



Uka Tarsadia University

Department of Humanities



Report on ‘World Mental Health Day Celebration’

Date- 9th October 2023

Venue- University Campus

Time- 1:00 pm to 3:00 pm

The Department of Humanities at Uka Tarsadia University Bardoli, in collaboration with UPS Education (Psychology Entrance Coaching) New Delhi, commemorated World Mental Health Day on 9th October 2023. All the students organized a rally, dance and Street play to raise awareness about Mental health.

All the students actively took out a rally within the University campus carrying posters about mental health and narrating slogans in English, Hindi, and Gujarati languages such as “*Mental Health Matters*”, “*Man tandarust toh Tan tandarust*” and “*Haalta Chalo, Chaalta Chalo, Mental Health nu dhyan ma rakhta chalo*”.

Tisha, a first-year student of BA JMC, *Khushi*, a second-year student of BA JMC, and *Mahek Patel*, a first-year student of BA Psychology performed an engaging dance.

An impactful street play on Mental Health was performed by students at multiple locations within the university such as the Selfie Point, Department of Pharmacy, and in front of the UTU main office. The play shed light on the challenges faced by people dealing with mental health and encouraged open dialogue on the subject.

Overall, the event resulted in a grand success.

Glimpse of the event



