



TECNIA INSTITUTE OF ADVANCED STUDIES

GRADE "A" INSTITUTE
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INSTITUTIONAL AREA MADHUBAN CHOWK, ROHINI, DELHI 110085
Tel: 91-11-27555121-24, E-Mail : directortias@tecnia.in, Website: www.tiaspg.tecnia.in



CULTURAL CLUB

Report on Stage Play

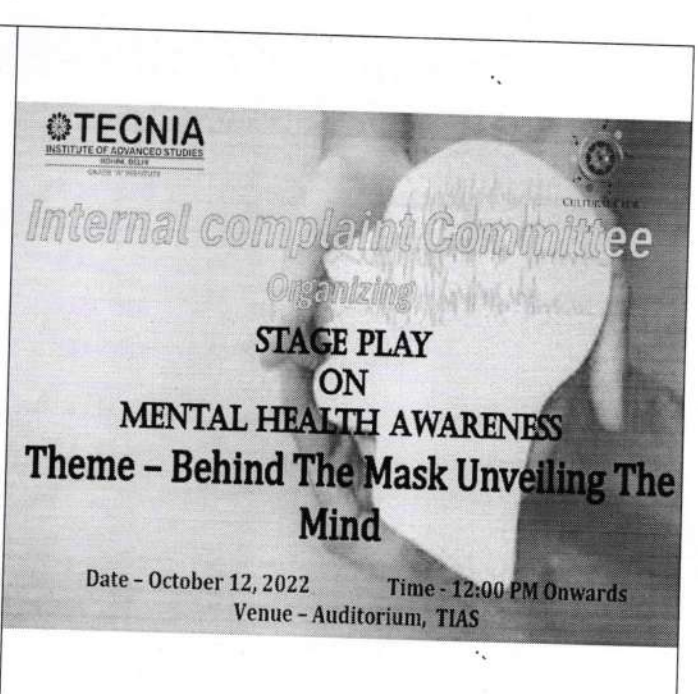
Title of Activity*	Stage Play on Mental Health Awareness
Values	<ul style="list-style-type: none"> * Creativity: Encouraging participants to use street theater as a platform to highlight the often-taboo topic of mental health. * Empathy: Cultivating understanding and compassion toward individuals struggling with mental health challenges. * Awareness: Raising awareness about mental health issues, breaking the stigma, and promoting open conversations about well-being.
Learning Outcomes	<ul style="list-style-type: none"> * Mental Health Awareness: Participants will learn about the signs, symptoms, and consequences of mental health challenges such as depression, anxiety, and stress. * Performance Skills: Participants will enhance their acting and communication skills, enabling them to convey sensitive and impactful messages effectively. * Collaboration: Participants will learn to work as a cohesive unit, supporting one another in creating a performance that highlights important societal issues..
Objectives	<ul style="list-style-type: none"> ** Break the Stigma: Educate students on the importance of mental health awareness and foster an open dialogue on the topic. * Promote Compassion and Support: Encourage students to support peers experiencing mental health difficulties and seek help when necessary. * Empower Individuals: Motivate students to understand their mental health and make positive changes to improve their well-being.

[Signature]
Coordinator


Internal Quality Assessment Cell (IQAC)
Tecnia Institute of Advanced Studies
New Delhi-110085

[Signature]
Sonia

In-Charge Cultural Club ✓
In-Charge Technical Club
Tecnia Institute of Advanced Studies
Madhuban Chowk, Rohini, Delhi

Flyer/Poster	
Organized by (Dept./ Centre/ Cells/Clubs/ Committees Name)*	Internal Complaint Committee in collaboration with Cultural Club
Program Theme*	"Behind the Masks: Unveiling the Mind"
External Expert / Internal Expert	
Date*	12 th October 2022
Time*	12:00 pm onwards
Venue	TIAS Auditorium


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 Internal Quality Assessment Cell (IQAC)
 Tecnia Institute of Advanced Studies
 New Delhi-110085


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 Madhban Chowk, Rohini, Delhi

Photograph



Students Participated in events.

Report: Description in (min 250 to max 800 words)*

On 12th October, 2022, the Cultural Club of TIAS presented a poignant and aimed at raising awareness about mental health issues. Held in the UG Auditorium, the performance was attended by 10 students and one faculty member, all united in their desire to break the stigma surrounding mental health and create a space for open dialogue.

The play began at noon, with the students using street theater as a medium to shed light on the often-overlooked struggles that individuals with mental health challenges face. Through three impactful skits, the performers skillfully highlighted how mental health problems like anxiety, depression, and stress can affect day-to-day life and how individuals can seek support in times of crisis.

The Stage Play was structured into three dramatic acts:

1. Scenario 1: The opening act depicted a student overwhelmed by academic pressures and the emotional toll of unrealistic expectations. The skit highlighted how stress and the fear of failure can escalate into mental health issues, leaving students isolated and exhausted. The act conveyed the importance of acknowledging one's mental state and seeking help before the situation worsens.
2. Scenario 2: The second skit portrayed a bystander who witnessed a close friend struggle with anxiety but didn't know how to respond. This act emphasized

the importance of being supportive, listening without judgment, and encouraging loved ones to seek professional help. It underscored the critical role of friends, family, and peers in promoting mental health awareness and providing support.


3. Scenario 3: The final act presented a hopeful message by showcasing the journey of a student who, with the help of counseling services and supportive friends, overcame depression and found peace. The skit highlighted the importance of talking openly about mental health and seeking professional help when necessary.

After the performance, a vibrant discussion session allowed the audience, including students and faculty, to reflect on their own experiences with mental health and share ways to create a more supportive and understanding community. The conversation emphasized that mental health issues are common and that no one should feel ashamed of seeking help.

The performance effectively conveyed that mental health is as important as physical health, and fostering an open dialogue on the subject is essential for creating a supportive environment. The event was a success, encouraging students to not only reflect on their own mental health but also to take steps towards improving it and supporting others in their journey to well-being.


Report Submitted by Convener <i>(write faculty coordinator name)</i>	Ms. Sonia Batra
For Office Use	
Signature of Event Coordinator	Signature of School/Department Head <i>(With Seal)</i>
List of Beneficiary	

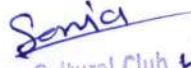

Coordinator
Internal Quality Control Cell (IQAC)
Tecnia Institute of Advanced Studies
New Delhi-110085

Fields marked with '' are mandatory*

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Madhban Chowk, Rohini, Delhi

List of Beneficiary

S. No.	Name of Volunteer	Course	Year	Shift	Section
1	Ishita	BA(JM C)	2nd year	1st Shift	A
2	Pulkit Sharma	BA(JM C)	2nd Year	2nd Shift	A
3	Sakshi sharma	BBA	2nd Year	2nd Shift	A
4	Dhriti Khanna	BA(JM C)	2nd Year	2nd Shift	A
5	Rahul	BBA	2nd Year	1st Shift	A
6	Dinky Gogia	BBA	2nd Year	2nd Shift	A
7	Sakshi Panwar	BBA	2nd Year	1st Shift	A
8	Viren	BBA	2nd Year	1st Shift	A
9	Vanshika Tandon	BBA	2nd Year	2nd Shift	A
10	Vansh Batra	BBA	2nd Year	2nd Shift	A


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