



Report on Extension Activity: Mental Health Awareness Camp in collaboration with NSS

Date: Thursday, 5th December 2022.

Venue: Common Area of Village Ghamroj, Gurugram, Haryana

Event Type: Extension

Mode of Activity: Offline

Target Group: Residents of Ghamroj village

Resource Person (if any): NA

Coordinators: Dr. Anshul Saluja, Assistant Professor, School of Education

Ms. Vidhi Gaur, Assistant Professor, School of Education

Organized by: School of Education with NSS, K. R. Mangalam University, Gurugram

Number of Participants: 35 Students and 52 Villagers

School of Education, K.R. Mangalam University, Gurugram in collaboration with NSS organized an awareness program on Mental Health among rural people of **Ghamroj Village**, Haryana on 5th December 2022 to commemorate the **International Day of Persons with Disability 2022**. The objective of the extension activity was to enhance people's awareness about mental health and offer to amend the stigma and wrong attitude towards mental disorders and people with mental disorders. For disseminating the knowledge, the students filled out the survey from the villagers and carried out an interaction activity by spreading information about the awareness and attitude towards Mental Health. This Program developed self-belief and self-confidence among students and student-teachers and made the village people aware of the stigma they had in their minds about Mental Health. **Mr Amit Kumar, Assistant Professor, Department of Psychology, School of Humanities** along with student-teachers empowered the local community to practice the Mental Health Awareness Program and avoid or reduce health risks by using interpersonal communication ability. There were **35 students** from the **School of Education, School of Humanities and NSS** who were part of the Program. The programme was coordinated by **Dr Anshul Saluja, Ms Vidhi Gaur, Assistant Professor, School of Education**. The event was supported by student coordinators **Anjali and Vedant** from **B. El. Ed. Programme**. **Prof. Tania Gupta and Prof. Kamini C. Tanwar Dean, School of Education and School of Humanities, K.R. Mangalam University** respectively guided the coordinators and the students

Humanities, K respectively guided the coordinators and the students about the same. 52 villagers gathered to fill the survey form and submitted their perceptions with curious minds. They expressed their interest in the program by readily providing filling survey forms.

Geo-Tagged Pictures



Photo 1: Student-Teachers helping the village people to fill the survey form on Mental Health Awareness.

