



Symbiosis Law School, NOIDA

Symbiosis International (Deemed University), Pune

(Established Under Section 3 of the UGC Act, 1956 Vide Notification No. F.9 - 12/2001- U.3 of the Government of India) Re-Accredited by NAAC with "A++" Grade (3.56/4) | Awarded Category - I by UGC | Approved by Bar Council of India

Event Outcome Report

1. **Topic/ Title of Event:** LAC X SCHOOL OF QUALIFIED LEARNING: MENTAL HEALTH AWARENESS

2. **Type of Event:** (*Annex* the brochure/ information manual) (tick ☒ the appropriate box)

| | | | | | | | | | |
|---------------|--|---------|-------------------------------------|-----|--|------------------|--|-----------------|--|
| Conference | | Seminar | <input checked="" type="checkbox"/> | FDP | | SDP | | Others, Specify | |
| Guest Lecture | | Webinar | | MDP | | Industrial Visit | | | |

Others, Specify

3. **Date/ Duration of Event Date:** 2024/10/30

4. **Mode (tick ☒):**

| | | | | | |
|--------|--|---------|-------------------------------------|---------|--|
| Online | | Offline | <input checked="" type="checkbox"/> | Blended | |
|--------|--|---------|-------------------------------------|---------|--|

5. **Collaboration, if any.**

| | | |
|----------------------|----------------------------------|---|
| Name of Organisation | SIU- Symbiosis Law School, NOIDA | Outside SIU- School of Qualified Learning |
| Sponsorship, if any | | |

6. **Objective of Event:**

- 1) **Creating Awareness about Mental Health** - The session will help children understand the concept of mental health and its importance. By initiating an open dialogue, the event will promote essential awareness about the significance of mental well-being.
- 2) **Empowering Students with Support Strategies** - By offering information about solutions and support channels (family, friends, teachers), the event will empower students to seek help and develop coping mechanisms.
- 3) **Reducing Stigma around Mental Health Discussions** - The event will help normalise conversations about mental health, contributing to a more open and supportive school environment.
- 4) **Prevention and Early Intervention** - Early identification of mental health issues through open dialogue and increased awareness can help prevent the escalation of mental health problems. Educating students about signs and symptoms will encourage them to seek help early, reducing the long-term impact of such issues.





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7. Event contributing to SDGs (Global/ National/ Regional/ Local requirement). Yes/ No

Yes. The event contributes to SDG Goals 3 and 4, focusing on improving good health and well being healthy lives and promoting well-being for all, particularly teenage children, by addressing issues like health, nutrition and good well-being and also ensuring inclusive and equitable quality education for all, particularly marginalised children, promoting lifelong learning opportunities and reducing disparities in access to education.

8. Event usefulness leading to - Employability/ Entrepreneurship/ Skill Development/ IPR/ Innovation/ Professional Ethics/ Gender/ Environment etc. Yes/ No

No.

9. Name of Faculty Coordinators: Dr. Syed Ali Akhtar

10. Resource Persons: Provide brief profile of resource person(s) in Brochure/ Information Manual

| S.No. | Name and Designation | Organization | Contact (Email & Ph. No.) |
|-------|----------------------|--------------|---------------------------|
| | | | |

11. Total Number of Participants:

| Students | Faculty | Staff | Total Participants |
|----------|---------|-------|--------------------|
| 1 | | | 1 |

a. Student Attendance (Annex attendance details in the below-given format)

| S.No. | Name of Student | PRN | Program & Sem | Signature (Yes/No) in case of online |
|-------|-----------------|-----|---------------|--------------------------------------|
| | | | | |

b. Faculty/ Staff Attendance (Annex attendance details in the below-given format)

| S.No. | Name Faculty/ Staff | Department | Signature (Yes/No) in case of online |
|-------|---------------------|------------|--------------------------------------|
| | | | |

12. Programme Schedule (Minute to Minute)

7:00 AM – 7:05 AM: Welcome and Introduction

- Introduction of the event and its purpose.
- Brief overview of the topics to be covered.

7:05 AM - 7:10 AM: Meaning of Mental Health and Well Being

- Interactive discussion on the meaning of Mental Health.





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7:10 AM - 7:20 AM: Importance of Understanding Mental Health and Well-Being

- Volunteer explained physical health, social relationships, productivity, and community contribution to good mental health.

7:20 AM - 7:30 AM: Root Causes of Mental Health Issues Among Teenage Students

- Discussion on factors like biological, social environment, traumatic experiences and substance abuse.

7:30 AM - 7:40 AM: Effects of Mental Health Issues on Students

- Volunteer explained the effects of poor mental state through various points.
- Academic performance, social withdrawal, emotional distress, problems with physical health, and medical issues are the explained factors.

7:40 AM - 7:50 AM: Solutions to Mental Health Issues Among Teenagers

- Interactive discussion on the solutions that can be sought while teenage students experience mental health issues.
- Solutions discussed include Education and awareness, Access to Professional Help, Supportive Environments, Healthy Lifestyle Choices and Mindfulness Practices.

7:50 AM - 8 AM: Open Ended Interaction

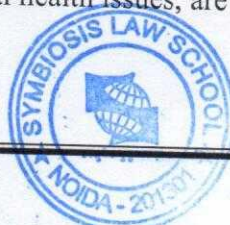
- Engaged in an open-ended interaction with students, understanding their issues related to mental well-being.
- The volunteer presented a drop box and discussed the issues that students put in.

