

PROGRAM REPORT

The Department of Psychology, on behalf of Cogniverse, the Psychology Club of the, organized a two-day program titled “Revioura” as part of the World Mental Health Day celebration at Yenepoya School of Allied Health Sciences (YSAHS). The program aligned with the global theme for 2025, “Access to Services: Mental Health Care in Case of Emergencies and Catastrophes.”

The event aimed to promote awareness about accessible mental health care, emotional resilience, and the importance of psychological first aid in times of crisis.

Day 1: Competitions and Cultural Program

The first day of Revioura was dedicated to competitions conducted in both online and offline modes, encouraging creativity, awareness, and student participation.

The offline competitions included:

- Pieces of Mind (Collage Making)
- Half Picture Drawing (The Other Side)
- Mind Marathon (Quiz)

The online competitions included:

- Frame of Mind (Reel Making)
- Mindscape (E-Poster Competition)

Students from various departments participated enthusiastically, showcasing creativity and insight into the theme of mental health.

Later in the day, a cultural program was held on the ground floor of the campus. The event featured a jamming session and a variety show consisting of dance and storytelling. The performance focused on the theme of refugees and emphasized the importance of psychological first aid in situations involving trauma and displacement. The program beautifully conveyed the relevance of mental health care during humanitarian crises.

Day 2: Booths, Stalls, and Expert Talk

The second day of Revioura featured a range of interactive booths and stalls, turning the venue into an engaging and lively space for all attendees. The day was inaugurated by the Dean of the Institution, after which the stalls were officially declared open.

The activity booths included:

- Spin the Wheel – Participants engaged in tasks such as bracelet making, rock painting, performing a positive act, or expressing gratitude.
- Memory Match – A timed card-flipping game to find matching pairs.
- Blackout Poetry – Participants created poetic expressions by blacking out selected words on printed sheets.
- Spot the Difference – A visual challenge requiring participants to identify differences between two similar pictures.
- Star Jars of Affirmations – Origami stars containing positive affirmations for visitors to pick and keep.

In addition, several creative and food stalls were organized:

- Flashback Candies, serving nostalgic 90s sweets.
- Food Stalls, offering pickled mango, pineapple, and charmuri.
- Drink Stall, serving fresh juice and passion fruit mojito.
- Dessert Stall, with cookies, cookie pies, and brownies.
- Henna Stall, providing intricate mehendi designs.
- Face Painting Stall, allowing creative expression through art.

A Psychological Assessment Booth was also set up, where visitors could select from a range of assessments conducted by students in the Psychology Lab, offering an opportunity for self-exploration and insight.

Additionally, a Guided Imagery Session was conducted on the fourth floor, providing participants with a space for relaxation and mindfulness. On the second floor, a Short Film Screening was held, featuring a film that shared a meaningful message on mental health awareness.

In the afternoon session, a talk on “Psychological First Aid” was delivered by Dr. Ravichandra Karkar, Head of the Department of Psychiatry, Yenepoya Medical College and Hospital. The session was informative and interactive, focusing on the essential principles of providing psychological support during emergencies and crises. It emphasized the importance of empathy, timely intervention, and community support, and was well-received by both students and faculty.

Outcome

The two-day program received an overwhelming response from students, faculty, and staff across various departments. The diverse combination of educational, creative, and recreational activities made Revioura both engaging and impactful. The program

successfully highlighted the importance of accessible mental health services, empathy, and collective participation in fostering psychological well-being.

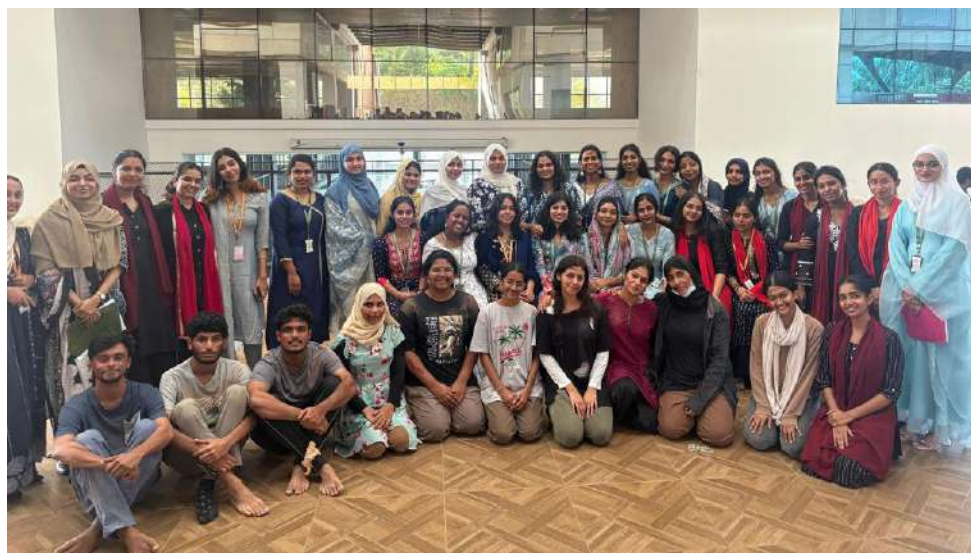
Conclusion

Revura successfully achieved its goal of spreading awareness about mental health and the importance of access to mental health care during emergencies and catastrophes. The program created a vibrant, reflective, and inclusive environment that encouraged open conversations, self-awareness, and emotional growth. Overall, the event served as a meaningful initiative to promote mental health literacy and compassion within the campus community.

As a continuation of the Mental Health Week initiative, on 28th October 2025, the Department will be conducting a Module Presentation on WHO Life Skills. Groups of students will be visiting the school to teach various life skills and engage children through interactive activities and demonstrations, further extending the message of mental health awareness and well-being to the younger community.

Day 1 : Competition and Cultural Progra





Day 2 : Stalls and Sessions