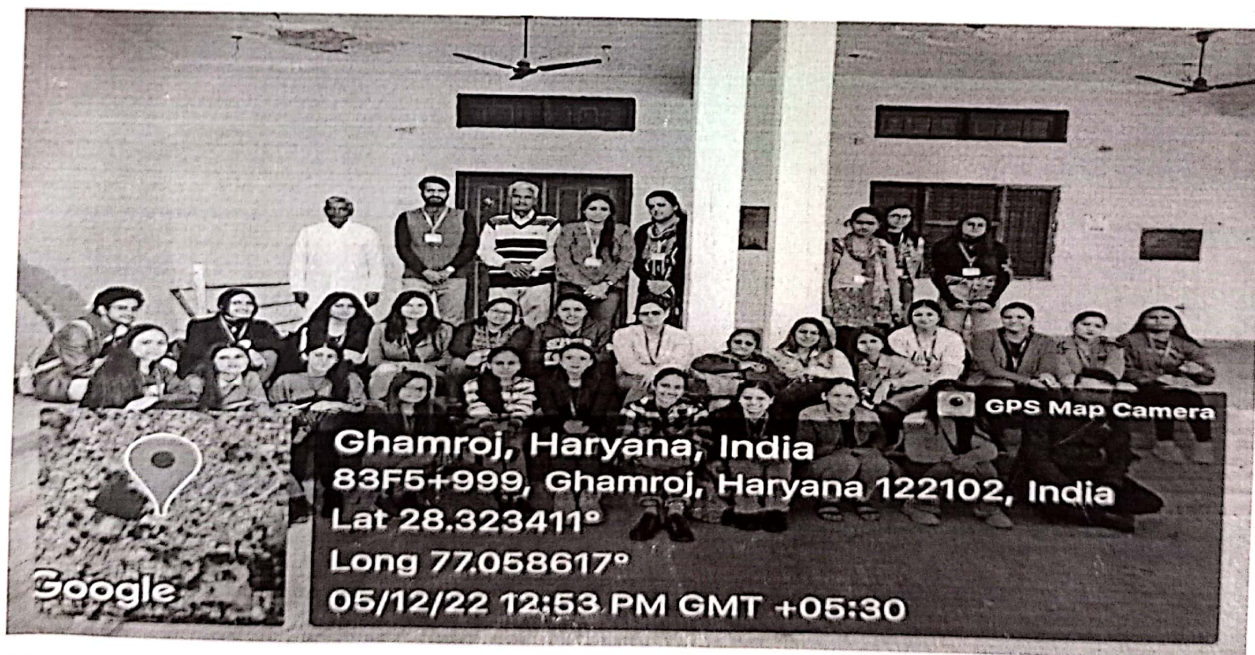


Photo 2: Group Photograph of the students of School of Education and Department of Psychology, School of Humanities

K.R. Mangalam University
Sohna Road, Gurugram (Haryana)

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(Dean) 5/12/22

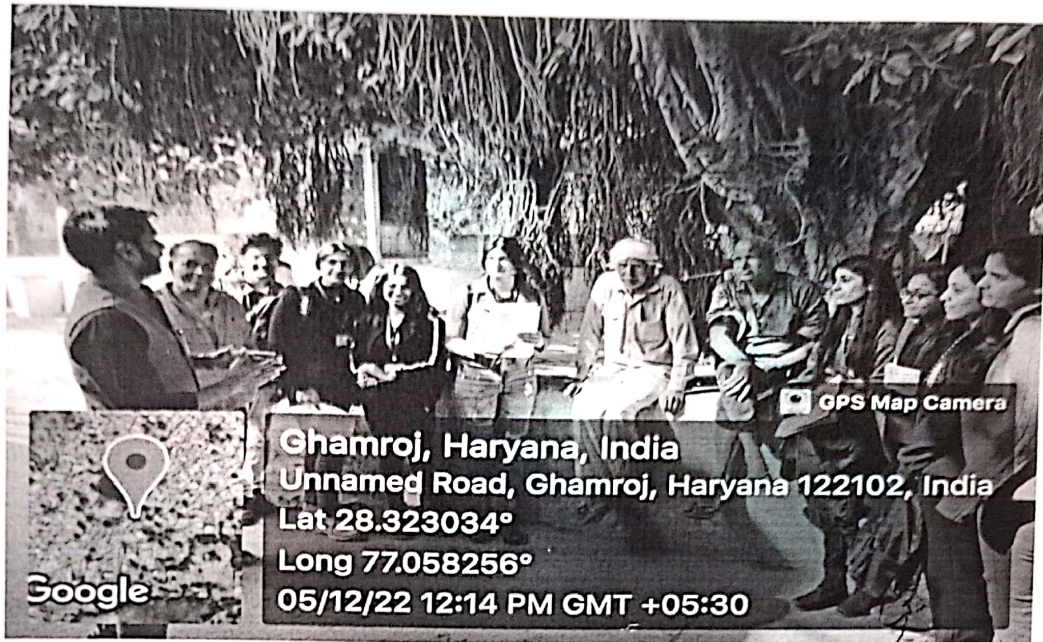


Photo 3: Spreading awareness and symbol of Mental Health Awareness among villager
 Non-Geo-tagged pics with date

