



ACHARYA INSTITUTE OF GRADUATE STUDIES

NAAC Re-accredited 'A+' and Affiliated to Dr. Manmohan Singh Bengaluru City University)

Soladevanahalli, Bengaluru-560107

DEPARTMENT OF PSYCHOLOGY

Report Submission: 30/06/2026

Semester: EVEN

Academic Year: 2025–26

Venue: A1011F50 AIGS

Date: 23/06/2026

Time: 10.00AM -11.00AM

Duration: 01:00 Hrs

TYPE OF EVENT: CLUB ACTIVITY

EVENT NAME: MENTAL HEALTH FIRST AID

Target Audience: M.Sc. Psychology Students

Number of Participants:35

Objectives:

- To create awareness about the importance of mental health and the need for early identification of mental health concerns.
- To help students recognize common signs and symptoms of mental health difficulties and psychological crises among peers.
- To develop basic skills in providing immediate, non-judgmental support to individuals experiencing emotional distress.

Program Introduction:

The Department of Psychology organized a Club Activity Mental Health First Aid on 23rd June 2026. Miss Aneesha 2nd year Msc Psychology Student discuss on Mental Health First Aid. The entire event was coordinated by Ms. Dhruya Manoj, Assistant Professor and was attended by All Msc Psychology students.

Theme of the Event:

The club activity on Mental Health First Aid focused on equipping students with the knowledge and basic skills required to recognize, understand, and respond to mental health concerns and crises among peers and community members. The programme emphasized the importance of early identification of warning signs, non-judgmental listening, and providing initial support until appropriate professional help is accessed. It highlighted the ALGEE action plan as a practical framework for offering mental health first aid and promoting help-seeking behavior. The activity also aimed to reduce stigma, foster empathy, and create a supportive campus environment that prioritizes psychological well-being. Through awareness, skill development, and peer engagement, the event encouraged participants to become informed and compassionate responders who can contribute to a more inclusive and mentally healthy community.



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Resource Person: Miss Aneesha, 2nd year student, Msc Psychology, AIGS.

Detailed Report:

The Department of Psychology organized a Club Activity Mental Health First Aid on 23rd June 2026. Miss Aneesha 2nd year Msc Psychology Student discuss on Mental Health First Aid. The entire event was coordinated by Ms. Dhrusya Manoj, Assistant Professor and was attended by All Msc Psychology students.

The event began with a brief introduction by the student coordinators, who welcomed the participants and outlined the objectives of the club activity on Mental Health First Aid. Ms. Dhrusya Manoj formally welcomed the gathering and emphasized the importance of mental health literacy, peer support, and early intervention in promoting psychological well-being among students. The activity was organized with the objective of enhancing participants' ability to recognize signs of mental distress, provide initial support, and facilitate access to appropriate professional help. The session aimed to create awareness about common mental health concerns and equip students with practical skills to respond effectively and compassionately to individuals experiencing emotional difficulties.

A major focus of the activity was the ALGEE Action Plan, which serves as the foundation of Mental Health First Aid. Participants learned the five essential steps: assessing for risk of harm, listening non-judgmentally, giving reassurance and information, encouraging professional help, and promoting self-help strategies and social support. Interactive discussions and role-play exercises enabled students to apply these principles to real-life scenarios, thereby strengthening their confidence in responding to peers who may be experiencing psychological distress. Students discussed common misconceptions surrounding mental illness and reflected on ways to create a more supportive and inclusive campus environment. Emphasis was placed on respectful communication, confidentiality, and the importance of encouraging help-seeking behaviors among young adults. The activity also highlighted available institutional and community mental health resources that participants could utilize when supporting others.

The club activity concluded with an engaging discussion session, during which participants actively reflected on the knowledge and skills acquired. The programme successfully enhanced mental health awareness, improved participants' confidence in offering initial assistance, and promoted a culture of empathy, openness, and mutual support within the student community. Overall, the event served as a valuable initiative in strengthening mental health literacy and empowering students to become informed and compassionate first responders to mental health concerns.



