Mental Health First Aids: 11.02.2025 – 13.02.2025



I Basic Details

Date	**Faculty**	**Department/Committee**	**Co-ordinator**
11 to 13/02/2025	Science	Education	Prof. Dr Cindrella D'Mello
Time	**Venue**	**Total No. of Attendees**	**Nature:**
9 a.m.-2 p.m.	St. Teresa's Institute of Education	50	Indoor
Name & details of Resource Person			**Students who Supported**
Madhura More Ma'am Pradnya Kanade Ma'am			Ms. Salomi Gonsalves Ms. Charmi Mehta

II Brief Information about the Activity

Topic	Mental Health First Aid (MHFA)
Objectives for conducting the Activity	• To equip students with essential knowledge to identify and respond to mental health concerns and crises. • To build confidence in recognizing symptoms of common mental illnesses and offering immediate support. • To promote empathy, awareness, and early intervention skills among future educators.
Methodology	• The training was conducted through interactive lectures, demonstrations, and discussions led by experienced facilitators. • Students were divided into two groups for focused and personalized learning. Role-play case studies were used to help participants practice the ALGEE framework in real-life scenarios. • Hands-on activities, including classification tasks and experiential exercises, deepened conceptual understanding. • Continuous engagement and facilitator feedback ensured an active and learner-centered environment.
Outcomes	• Students gained the ability to recognize signs of mental health issues and respond using the ALGEE framework. • They developed greater empathy, non-judgmental communication skills, and confidence in offering initial support. • Participants also understood the importance of early intervention and appropriate referral for mental health care.

III. Proofs Attached





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