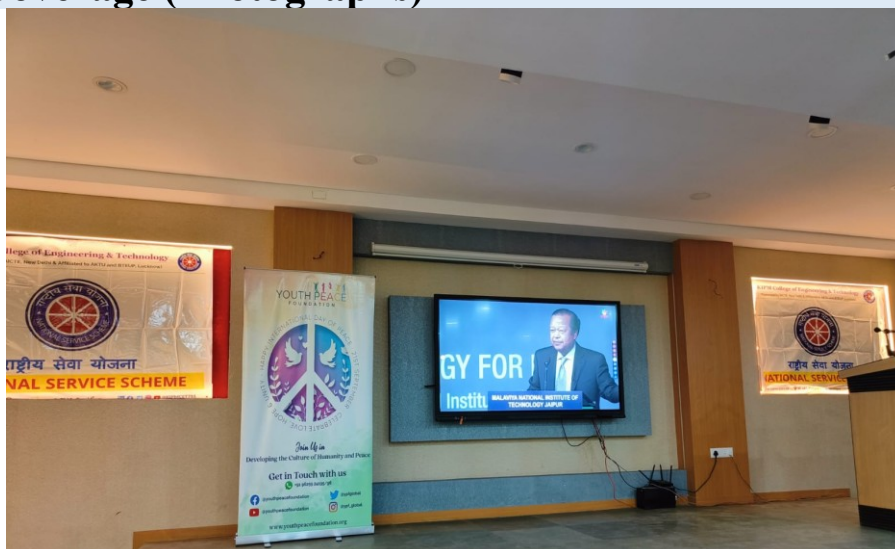
## Overview of the Event

An event titled "Mental Health Empowerment" is designed to provide individuals with the tools, knowledge, and support needed to enhance their mental well-being, reduce stigma surrounding mental health, and empower participants to take an active role in their own mental health journey.

## Social Media link

[www.youthpeacefoundation.org](http://www.youthpeacefoundation.org)

## Media Coverage (Photographs)



**Website:** [www.kipm.edu.in](http://www.kipm.edu.in)

**Address:** BL-1 &2, Sector-9, GIDA, Gorakhpur, Uttar Pradesh (273209)



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