



ARMY INSTITUTE OF EDUCATION

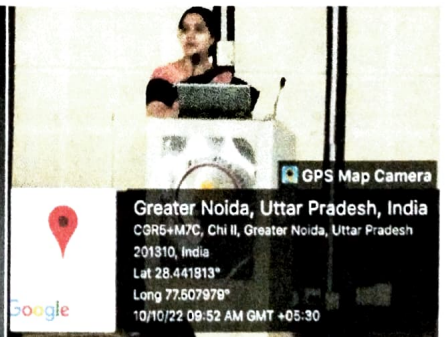
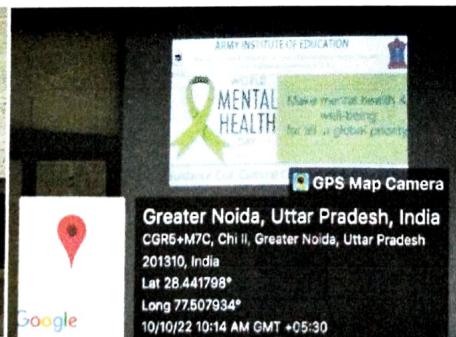
NAAC Accredited, NCTE & RCI Approved & ISO 9001:2015 Certified Institute
(AFFILIATED TO GGSIP UNIVERSITY, NEW DELHI)
Plot M1, Pocket P5, Sec-CHI2, Greater NOIDA



World Mental Health Day, 10 Oct, 2022 Make mental health & well-being for all, a global priority

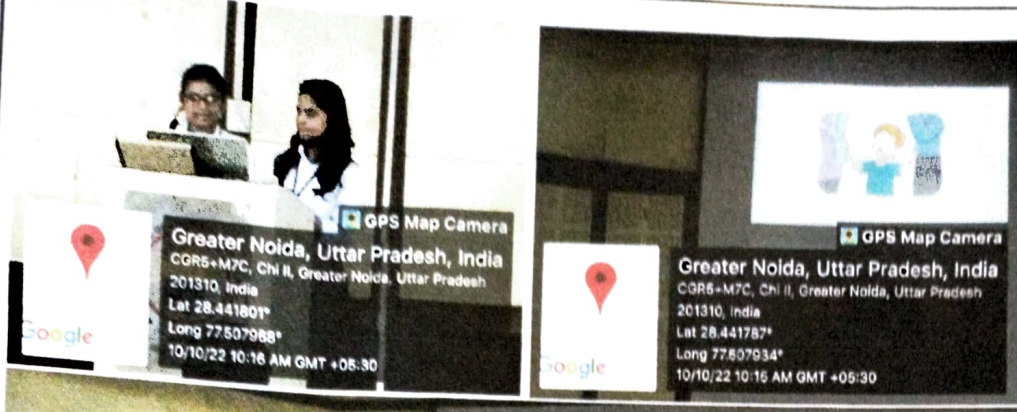
With an objective of generating awareness on effective mental hygiene through which one can be mentally healthy and in a state of wellbeing the guidance cell, dance club have collaborated to organise a programme.

The focal areas were divided among the students, they have prepared the content, script and activity under the faculty guidance. The student themselves have conducted the sessions. The programme was conducted in the following order. Ms.Neha Bhatt (B.Ed 2022-24), Ms. Saloni Soam (B.Ed Spl Edn. 2021-23) have conducted a session on Significance of observing Mental Health Day. Dr. Abhilasha Gautam, Principal, AIE has given very relevant inputs about mental health by evoking the thoughts of the audience with a question that why we need do observe a day for mental health ?. Ms.Jyoti, B.Ed. Spl Edn., Ms.Neha B.Ed. Spl Edn.) has given their presentation on Handling Anger and Abuse for Mental Well Being. Mr.Chintan Kapoor, Asst.Prof., AIE, Ms.Sadhana and Ms.Raksha B.Ed Spl Edn.) have given a session on Power of Sound. Mr.Chintan Kapur, has demonstrated on different ragas with the effect on mental health. Ms.Laxmi Priya and Smeeta Mondal, student teachers, B.Ed. Spl Edn. have oriented and demonstrated on different fine arts form that helps to maintain mental health. Ms. Komal Chaudhary, Asst.Prof., Spl Edn. AIE and Ms. Chhavi Kanwar, B.Ed. Spl Edn have done a session on body movements. Ms.Komal Chaudhary, Asst.Prof.has demonstrated different ways of communication by using body movements.



Presentation of need for observing Mental Health Day by Ms.Saloni Soam B.Ed. Spl. Edn. & Ms.Neha Bhatt, B.Ed. Dr.Abhilasha Gautam, Principal, AIE, gives the message on World Mental Health Day 2022

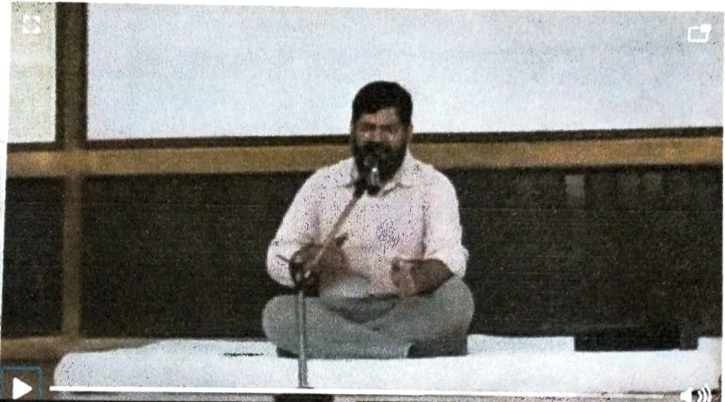




Session on Managing Abuse and Anger by Ms. Jyoti & Ms. Neha Student Teachers, B.Ed. Spl Edn.



Figure 1 Fine Arts and Mental Health session by Ms. Smeeta Mondal and Laxmipriya Behra, Student Teachers B.Ed. Spl Edn, AIE



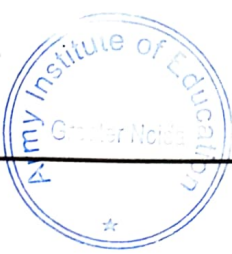
Session of Power of Sound by Ms. Sadhna and Ms. Raksha Aswal and Demonstration on Rags by Mr. Chintan Kapur, Asst. Prof in Music, AIE.



Figure 2 Session on Body Movement and Mental Health by Ms. Chhavi Kanwar, Student Teacher B.Ed. Spl. Edn & Demonstration by Ms. Komal Chaudhary Asst. Prof. Spl. Edn. AIE

The outcome of the session was increased awareness on strategies of mental hygiene

Karun
 Dr. Kavitha N Karun,
 I/C Guidance Cell



Abhilasha Guatam
 Dr. Abhilasha Guatam
 Principal, AIE