

T. A. Pai Management Institute, Manipal

Report

Swachhata Pledge

Name of the Activity – Online Swachhata Pledge (Pledge on mental health)

Activity Start Date – 29th August 2020

Report Description:

The EBSB club of TAPMI Conducted online Swachhata Pledge on mental health on 29th August 2020. The members of the club circulated a google form with major points of the pledge mentioned in it, with an option for the participants to take the virtual pledge by filling the form. The form was kept open for responses for 24 hours to provide ample time to students for participation.

The pledge points included providing a safe space to discuss about mental health issues, to speak out against the stigma associated with the same, to listen to mental health experiences and provide support to whosoever in need, to treat every individual as equally capable and also seek immediate help if we sense any symptoms.

The initiative was positively taken by students and 174 students took the virtual pledge by filling the form.

Activity End Date – 30th August 2020

Number of participants who took the pledge – 174

Report name – Online Swachhata Pledge on Mental health awareness by EBSB Club, TAPMI