National Service Scheme (NSS) Program Report

Mental Health Marathon

"Empower Your Every Step: Reset and Refresh"

Unit: III

 -Amrita Vishwa VidyaPeetham, Coimbatore

Date: 22 - 02 – 2024 at 5:00 PM

Venue: AB1 Car Parking

Subject: Mental Health Awareness marathon and flashmob.

The National Service Scheme (NSS) stands as a gateway to meaningful community involvement and social impact. Under NSS we engage in a variety of activities helpful for society. This report will provide you with an overview of the Mental Health Marathon held on 22/02/2024 at Amrita Vishwa Vidyapeetham.

The marathon aimed to shine a spotlight on the critical importance of mental health awareness. It brought together a diverse array of participants, including students, faculty members, and community members, who rallied behind the shared cause.

The event championed three primary causes:

- Mental Health
- Reduce Screen Time
- Offering Hope- "We Care"

Together, participants laced up their shoes, not just to race towards the finish line, but to stride forward in a collective effort towards building healthier, more empathetic community.

The programme was started with a prayer by Ardra Thankam of unit V and Leela of unit III.

Dr. D Venkatraman, NSS programme coordinator, shared poignant insights into the event's profound significance. He eloquently highlighted the importance of the marathon as a catalyst for raising awareness about mental health.

Dr A S Ramkumar, Professor, Student Welfare, addressed the crowd, expressing his wholehearted support for the event and sharing his insightful views.

An electrifying flashmob unfolded, with students showcasing their remarkable talent, captivating and entertaining the crowd with their exuberant performance.

Prize distribution to the winners of the energy week took place.

Harshitha, a second-year student from Unit 3, led the audience in reciting the pledge, emphasizing the significance of the event's three pivotal themes.

Participants passionately ran in support of the event's three core causes: reducing screen time, promoting mental health awareness, and spreading messages of the hope and support.

At last, we ended the event with s group photo.