

SEVA MANDAL EDUCATION SOCIETY'S  
SMT. MANIBEN M. P. SHAH WOMEN'S COLLEGE OF ARTS & COMMERCE  
(AUTONOMOUS)

NAAC RE-ACCREDITED 'B++' (CGPA 2.88/4, Cycle III)  
Recipient of UGC-CPE Grant (2016-2021)  
Adjudged Best College (2017-2018), SNDT Women's University



## DEPARTMENT OF PSYCHOLOGY

in collaboration with

**THE WORLD FEDERATION FOR MENTAL HEALTH**



AND

**YOUTH FOR MENTAL HEALTH**

as a part of the WFMH Global Campaign

celebrates

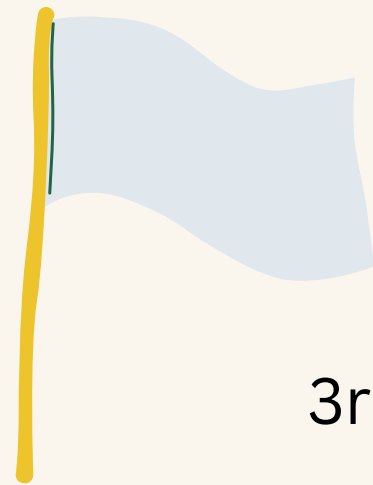
# MENTAL HEALTH WEEK-2022

### SURPRISE EVENT-

1st October 2022

10.00 AM

In Foyer



### FLAG OF RESILIENCE-

3rd October 2022 to 8th October 2022

In Foyer

### EMOTION DROPBOX-

3rd October 2022 to 10th October 2022

In Foyer



### MOVIE SCREENING-

6th October 2022

10:30 AM

Visanji Ravji Auditorium



Smt. Parameshwari Devi Gordhandas Garodia Education Complex 338,  
R.A.Kidwai Road, Matunga (E), MUMBAI - 400019



# WHAT IS FLAG OF RESILIENCE?



🍷 There will be **"Flag"** put up in our college foyer.

🍷 You will have to write how you have coped with tough times in the past and put it up on the flag.

🍷 Get a 'I am resilient' stamp once you are done.

# WHAT IS EMOTIONAL DROPBOX?



🍷 There will be **"Dropbox"** present in our college foyer.

🍷 You can write whatever you are feeling or experiencing and drop that sheet in the box.

🍷 You don't have to mention your name. It will be anonymous.

# MOVIE SCREENING



**INSIDE OUT**

6th October 2022

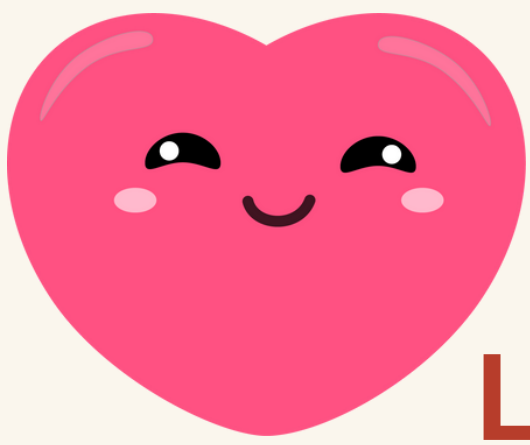
10:30 AM

Visanji Ravji Auditorium

**Registration link-**

<https://forms.gle/VzixMXdLogtii3uHA>





**Let's make this mental health  
week colourful!**



**COLOUR CODE FOR THE WEEK :**

**3rd OCT- GREEN**

**4th OCT - RED/PINK**

**6th OCT - VIOLET / LAVENDER**

**7th OCT - YELLOW**

**8th OCT - BLUE**



**LET US ALL RAISE  
MENTAL HEALTH AWARENESS  
AND HAVE FUN!!**