





*Department of Psychology  
St. Bede's College, Shimla*



*Inside-Out: Psychology Department Orientation fosters connection, learning, and laughter as first-year students bond with their seniors and explore college life at St. Bede's College.*



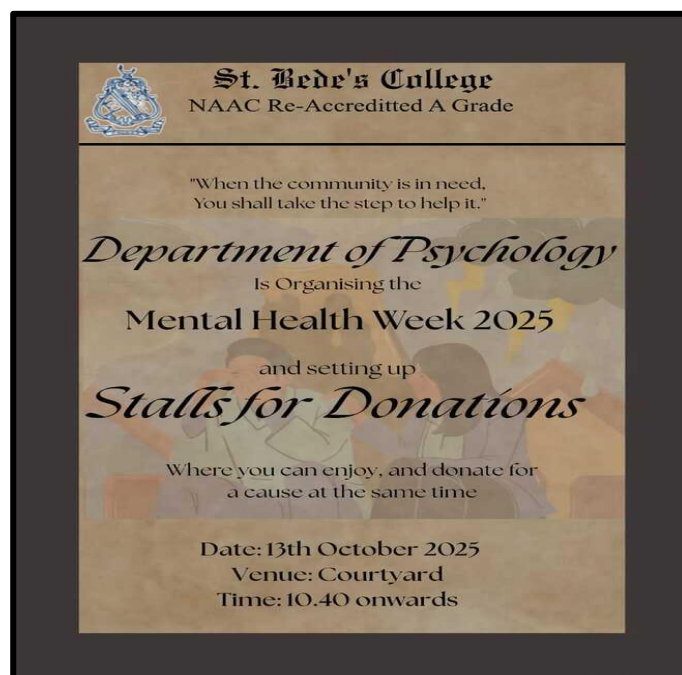
*Department of Psychology*  
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## **STALLS FOR DONATION**

**Objective:** To raise donations for the victims of landslides in Himachal Pradesh by putting up stalls on the college campus.

**Description:** The Department of Psychology celebrated “Mental Health Week” by organizing a fundraising event on October 13, 2025. The students of the department set up various stalls, including psychological testing stalls, food stalls, and fun game stalls. They also showcased their creativity by selling handmade items such as paintings, press-on nails, jewellery, crochet items, and key chains. The students and staff of the college contributed generously, and 50% of the stall profits were also donated. A total of ₹5,245 was raised and handed over to the DOERS Organization, which is providing relief to the victims of landslides and floods in Himachal Pradesh, along with offering mental health support to those affected. The event was enjoyed by all, combining fun, creativity, and compassion for a noble cause.

**Outcome:** A total of ₹5,245 was raised and donated to the DOERS Organization. The activity provided students with a platform to showcase their talents and collaborate for a meaningful cause. It helped students build teamwork and confidence while contributing to community welfare.



*Brochure*



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*Psychology Department unites for a cause — raising smiles and support for Himachal's natural calamity victims during Mental Health Week*



## **MENTAL HEALTH DAY CELEBRATION- 'ACCESS TO SERVICES: MENTAL HEALTH IN CATASTROPHES AND EMERGENCIES'**

**Objective:** To sensitize the students of the college about the importance of mental health and emphasize the need for mental health services, especially in times of crisis.

**Description:** The Department of Psychology celebrated “Mental Health Week 2025”, and on October 14, 2025, the students of the department came together to present a Musical Drama and a Presentation on the theme “Access to Services: Mental Health in Catastrophes and Emergencies”. The main aim of celebrating World Mental Health Day was to raise awareness among communities about the importance of mental health, which was also the objective of the students.

The presentation highlighted the statistics and impact of the recent landslides in Himachal Pradesh and shed light on the relief measures provided by the government.


The musical drama portrayed the story of a woman who falls into depression after losing her husband and child in the landslides and her eventual recovery through mental health services such as psychological therapy. It also emphasized other mental health issues that can arise in disaster-affected communities, including Substance Use Disorder, Phobias, Anxiety and Panic Disorder, and Post-Traumatic Stress Disorder. The performance featured expressive dances depicting the Five Stages of Grief — Denial, Anger, Bargaining, Depression, and Acceptance — which added depth to the emotional narrative.

Additionally, students organized engaging activities like “Pop a Balloon of Emotion” and “Take What You Need, Leave What You Can” notes, promoting empathy and emotional expression.

**Outcomes:** Students gained awareness about the importance of mental health and the value of timely help and support. The event provided a platform for students to showcase their talents in acting, public speaking, and dancing. It helped foster empathy and understanding about mental health issues arising from disasters.



