



TECNIA INSTITUTE OF ADVANCED STUDIES

NAAC ACCREDITED GRADE "A" INSTITUTE

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EVENT	: Programme on "Mental Stigma and Empowerment"- EDC
Date	: 4 th February'19
Time	: 11:30 am-2:30pm
Venue	: U.G. Building, Auditorium Tecnia Institute of Advanced Studies
Participation	: Students of BJMC
Convener	: Dr. Anuranajan Mishra, NSS Officer, TIAS
Faculty Coordinator	: Ms. Jyotsna

Objectives:

1. To understand the idea behind "**Mental stigma and empowerment**"
2. To make students understand the need for social work and to bring positive changes in society.
3. To generate awareness among students that how to handle the stress and anxiety in the dynamic environment.
4. The programmed aimed for ensuring education among the students.

REPORT:

My Story along with their team, faculty and staff member of Tecnia Institute of Advanced Studies organized an event on "Mental Stigma and Empowerment", to create awareness about the issues involving the same, and to get the people talking. Ms. Amrita Dhawan Media (Panelist, Indian National Congress, Ex National President, NSUI, and Ex-President of Delhi University Students Union) and Ms. Nikita Chaturvedi (Ex General Secretary, Indian National Congress) were the chief guest.

The guest speaker of the event was DIGITAL GANDHI (9Times TedX speaker). He and his team planned few activities for the students, which will help them face the issue and tackle it more gracefully.

There were some influencers too, who came up and shared their anxiety related stories. This helped others too. Interactive session was really helpful to the people with anxiety. It gave them the confidence to talk about their problems. The programme was concluded with Vote of thanks by Dr. Anuranjan Mishra.

Glimpses of the programme:



Opening ceremony, lightning of lamp and “Saraswati Vandana”

Learning outcomes:

1. All students understood the idea behind “**Mental stigma and empowerment**” programme.
2. Interactive session was helpful to the people with anxiety. It gave them the confidence to talk about their problems.
3. Students got motivated to do social work for the betterment of the nation.



Welcome remarks by Dr. Ajay K. Rathor, Director, TIAS

