NSS AND AICTE ACTIVITY POINT PROGRAMME ON
SPREADING AWARENESS IN RURAL AREAS ABOUT MENTAL HEALTH

In Association with
Nature Watch club

12th to 14th April 2025 | 09:00 am to 05:00 pm

ANA block and Rural areas around Acharya Campus

About the Program

The National Service Scheme (NSS), in collaboration with the AICTE Activity Point Programme and the Nature Watch Club, organized a social outreach initiative titled "Spreading Awareness in Rural Areas about Mental Health." The program aimed to educate and sensitize rural communities about the importance of mental well-being, breaking the stigma surrounding mental health issues, and promoting access to support systems.

Objectives of the Program

- Promote creative expression through slogan writing, allowing students to voice positive messages on mental health.
- Organize a marathon to emphasize the connection between physical activity and mental wellness.
- Conduct interactive sessions in rural areas to break mental health stigmas, provide basic psychological support, and spread awareness about available resources.
- Align with WHO's Mental Health Action Plan, National Mental Health Program (NMHP), and AICTE's Mental Health and Well-being Guidelines to foster a healthier, more resilient society.

Expected outcomes of the programme

- Rural communities and students will have a better understanding of mental well-being, reducing stigma around mental health issues.
- Through slogan writing and interactive sessions, students and villagers will feel more comfortable discussing mental health, promoting a supportive environment.
- The marathon and wellness activities will encourage a healthier lifestyle, emphasizing the connection between physical fitness and mental health.
- By visiting rural areas, students and volunteers will help set up community-led peer support groups and connect villagers with available mental health resources.

Important Dates

Event Details	Dates
Important Dates	12th to 14th April 2025
Time	09:00 AM to 05:00 PM
Target Audience	2nd, 4th, 6th and 8th Semester Students of all branches.
Type of program	Offline
Venue	ANA block and Rural areas around the campus of Acharya

REGISTER NOW

Committee Members

ADVISORY COMMITTEE —

- Dr. C. K. Marigowda, Principal, AIT

CONVENER +

- Dr. Kala Venugopal, HOD – ISE.
- Dr. Mahesh S S, AICTE Activity Coordinator
- Dr. Sanman Shivakumar, NSS Officer
- Mr. Tejas K, Organizing Head, Nature Watch Club

FACULTY COORDINATORS +

- Prof. Geethalakshmi N M, Assistant Professor, Mobile No.:94814 24041
- Prof. Pushpalatha K S, Assistant Professor, Mobile No.:99166 70888

STUDENT COORDINATORS +

- G Akshaya, 6th Sem ISE.
- Vishnu, 6th Sem ISE.

Acharya Institute of Technology

Acharya Dr. S. Radhakrishnan Road, Acharya P.O
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LOCATE US

Event Coordinator

Prof. Geethalakshmi N M
Dept. of ISE, AIT.