



PIMPRI CHINCHWAD EDUCATION TRUST'S
**Pimpri Chinchwad College of Arts, Commerce and
Science (PCACS) Ravet, Pune.**

Department of Psychology

Academic Year: 2024-25



Report on World Mental Health Day Celebration

Event: Express Emotions Beyond Words

Date: 10th October 2024

Day: Thursday

Location: Pimpri Chinchwad College of Arts, Commerce, and Science (PCACS),
Ravet, Pune 412101

Introduction

On **10th October 2024**, Pimpri Chinchwad College of Arts, Commerce, and Science (PCACS) hosted an engaging and innovative event titled **"Express Emotions Beyond Words"** in celebration of **World Mental Health Day**. This event, held in **Hall No. 502**, aimed to promote emotional well-being by offering students an opportunity to express their emotions in creative and non-verbal ways, encouraging deeper emotional exploration and awareness.

Objectives

The key objectives of the "Express Emotions Beyond Words" event were:

- To provide students with a platform to express their emotions through diverse creative means.
- To promote awareness around the importance of emotional expression and mental well-being.
- To create a supportive and safe space for students to share personal experiences and emotions.
- To foster emotional growth and communication through creative arts such as music, poetry, dance, and drama.

Participants

The event witnessed enthusiastic participation from:

- **Students:** Students from both **B.A. and B.Com faculties** actively engaged in the event, showcasing their emotions through various creative mediums.
- **Faculty Members:** Faculty members, including professors from the Department of Psychology, provided guidance and support throughout the event.
- **Principal:** The Principal of PCACS, **Dr. Smriti Pathak**, also took part, delivering an inspiring speech on the importance of mental health.



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Activities Conducted

The event was designed to encourage students to express their emotions creatively, with multiple forms of artistic expression taking center stage:

- **Poetry Recitation:** Several students recited original and deeply moving poems, reflecting their personal emotions.
- **Personal Storytelling:** A few students shared their personal experiences, opening up about their emotional journeys and mental health challenges.
- **Musical Performances:** Some students performed music, with one playing the **flute** and others singing emotionally resonant songs.
- **Dance Performances:** Emotional expression through **dance** was also a major highlight, with students interpreting their feelings through movement.
- **Mono Act Performance:** A powerful **mono act** was performed, using drama to convey the complexities of emotions in a thought-provoking manner.

Outcomes

- **Emotional Expression and Awareness:** The event succeeded in encouraging students to express their emotions in new and creative ways, raising awareness about mental health and emotional well-being.
- **Creative Exploration:** Students explored various artistic mediums, allowing for a deeper connection with their own emotions and those of their peers.
- **Supportive Environment:** The event created a supportive and non-judgmental space for emotional expression, fostering a sense of community among participants.

Feedback

Students and faculty expressed their satisfaction with the event, praising the opportunity to express emotions through creative means. Many students noted that the event allowed them to reflect on their mental health and consider alternative ways of expressing their feelings. Faculty members highlighted the importance of continuing such initiatives to promote emotional well-being in educational settings.

Conclusion

The "**Express Emotions Beyond Words**" event held on 10th October 2024 at PCACS was a resounding success. It not only provided students with a platform to explore and express their emotions but also reinforced the college's commitment to supporting mental health awareness. The event highlighted the power of creative expression in fostering emotional growth and well-being. Moving forward, PCACS plans to continue organizing such events to nurture a culture of emotional awareness and mental health support within the college community.