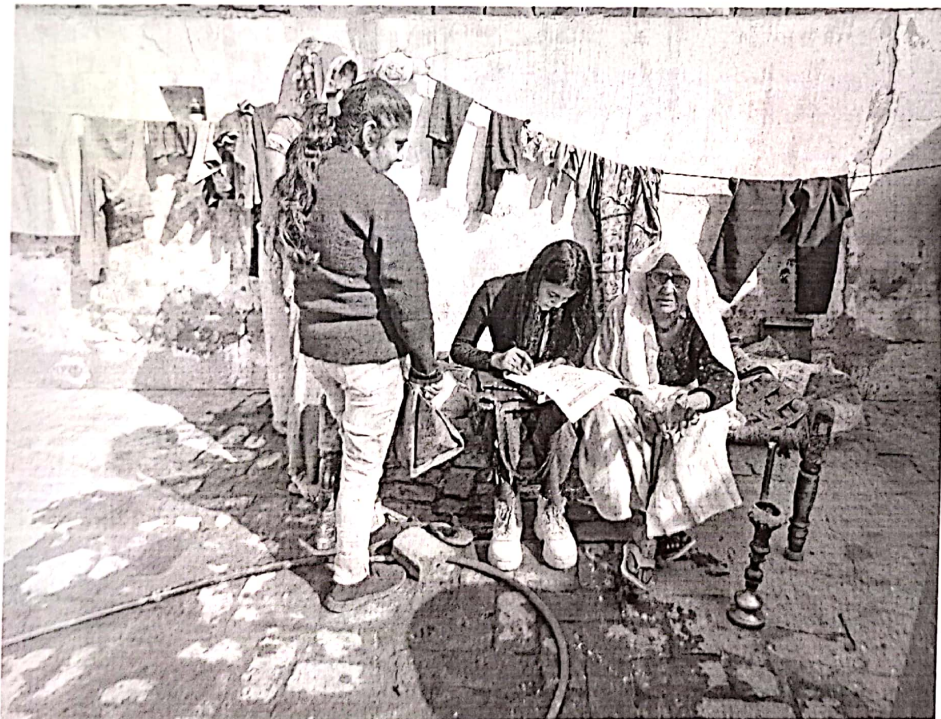


Photo 4: Students filling the survey form and spreading awareness among Villagers (05-12-2022)

[Signature]
 Registrar
 K.R. Mangalam University
 Sohna Road, Gurugram (Haryana)

[Signature]
 5/12/22

[Signature]
 5/12/22

[Signature]
 (Dean)
 5/12/22³

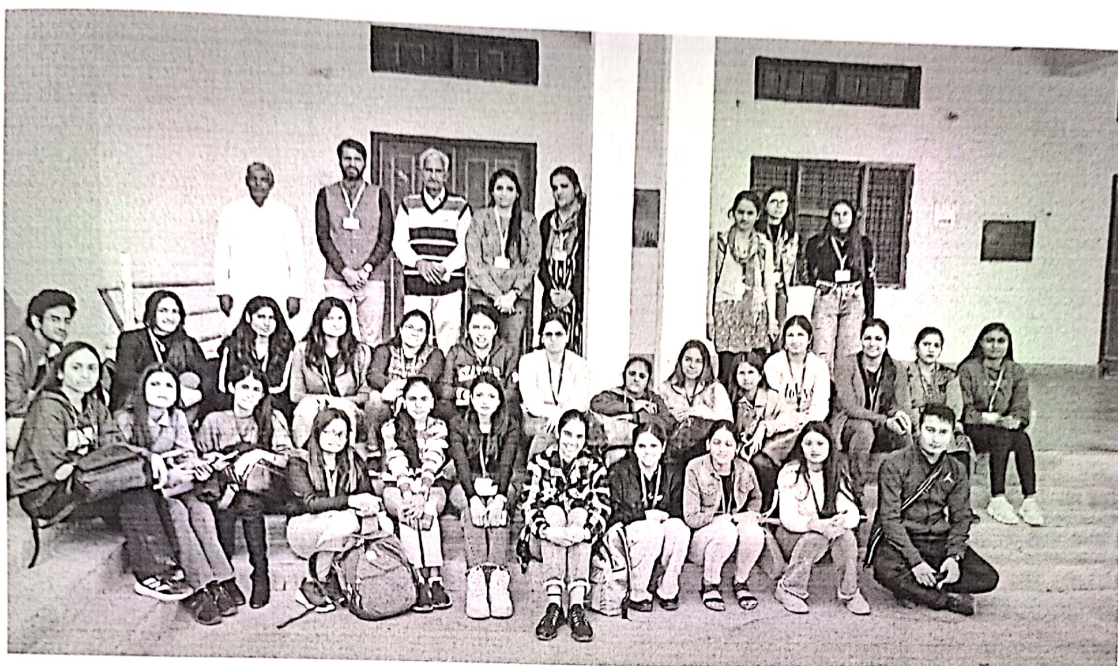


Photo 5: Villagers, Student Teachers and Coordinators after successful completion of program (05-12-2022)