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 **St. Bede's College**  
NAAC Re-Accredited A Grade

**DEPARTMENT OF PSYCHOLOGY**


Is celebrating the  
**Mental Health Week**

We cordially invite you for the

**MENTAL HEALTH DAY  
CELEBRATION**

And witness the  
**Musical Drama and Presentation**

*Date: 14th October 2025*  
*Time: 11 A.M.*  
*Venue: Auditorium*



*Brochure*



*Department of Psychology*  
*St. Bede's College, Shimla*





*Psychology students spread awareness through art — a moving musical drama and presentation on “Mental Health in Catastrophes and Emergencies” during Mental Health Week 2025*



## **SAY YES TO LIFE NO TO DRUGS**

**Objective:** To raise awareness among school students regarding substance abuse at Government Senior Secondary School, Dhalli, and to educate and inspire young minds to lead a drug-free life.

**Description:** On October 15, 2025, the Anti-Drug Squad of St. Bede's College, in collaboration with the Department of Psychology, organized a *Nukkad Natak* titled "Say Yes to Life and No to Drugs". The event took place at Government Senior Secondary School, Dhalli, with the primary aim of sensitizing students to the dangers of substance abuse and the importance of making conscious and healthy choices.

To convey the message effectively, a *Nukkad Natak* (street play) was performed by eleven students from St. Bede's College. The play revolved around the theme "Say Yes to Life, No to Drugs", dramatizing real-life situations to highlight how substance abuse can derail young lives and how awareness, resilience, and community support can bring positive change. The performance captivated the school audience and initiated a dialogue among students about the significance of self-control, mental health, and peer influence in decision-making. The collaborative effort between the Anti-Drug Squad and the Department of Psychology made the session both educational and emotionally impactful.

Following the *Nukkad Natak*, the students of the school took a pledge to abstain from consuming any harmful substances and to encourage their peers to stay away from drugs. A short interactive session was also conducted, allowing students to ask questions about drugs and their ill effects.

**Outcome:** The event successfully enhanced awareness among school children about the harmful effects of drug abuse. The interactive nature of the *Nukkad Natak* encouraged them to reflect, question, and commit to saying "no" to drugs. The students who performed in the *Nukkad Natak* emerged as confident advocates for a drug-free society, spreading the message that choosing life over addiction is the first step toward a stronger, healthier community. The school students also took a pledge to never consume any harmful substances.



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**St. Bede's College**  
NAAC RE-ACCREDITED A GRADE

