

The Department of Psychology organized a *Faculty Mental Health Awareness and Screening Program* on 16th December from 10:00 a.m. to 3:00 p.m. at Gold Spot. The initiative aimed to promote mental health awareness, psychological well-being, and self-reflection among faculty, staff, and students from NLDC, NLDIMSR, and NLDHS.

The program featured interactive psychological experiments such as the False Memory Experiment, Automatic Vigilance Task, and Dichotic Listening Task, along with exposure to screening tools measuring self-compassion, self-esteem, and locus of control. A mental health first aid box and engaging psychology-based games further enhanced the learning experience.

The event received overwhelmingly positive feedback, with participants describing it as insightful, engaging, and well-organized. Faculty and students appreciated the interactive approach and practical understanding of psychological concepts. Many participants expressed a desire for such initiatives to be conducted regularly, highlighting their value as a space for relaxation and mental health awareness.

Overall, the program successfully combined education, engagement, and well-being, reinforcing the importance of mental health initiatives within academic institutions.





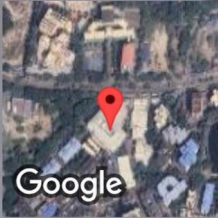




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