



Learn Beyond

KPR Institute of Engineering and Technology

(Autonomous, NAAC "A")

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FILM001

NBA Accredited
(CSE, ECE, EEE,
MECH, CIVIL)

SHORT FILM COMPETITION - MENTAL HEALTH AWARENESS CAMPAIGN HAPPINESS IS YOUR CHOICE

Event No	FILM001
Organizing Department	Film Club
Associate Dept. NSC	Sangamam Clubs
Date	10/10/2022 to 30/10/2022 (21 Days)
Time	10:00 AM to 12:00 PM
Event Type	Club Activity
Event Level	Club Society
Venue	KPRIET
Registration Link	https://bit.ly/MHAShortFilm
Total Participants	70
Students - Internal	30
Students - External	40

Related SDG



Involved Staffs

Sl	Name	Role
1	Dhivya K	Coordinator

Outcome

Through this event students able to create mental health awareness through their shortfil

Event Summary

Being aware of your overall health is important so that you can detect any symptoms and seek professional help when necessary. While everyone is familiar familiar with the symptoms and treatment options for common illnesses that affect their loved ones, like the flu, migraines, or and (most recently) COVID-19, many people are unsure how to look after their mental health. Raising mental health awareness can help you to understand your symptoms, find professional treatment, and, perhaps most importantly, break the mental health stigma that leaves so many people suffering in secret. Mental health awareness is something that can help the millions of people who are impacted by mental health issues throughout the United States. According to the National Alliance on Mental Illness (NAMI), one in five adults have had or currently have symptoms of a mental illness. Some common disorders that need more awareness include: Generalized anxiety disorder, Substance use disorders, Depression, Bipolar disorder, Post-traumatic stress disorder, Schizophrenia, Suicidal ideation. Though all of these mental health conditions have different symptoms, they can impact every aspect of your life. In truth, your mental health influences the way that you think, feel, and behave. This means that your social, professional, and personal life can be greatly impaired. The film club of sangamam along with mental health club launched the short film competition to internal and external participants to exhibit their awareness of mental health. Around 70+ participants took part in the competition, 30 Internal an40 external participated. Among all short film best 3 films was selected and rewarded

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