Mental Health Awareness Session

- **Project No. 16**
- **Date** : 7th September,2026
- **Location** : Google Meet
- **Specified Committee** : Club
- **Sponsoring Organization** : Rotary Club of Birgunj

Guests :

1. Ms. Amrita Ghimire, Assistant Professor

Area of Focus : Disease Prevention and Treatment

About The Mental Health Awareness Session

Introduction:

The Interact Club of Orchid, in collaboration with multiple clubs including the Interact Club of Gyanda Academy, organized a virtual mental health and suicide prevention awareness session titled "It's Okay to Not Be Okay: Breaking the Silence, Building Connection" on September 7, 2026. Led by psychiatric nursing expert Assistant Professor Amrita Ghimire from Chitwan Medical College, the initiative provided critical guidance for youth during Suicide Prevention Awareness Month. Grounded in global frameworks like WHO and IASP guidelines, the program emphasized replacing silence with honest conversations and building support systems.

Project Summary:

The mental health awareness session successfully brought together youth participants, students, and club representatives on Google Meet to address critical psychological well-being topics. Led by Assistant Professor Amrita Ghimire, the comprehensive presentation covered key areas including the statistics behind mental health, understanding anxiety and depression, spotting warning signs in peers, and practical steps to help. Attendees actively participated in interactive polls and discussions regarding everyday stress and coping mechanisms. The collaborative event fostered open dialogue, reducing stigma and equipping participants with knowledge of local mental health resources available in Nepal.

Itr. Yuvraj Choudhary
President RY 2026/27
Interact Club of Gyanda Academy
Birgunj, Nepal
Email: interactclubofgyandaacademy@gmail.com