Certificates (if any): NA

Report prepared by	<i>[Signature]</i> 5/12/22 Ms. Vidhi Gaur
Report verified by Event Coordinator	Dr. Anshul Saluja <i>[Signature]</i> 5/12/22 Ms. Vidhi Gaur <i>[Signature]</i> 5/12/22
Report Seen by Dean / Club Coordinator / Activity Coordinator/ IQAC Director / Registrar	<i>[Signature]</i> Prof. Tania Gupta 5/12/22

[Signature]
Registrar
K.R. Mangalam University
Sohna Road, Gurugram (Haryana)

Annexure I: Feedback from target audience (extension activity)

FEEDBACK FORM



K.R. MANGALAM UNIVERSITY
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मानसिक स्वास्थ्य जागरूकता पर विस्तार कार्यक्रम के बारे में अपनी प्रतिक्रिया व्यक्त करने के लिए कृपया फॉर्म भरें।

Name नाम Ritu Age/आयु: 18 Gender/लिंग: F Education/शिक्षा 12
Occupation/व्यवसाय: Student Place of residence/निवास की जगह: Palwal

1. Did you like the activities conducted during the extension program?
क्या आपको विस्तार कार्यक्रम के दौरान गतिविधियाँ पसंद आई?
Yes हाँ ☒ No नहीं ☐

2. Please rate the program in terms of achieving learning outcomes.
कृपया सीखने के परिणाम प्राप्त करने के संदर्भ में कार्यक्रम को रेट करें।
Not Good अच्छा नहीं 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☒ Excellent बहुत बढ़िया

3. How clear were the ideas and concept of the interaction activity?
सहभागिता गतिविधि के विचार और अवधारणा कितनी स्पष्ट थी?
Not Clear स्पष्ट नहीं 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☒ Very Clear बहुत स्पष्ट

4. Will you abide by the pledge you have taken regarding spreading awareness about Mental Health Awareness?
क्या आप मानसिक स्वास्थ्य के बारे में जागरूकता फैलाने के लिए ली गई प्रतिज्ञा का पालन करेंगे?
Yes हाँ ☒ No नहीं ☐

5. How informative did you find the program?
आपको कार्यक्रम कितना जानकारी पूर्ण लगा?
Not Informative जानकारी पूर्ण नहीं 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☒ Very Informative बहुत जानकारी पूर्ण

6. What are the other events you would like to suggest understanding in future?
भविष्य में समझने के लिए आप कौन सी अन्य घटनाएँ सुझाना चाहेंगे?

Girls fitness & hygiene

Dr. All
05/12/22

Dr. Rishi
05/12/22

Dr. Anurag
5/12/22

Dr. All
5/12/22

Tania Gupta
(Dean)
5/12/22

Annexure II: Questionnaire (for extension activity only)