**ANTI DRUG SQUAD**


*In collaboration with*


**DEPARTMENT OF PSYCHOLOGY**

Where we aim to spread awareness by presenting a

 **Nukkad Natak**

*Theme: Say yes to life & no to drugs*

 **15th October**



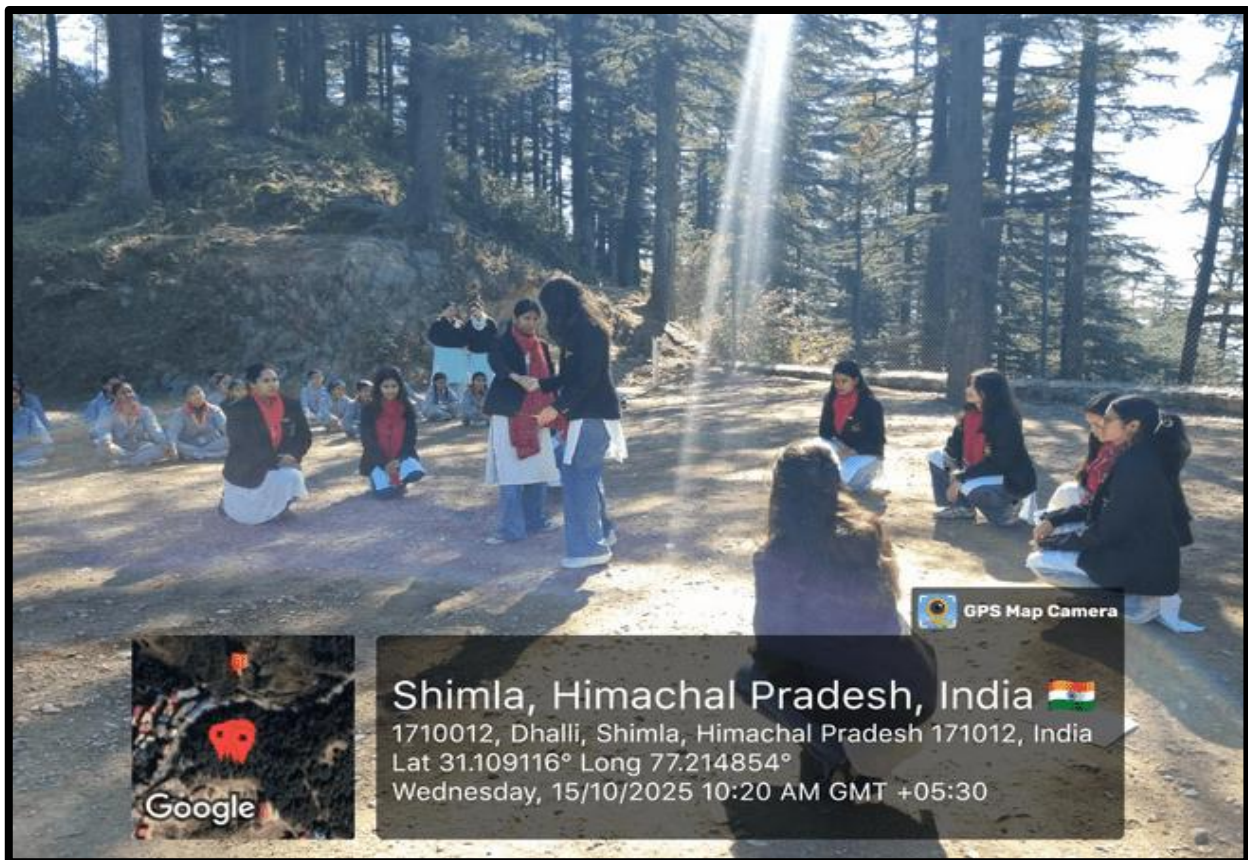
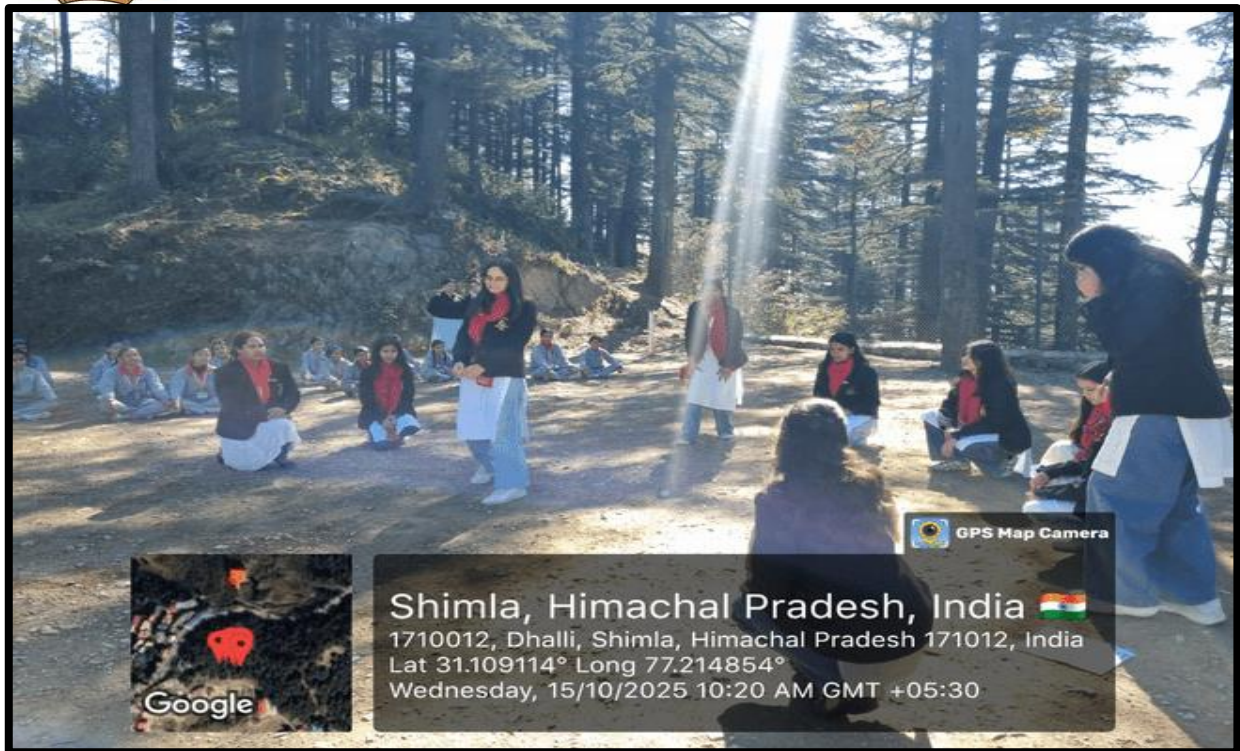
TIME: 10 AM

VENUE: GOVERNMENT SENIOR SECONDARY SCHOOL DHALLI

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***Say Yes to Life, No to Drugs: St. Bede's Students Inspire Young Minds through an Impactful Nukkad Natak at GSSS Dhalli***