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Some Glimpses of the Event

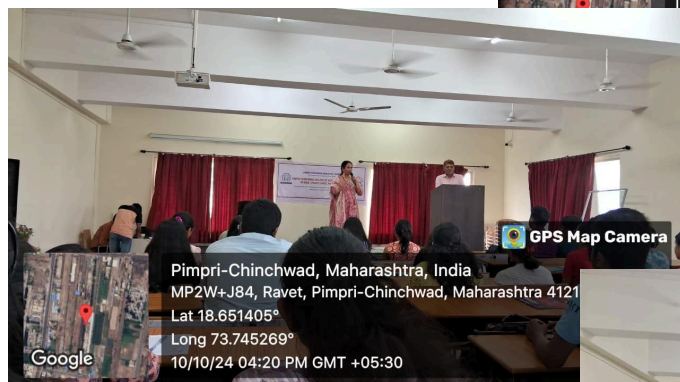




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Principal



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News format

पी.सी.ए.सी.एस. रावेत महाविद्यालयात 'एक्सप्रेस इमोशन्स बियॉन्ड वर्ड्स' कार्यक्रम संपन्न

पिंपरी पुणे (दि. १० ऑक्टोबर २०२४) - जागतिक मानसिक आरोग्य दिनानिमित्त रावेत येथील पिंपरी चिंचवड कॉलेज ऑफ आर्ट्स, कॉमर्स अँड सायन्स (PCACS) महाविद्यालयात 'एक्सप्रेस इमोशन्स बियॉन्ड वर्ड्स' हा अनोखा कार्यक्रम आयोजित करण्यात आला. या कार्यक्रमांमध्ये महाविद्यालयातील बी.ए. आणि बी.कॉम. शाखांच्या विद्यार्थ्यांनी उत्साहाने सहभाग घेतला. हा कार्यक्रम विद्यार्थ्यांना आपल्या भावनांना कलात्मक आणि सृजनशील मार्गांनी व्यक्त करण्याची संधी देण्यासाठी आयोजित केला गेला होता.

कार्यक्रमात विद्यार्थ्यांनी कविता वाचन, वैयक्तिक अनुभव कथन, बाँसरी वादन, गायन, नृत्य, आणि मोनो अॅक्ट अशा विविध कलांद्वारे आपल्या भावनांची अभिव्यक्ती केली. कार्यक्रमाच्या सुरुवातीला महाविद्यालयाच्या प्राचार्या डॉ. स्मृती पाठक यांनी मानसिक आरोग्याचे महत्त्व अधोरेखित करत उपस्थितांना प्रोत्साहित केले. विद्यार्थ्यांनी सृजनशील पद्धतींनी आपले मनोगत व्यक्त करत मानसिक आरोग्याबाबत जागरूकता निर्माण केली.

या कार्यक्रमांमुळे विद्यार्थ्यांमध्ये आपापल्या भावना सृजनशीलतेच्या माध्यमातून व्यक्त करण्याची क्षमता वाढली. कार्यक्रमात सामील झालेल्या विद्यार्थ्यांनी भावनिक विकासासाठी असलेल्या या कार्यक्रमाचे कौतुक केले आणि या प्रकारच्या उपक्रमांनी आपल्या मानसिक आरोग्याला फायदा होईल, असे मत व्यक्त केले.

कार्यक्रमाच्या यशस्वी आयोजनामुळे PCACS महाविद्यालयाने मानसिक आरोग्याबाबत संवेदनशीलता आणि सृजनशील अभिव्यक्तीला चालना देण्याची वचनबद्धता दाखवली आहे. या उपक्रमांमुळे महाविद्यालयातील मानसिक आरोग्याबाबत सकारात्मक वातावरण निर्माण झाले असून, यापुढेही अशा उपक्रमांची सुरुवात केली जाणार आहे.

पिंपरी चिंचवड एजुकेशन ट्रस्ट पी.सी.ई.टी.चे अध्यक्ष ज्ञानेश्वर लांडगे, उपाध्यक्षा पदमाताई भोसले, सचिव व्ही. एस. काळभोर, खजिनदार शांताराम गराडे, विश्वस्त व माजी मंत्री हर्षवर्धन पाटील, उद्योजक नरेंद्र लांडगे, उद्योजक अजिंक्य काळभोर, कार्यकारी संचालक डॉ. गिरीश देसाई यांच्या मार्गदर्शनाखाली कार्यक्रमाचे आयोजन करण्यात आले होते. सर्व शिक्षक, कर्मचारी या कार्यक्रमात सहभागी झाले होते.