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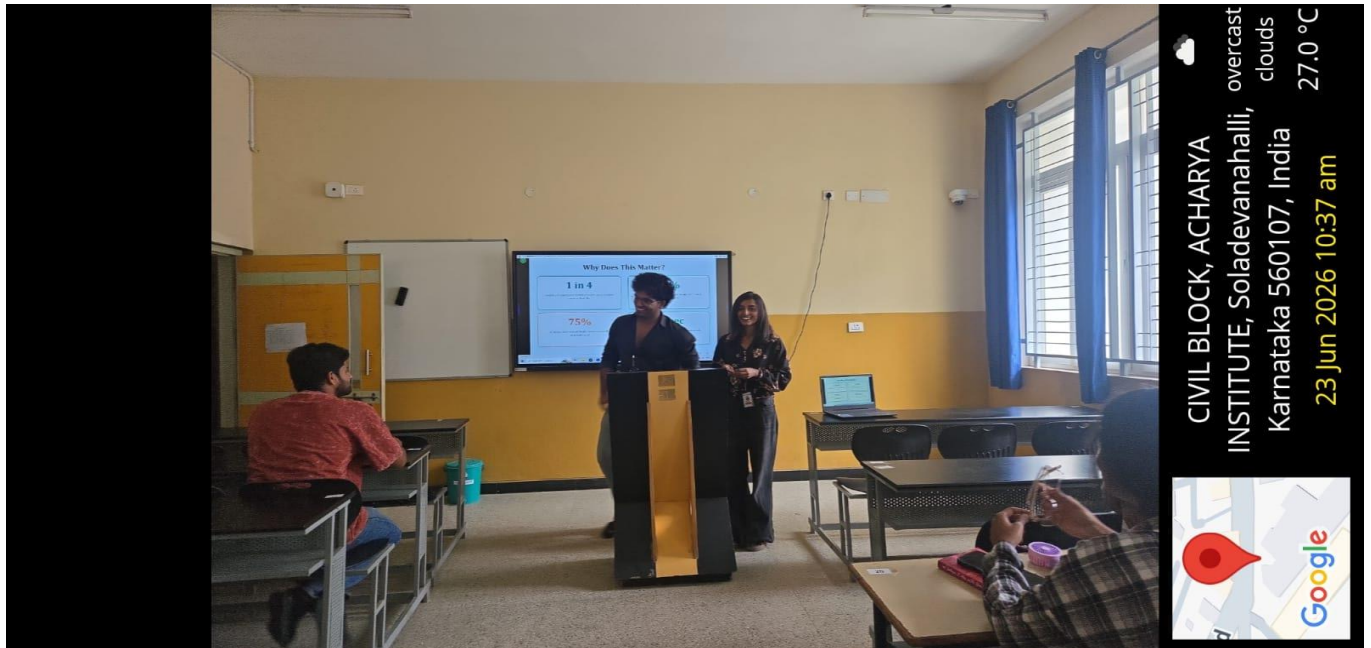
PHOTOS:



Miss Aneesh explaining Role of Psychologist in Mental health first Aid



Students Engaging in Role Play



Students Participating in Presenting Topics



Miss Aneesha Taking Faculties Valuable Opinion on Certain topics



Miss Aneesha Interacting with Students.

Outcomes:

- Enhanced participants' mental health literacy and their ability to recognize early signs and symptoms of common mental health problems.
- Improved students' confidence in providing initial support, listening empathetically, and encouraging individuals to seek appropriate professional help.
- Promoted positive attitudes and reduced stigma toward mental illness, fostering a more supportive and inclusive campus environment.

Conclusion:

The Mental Health First Aid club activity successfully enhanced participants' awareness, knowledge, and practical skills related to supporting individuals experiencing mental health challenges. The programme empowered students to recognize warning signs, respond with empathy, and encourage timely professional intervention while reducing stigma associated with mental illness. Through interactive discussions and skill-based learning, participants developed greater confidence in providing initial support and fostering a culture of care within the academic community. Overall, the activity promoted mental health literacy, peer connectedness, and a shared responsibility for creating a safe, inclusive, and psychologically supportive environment.

Audience Feedback Summary:

