

**AMDA NEPAL**  
**AMDA Institute of Health Sciences, Damak, Jhapa**  
**Report on Mental Health Awareness Program 2082**

**Program Title:** Mental Health Awareness Program 2082

**Dates:** 2082-08-20 to 2082-09-02

**Facilitator:** Ms. Lila Thapa

**Venue:** AMDA Institute of Health Science, Damak Jhapa

**Introduction**

Mental health is a crucial component of overall well-being, yet it is often neglected due to lack of awareness and stigma. To address this, the AMDA Institute of Health Sciences organized a Mental Health Awareness Program from 2082-08-20 to 2082-09-02. The program aimed to educate students and staff about mental health, stress management, coping strategies, and available support systems.

**Objectives**

The primary objectives of the program were:

1. To increase awareness about mental health issues.
2. To equip participants with strategies for managing stress and anxiety.
3. To reduce stigma related to seeking mental health support.
4. To provide information about resources and counseling services available.

**Facilitator**

The program was conducted by **Ms. Lila Thapa**, an experienced mental health counselor. She provided interactive sessions, case studies, and practical techniques for improving mental well-being.

## **Program Activities**

The program included the following activities:

- **Interactive Lectures:** Overview of mental health and myths.
- **Group Discussions:** Participants shared experiences and discussed coping strategies.
- **Stress Management Exercises:** Breathing exercises, mindfulness, and relaxation techniques.
- **Q&A Sessions:** Participants clarified doubts and discussed real-life scenarios.
- **Resource Sharing:** Information on counseling services, helplines, and self-help tools.

## **Participation**

The program was attended by students from all faculties and staff members. Active participation was observed during discussions and practical exercises, reflecting the engagement and interest of attendees.

## **Outcomes**

- Enhanced awareness about mental health issues among participants.
- Improved understanding of stress management techniques.
- Increased willingness to seek professional support when needed.

## **Conclusion**

The Mental Health Awareness Program successfully achieved its objectives, providing valuable knowledge and practical skills to participants. Continuous efforts in mental health education and counseling are recommended to sustain awareness and support a healthier academic environment.

## Gallery

