

## REPORT FOR MENTAL HEALTH DAY CAMPAIGN

Legal Aid Society, Campus Law Centre, University of Delhi organised an awareness programme **“UNBOXING EMOTIONS”** on 10th October 2022 on account of World Mental Health Day following the theme announced by the World Federation of Mental Health **" Make mental health & well-being for all a global priority"** . Objective of the event was to make people aware about mental health issues around the world, to mobilize efforts in support of mental health and also to raise awareness about importance of mental health in one's life.





Live in the  
MOMENT and  
Make it  
Beautiful. HEENA©

WORLD MENTAL HEALTH DAY 10<sup>th</sup> October  
DATA BY WHO  
DEPRESSION - 26.9% - 28.0%  
ANXIETY - 21.1% - 24.3%  
POST-TRAUMATIC STRESS - 36.5%  
STRESS - 56.0%  
PSYCHOLOGICAL DISTRESS - 27.6%  
SLEEP PROBLEMS - 28.6%  
Make your MENTAL HEALTH A PRIORITY  
300 MILLION PEOPLE LIVE WITH MENTAL ILLNESS

About 23% of year  
of year  
are caused by  
of mental illness and  
Mindfulness  
Box  
disability  
combination







The event was a great success. Students came forward and shared their emotions and their mental health journey. The students felt a safe space to share their experience and their mental health journey.

Teacher convenors gave their final words and encouraged students to openly speak about their mental health issues. It was also ensured by the teacher faculty that such programmes will be organised at regular intervals.