



ARMY INSTITUTE OF EDUCATION

NCTE & RCI Approved and Affiliated to Guru Gobind Singh
Indraprastha University, New Delhi
NAAC Accredited & ISO 9001:2015 Certified Institute



Report of Activity by Guidance Cell

On the occasion of World Mental Health Day 2021

This year the World Mental Health Day was proposed with a message of "Mental health care for all: let's make it a reality". Guidance cell of Army Institute of Education has observed the day with the objectives of generating awareness among the prospective teachers and the public regarding Mental Health and the related issues and concerns.

The mode of participation was sharing short videos on evocative contributions to the community, productive working, coping strategies with pressure and stress in life, realizing potentials, believing in abilities and Enjoying moments with family and society and enjoying pleasures of life. *All the student teachers and faculty have attended the programme.*

The videos were presented in the morning assembly and shared in social networking platform for more awareness creation. *The learning outcome of the programme was knowing the ways to keep ones own and others mental health.*



Karun

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