

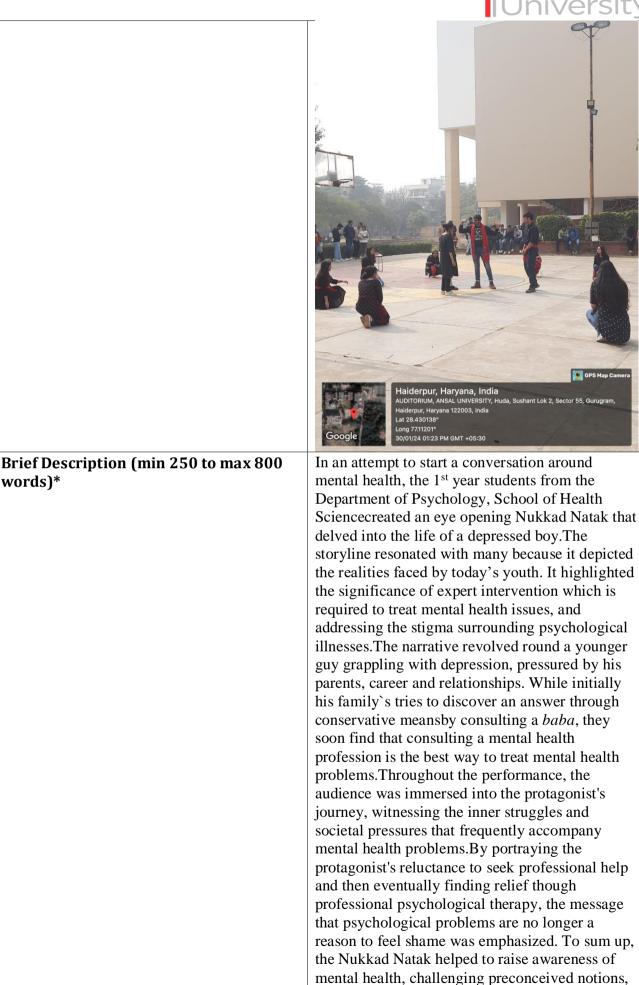
NUKKAD NATAK REPORT

Title of Activity*	NUKKAD NATAK
Objective* Organized by (School/Centre Name)*	To Spread Mental Health Awareness School of Health Sciences, Department of Psychology
Program Theme*	Social Psychology
Date*	30-01-2024
Time*	01:00PM to 01:30pm
Poster*	<image/>
YouTube/Facebook Link: (<i>if live steamed or video posted on FB/YT</i>)	NA
Social media link (promoting in any one	https://www.instagram.com/p/C2wip0LxZIn/ 2jgsh=MzPl0DBiNWEIZA==
Facebook/Instagram/Twitter is mandatory)	<u>?igsh=MzRlODBiNWFlZA</u> ==
No. of Students* (only no. to be written, attendance sheet should be maintain at department level as proof for any further requirement)	Batch BS. Psychology (2021-24) Batch BS. Psychology (2022-25) Batch BS. Psychology (2023-26)
No. of Faculty* (only no. to be written, list in excel or word should be maintain at department level as proof for any further requirement)	02
No. of External Participants	NA



	I O H VEI SIL
(students+faculty) [write NA if not applicable]	
(Geotag) Photograph-1*	
(Geotag) Photograph-2	
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words)*

	Inportance of Seeking Professional Help Market Stigma and Understanding Breaking the Stigma
Outcome*	The street play was a way to raise awareness, about health issues specifically focusing on depression. With a storyline the audience was drawn into the life of a boy dealing with depression. The performance highlighted the challenges faced by the character including misunderstandings within his family struggles in relationships and unsuccessful attempts to seek help. By portraying the journey of this boy seeking assistance from sources such as a spiritual guru recommended by his aunt and eventually a psychologist, the street play emphasized the importance of professional intervention and reducing stigma around mental health treatment. Spectators were encouraged to reflect on the significance of recognizing and addressing health problems with sensitivity and understanding. Additionally the interactive nature of the performance allowed engagement with the audience sparking conversations and fostering a sense of community awareness. Viewers were prompted to contemplate how common mental health struggles are in society and recognize the need for compassion and support, for those facing challenges. Ultimately besides raising awareness this street play also advocated for empathy, understanding and seeking help when dealing with health difficulties. The event was a reminder of how crucial it's to reduce the stigma surrounding mental health issues and create a supportive environment, for individuals struggling with their mental well being.
Attendance Sheet*	Attached at the end of Report



Report Submitted by (write faculty	Ms. RichaDwivedi
coordinator name)	