



**P.G. DEPARTMENT OF PSYCHOLOGY  
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**Report on Outreach Programme organized by P.G. Department of Psychology**

The P.G. Department of Psychology, Rama Devi Women's University, Bhubaneswar, Odisha organized a "Mental Health Awareness Programme" on 18<sup>th</sup> April 2023 at 9:40 AM in Room No.28, Academic Building-I for the students of Science Stream of Rama Devi Women's Higher Secondary School. The meeting was attended by 117 students and 5 teachers. Ms Anjanie Agarwal, Guest Faculty, P.G. Department of Psychology, welcomed the gathering and briefed them on the objective of the Outreach Programme.

The following points were discussed:

Ms Anjanie Agarwal started with an activity to warm up the students and explained how mental health is stigmatized.

She then discussed the importance of mental health in adolescence.

She then introduced Ms Satyabhama Barik, Guest Faculty, P.G. Department of Psychology, to lead the programme.

Ms Satyabhama Barik discussed the key issues faced in adolescence and suggested ways to sail through them,

Ms Anjanie Agarwal and Ms Satyabhama Barik then encouraged the students to share their issues, if any, and resolved their queries associated with mental health.

The students were then asked to share their feedback about the same.

The programme came to an end by the proposal of Vote of Thanks by Ms Anjanie Agarwal.

PHOTOS:



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