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स्कूल ऑफ एजुकेशन

एक्सटेंशन एक्टिविटी

मेन्टल हेल्थ अवेयरनेस कैंप

मानसिक स्वास्थ्य जागरूकता सर्वे फॉर्म

1. Name/नाम: Varsha
2. Age/ आयु: 20
3. Gender/ लिंग: female
4. Occupation/व्यवसाय: Study
5. Education/शिक्षा: final year
6. कृपया निम्नलिखित का उत्तर हां या ना में दें:
 - i) अगर कोई आपकी आलोचना करता है तो आप क्या क्रोधित हो जाते हैं? हां / नहीं
 - ii) क्या आप को अपने मित्रों की आलोचना करना पसंद है? हां / नहीं
 - iii) क्या आप सदैव जिम्मेदारियां उठाने के लिए तैयार रहते हैं? हां / नहीं
 - iv) क्या आपके घर का वातावरण शांतिपूर्ण है? हां / नहीं
 - v) अपना निरादर होता देख आप क्या अस्तहज महसूस करते हैं? हां / नहीं
 - vi) क्या आप पड़ोसियों की परेशानी के समय उनकी सहायता करते हैं? हां / नहीं
 - vii) क्या आप बिना किसी संकोच के अपने विचार व्यक्त कर पाते हैं? हां / नहीं
 - viii) क्या घर में झगड़े के दौरान क्या आपकी बेचोनी एवं चिंता बढ़ जाती है? हां / नहीं

Final
sign

Dr. L.
5/12/22

Tarig Gupta
(Dean) 5/12/22

- ~~ix) क्या आपका लगन है कि आप अपने खाने के समय में नहीं रहते हैं? हाँ / नहीं~~
- x) क्या आप ज्यादा चिंता में दूबे रहते हैं? हाँ / नहीं
- xi) क्या आप मामूली से सर दर्द के दौरान दवाइयाँ खाना ठीक समझते हैं? हाँ / नहीं
- xii) क्या आपके दिमाग / मन में चल रही विचारों के दब्द (लड़ाई) को अपने परिवार के साथ साझा कर पाते हैं? हाँ / नहीं
- xiii) क्या आप अपनी सतान के भविष्य को लेकर अक्सर चिंतित रहते हैं? हाँ / नहीं
- xiv) क्या आप अपने जीवन साथी की आपके लिए निष्ठा एवं ईमानदारी पर भरोसा करते हैं? हाँ / नहीं
- xv) क्या 'अच्छे समय की तरह, बुरा समय भी चल जाएगा', क्या आप ऐसा मानते हैं? हाँ / नहीं

नाम:

वर्षा

हस्ताक्षर:

Varsha

दिनांक:

5/12/22

27ndey
5/12/22

Adil
5/12/22

Tania Cuple
(Dean)
5/12/22

Name of Activity: Extension activity on Mental Health Awareness Camp
 Date: 05/12/2022
 Venue: Ghaneraj village
 Organized by: (School/Department) School of Education

ATTENDANCE RECORD

S. No.	Name of Student	Programme & Semester	Name of College/University	Phone no. and e-mail id	Signature
1	Mokshita Sethi	B. Ed. Ed. Sem 5	KRMU		Mokshita
2	Chetna	B. Ed. Ed. Sem 1	KRMU		Chetna
3	Aditi	B. Ed. Ed. Sem 5	KRMU		Aditi
4	Megha Jain	B. Ed. Ed. Sem 1	KRMU		Megha
5	Ritu	B. Ed. Ed. Sem 1	KRMU		Ritu
6	Kritika	B. Ed. Ed. Sem 1	KRMU		Kritika
7	Shikha	B. Ed. Ed. Sem 1	KRMU		Shikha
8	Aarushi	B. Ed. Ed. Sem 1	KRMU		Aarushi

Prepared by: Didi / 05/12/2022
 Checked by: Tania Guptha / 05/12/2022
 (Dean SOED)

Name of Activity: Extension Activity on Mental Health Awareness Camp

Date: 05/12/2022

Venue: Channay village

Organized by: (School/Department) School of Education

ATTENDANCE RECORD

S. No.	Name of Student	Programme & Semester	Name of College/University	Phone no. and e-mail id	Signature
1.	Simran	3rd, Psychology Hons	KR Mangalam University		Sim
2.	Affan	"	"		Affan
3.	Mehak	"	"		Mehak
4.	Saanya	"	"		Saanya
5.	Sanya	"	"		Sanya
6.	Bhavani	"	"		Bhavani
7.	Akash	"	"		Akash
8.	Anushka	"	"		Anushka

2/12/2022 05/12/2022

Tania Anand (Dean SOED)



[illegible]

Toria Gupple
(Dean 5050) 5/12/22