

CONVOCARE

Conversation & Care

A mental health initiative started by the students of Applied Psychology department of Vivekananda College, Delhi University.

AIM: To generate awareness among the students about mental health. To provide opportunities to the students to express their mental health concerns through interactive activities, games, awareness programs, lectures and discussions.

EVENTS HELD

Suicide Prevention Day

Date: 10th September 2022

Objective: An event for raising awareness about suicide prevention

Students were asked to take one sticky note and drop one with a positive message for someone else as part of the activity "Take One Drop One" that was organised for this event.

Pop-up stall at 'Prabha' organized by Enactus of Vivekananda college

Date: 23rd September 2022

Objective: Using the stall as a medium for mental health awareness drive

To make this initiative a success, a number of activities were planned that were to be present at the stall and are listed below :-

PHOTOBOOTH

A small decorated piece of cardboard.

MOOD BOARD- mental health check-in

Strips of paper associated with an emotion or feeling, with small hopeful messages for the said feeling, would be placed and the students would be asked to pick

INTERACTIVE GAMES/ ACTIVITIES

A few games and activities which ideally help relieve stress and anxiety and which helped us interact with the people. These activities helped us lighten the mood and bring a competitive spirit. People would be offered freebies such as, bracelets, smiley sponge balls, chocolates etc. as prizes.

BOWL OF POSITIVITY : a bowl containing chits of paper with a positive message was distributed to the people present in the campus.

Mental Health Day; in collaboration with Counseling Cell of Vivekananda College

Date: 10th October 2022

Objective: Spreading Hope and Happiness through Love and Kindness Activities

In this event, an activity was organized with an aim of "planting kindness and seeing it grow". The task was to pick up a dare stuck on the board and perform it.

Meraki 2022: 'To do something with your soul, creativity, and love

Date: 13th October 2022

Objective: Mental Health celebration

CONVOCARE in collaboration with The World Federation for Mental Health and Youth for Mental Health organized an Inter-College Mental Health fest titled Meraki 2022 for the celebration of Mental Health. In total 41 teams from various schools and colleges across Delhi participated in the event. Total of 5 different events, which include three competitions: PsychEd Quiz, Words of Flair and Treasure Hunt along with Paint Party and Face Painting were conducted.

Anti Bullying Week

Date: November 15, 2022

Objective: Use of Convocare's corner in the college to help spread awareness about anti-bullying.

Convocare used the opportunity to set up Convocare's corner at college in the cultural day 2022 and spread awareness about anti-bullying week. Convocare's wall consisted of Facts and statistics about bullying and how one can deal with bullying if faced. Alongside the wall, a board was set up with broken mirror symbolizing the distorted ideas of beauty that have been created by the society and how one is always beautiful no matter what the societal views are. Apart from this, two drop-ins were set 1) Trash your insecurities, portrayed like a trashbox anyone who wishes to could throw away any insecurities that they may have in the trash; 2) Confession box placed with an intent to help one get anything out of their minds that might be troubling them.

Pop-up stall at 'Pallavi' the annual cultural fest of Vivekananda college

Date: 12th and 13th January 2023

Objective: Using the stall as a medium for mental health awareness drive

To make our initiative, of making mental well-being a person's priority, a success, we planned to put up a stall. The stall consisted of material things such as planners, frames each having a positive affirmations to spread positivity around, bookmarks, chocolates, dreamcatchers, fridge magnets, stickers, mirrors. Apart from this interactive activities such as "shoot for happiness", Jenga with each block having a positive act to perform and storyboard and face painting were set up.

Seminar on 'Women and Emotions'

Date: 21st February 2023

Our aim was to use this opportunity to start a discussion about the importance of emotional regulation. Our guest speaker for the day was, Dr. Deepika Dahima. Dr. Deepika Dahima (Founder-Yellow Turquoise), a Counseling psychologist, Life skills trainer, Relationship Coach, Life Story & Mindfulness Coach and an Educator.

Women & Emotions was the theme of the session, emphasising the significance of real emotional expression and channelling of emotions for women in both the personal and professional spheres in order to build a purposeful, balanced, and fulfilling life in the future.





Pop-up stall at 'Confab 2023' organised by Youth for Mental Health in collaboration with Friends Corner, The Mental Health and Counselling Cell of Hindu College, DU at Aiwan-e-ghalib Auditorium.

Date: 27th February 2023

Objective: Using the stall as a medium for mental health awareness drive

To make our initiative, of making mental well-being a person's priority, a success, we had put up a stall. The stall consisted of material things such as bookmarks, chocolates, dreamcatchers, stickers, mirrors. We aimed to use this opportunity to raise funds for our society to help us take more and more great initiatives towards the cause. All the profits made will be going to convocare for future events.

Teacher Convenor - Dr. Arpana Beniwal