13. Description of Event (max. 250 words)

The Mental Health Awareness session, organised by the Legal Aid Centre at SLS, NOIDA, aimed to empower young minds with essential knowledge on mental well-being. Targeted at children aged 10 to 15, the event took place at the School of Qualified Learning.

The Session started with a generic discussion on what mental health is about and explained the importance of mental health and mental well-being. Coping mechanisms on mental health issues, the relation between physical and mental health, the social ties on and its influence on mental health and the community contribution to one's mental well-being are discussed in this section.

On the other part, the root causes of mental health issues, like biological factors, family problems, peer pressure, bullying and social isolation, which trigger or exacerbate mental health issues, are discussed. Traumatic experiences and substance abuse are also explained.





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The session sought to foster an open environment where participants could discuss their feelings, understand coping mechanisms, and learn about mental health's impact on physical well-being, relationships, and academic life.

Lastly, the solutions related to the problems had been discussed. This included nurturing awareness and resilience, awareness about accessing professional help, maintaining a healthy lifestyle and mindful practices. The session ended with an open-ended discussion on the personal experiences of students and their attempts to provide a solution to their problems through interaction and drop box.

Feedback Analysis (preferably create a graphical representation):

Tick (✓) to Scale on 1-10 (1 - unsatisfactory and 10 - exceptional)

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|--|---|---|---|---|---|---|---|---|---|----|
| Overall Satisfaction | | | | | | | | | | ✓ |
| Usefulness of Event | | | | | | | | | | ✓ |
| Resource Persons | | | | | | | | | | |
| Quality of Content | | | | | | | | | | ✓ |
| Ease in attending (Offline/ Online/ Blended) | | | | | | | | | | ✓ |
| Support at Event (Organizing team feedback) | | | | | | | | | | ✓ |
| Accommodation (if availed) | | | | | | | | | | |
| Handouts/ Study Material (if provided) | | | | | | | | | | ✓ |

Suggestions, if any _____ N/A _____

14. Details of Achieved Outcomes (Whether the objectives were achieved and an inclusive environment was created?) (max 50 words)

This initiative successfully created the desired results in educating teenage students on the necessity of understanding mental health, its problems, and its solutions. Moreover, it created a supportive space that equips children to manage challenges and promotes a culture of mental health and wellness in their daily lives through societal support from their families, friends and schools.





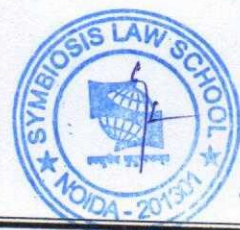
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15. Photographs/ Press Note/ Media Coverage:

Note: Max 2-4 geotagged pics (please follow geo tagging guidelines issued by SIU)





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Pamphlet Distributed:

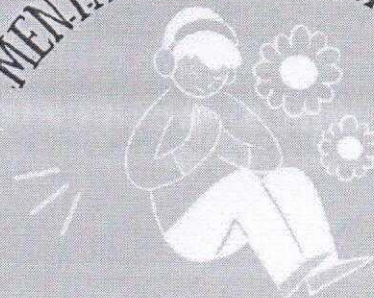
MENTAL HEALTH CARE ACT 2017

An Act to provide for mental healthcare and services for persons with mental illness and to protect, promote and fulfil the rights of such persons during delivery of mental healthcare and services and for matters connected therewith or incidental thereto'

RIGHTS GIVEN BY THE ACT

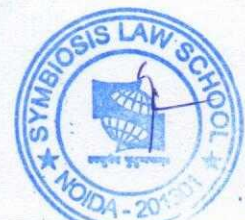
- Right to Make an Advance Directive (Patient can state on how to be treated or not to be treated for the illness during a mental health situation).
- Right to Access to Healthcare Services.
- Right to free of cost healthcare services.
- Right to live in a community.
- Right to protection from cruel, inhuman and degrading treatment.
- Right not to be treated under prohibited treatment.
- Right to equality and non-discrimination.
- Right to information.
- Right to confidentiality.
- Right to legal aid and complain.

MENTAL HEALTH MATTERS



OTHER INITIATIVES

- KIRAN HELPLINE-1800-599-0019
- MANODARPAN- PROVIDES PSYCHOLOGICAL SUPPORT TO STUDENTS, FAMILY MEMBERS AND TEACHERS
- MENTAL HEALTH AND NORMALCY AUGMENTATION SYSTEM (MANAS)-
MOBILE APP TO PROMOTE MENTAL WELL BEING ACROSS VARIOUS AGE GROUPS BY THE GOVERNMENT.





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SYMBIOSIS
LAW SCHOOL, NOIDA

CONSTITUENT OF SYMBIOSIS INTERNATIONAL (DEEMED UNIVERSITY)
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MENTAL HEALTH AWARENESS

30.10.2024

| S.No. | Name of Student | PRN | Program & Sem | Signature (Yes/No) in case of online) |
|-------|-----------------|-------------|-----------------|---|
| 1. | Sayan Majumder | 23010223044 | B.A. LL.B.- III | Sayan Majumder. |

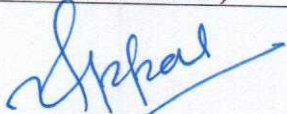





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| Signature & Name (QIC Coordinator) | Signature, Name & Seal (Director of Institute) |
|--|---|
|  Dr. Aakanksha Uppal |  Prof. (Dr.) C.J. Rawandale |

