


NUKKAD NATAK REPORT

Title of Activity*	NUKKAD NATAK
Objective*	To Spread Mental Health Awareness
Organized by (School/Centre Name)*	School of Health Sciences, Department of Psychology
Program Theme*	Social Psychology
Date*	30-01-2024
Time*	01:00PM to 01:30pm
Poster*	
YouTube/Facebook Link: (if live steamed or video posted on FB/YT)	NA
Social media link (promoting in any one Facebook/Instagram/Twitter is mandatory)	https://www.instagram.com/p/C2wip0LxZIn/?igsh=MzRIODBiNWFIZA==
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

(students+faculty) [write NA if not applicable]

(Geotag) Photograph-1*



(Geotag) Photograph-2



Brief Description (min 250 to max 800 words)*

In an attempt to start a conversation around mental health, the 1st year students from the Department of Psychology, School of Health Science created an eye opening Nukkad Natak that delved into the life of a depressed boy. The storyline resonated with many because it depicted the realities faced by today's youth. It highlighted the significance of expert intervention which is required to treat mental health issues, and addressing the stigma surrounding psychological illnesses. The narrative revolved round a younger guy grappling with depression, pressured by his parents, career and relationships. While initially his family's tries to discover an answer through conservative means by consulting a *baba*, they soon find that consulting a mental health profession is the best way to treat mental health problems. Throughout the performance, the audience was immersed into the protagonist's journey, witnessing the inner struggles and societal pressures that frequently accompany mental health problems. By portraying the protagonist's reluctance to seek professional help and then eventually finding relief through professional psychological therapy, the message that psychological problems are no longer a reason to feel shame was emphasized. To sum up, the Nukkad Natak helped to raise awareness of mental health, challenging preconceived notions,

	<p>and promoting acceptance and support for people living with mental health conditions. Through the power of storytelling, the students connected with the audience, moved their minds, and encouraged them to take action to break the taboo around mental health.</p> <p>Key Points</p> <ul style="list-style-type: none"> • Awareness Through Art • Stigma and Societal Pressures • Importance of Seeking Professional Help • Community Engagement • Empathy and Understanding • Breaking the Stigma
<p>Outcome*</p>	<p>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.</p> <p>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.</p>
<p>Attendance Sheet*</p>	<p>Attached at the end of Report</p>

Report Submitted by <i>(write faculty coordinator name)</i>	Ms. Richa Dwivedi