



Dated: 23.11.2024

HPNLU's Centre for Studies Related to Persons with Disabilities organizes a Sensitization Event on Mental Health and Disability for the Students of Government Senior Secondary School, Shakrah and Interacted with Panchayat Members

The Centre for Studies Related to Persons with Disabilities (CSD) at Himachal Pradesh National Law University (HPNLU) Shimla, under the guidance of Prof. (Dr.) Priti Saxena, Vice-Chancellor, organized a sensitization event for Government Senior Secondary School students, Shakrah. The event aimed at addressing the dual challenges of mental health and the pressure faced by students during examinations. The deliberations specifically emphasized at inclusivity for students with disabilities.

The Principal of the School, Mrs Indu Gupta, welcomes the team CSD and shared her views about inclusive environment and present challenges. She emphasised at supportive environment for students with disabilities. Dr. Sachin Sharma, Director of CSD, stressed upon the importance of such initiatives in fostering the inclusive environment for students. He argues that stigmas related to disabilities are the outcome of the preception, once we dilute these preceptions, the things will automatically become accessible. He also highllighted government schemes for making the environment accessible. The event featured engaging activities designed to reduce stress and promote awareness. Discussions focused on managing exam pressure and understanding the mental health needs of students, including those with disabilities. Manav, Anubhav, Adish, Vanshika, Bhoomi Himanshu and Prashansha participated in the event on behalf of students members of CSD. They engged the students of **Shakrah School** in various disussions and activities related to inclusivity and disability relation.

The program was furthed continued with screening of a impactful short film on mental health of teenagers and related awareness. The same is appriciated by the audience and was of a profound impact. Film highligned the struggles faced by student with mental health issues and how with the support of his family and friends he was able to overcome the same. This was followed by another interactive sessions encouraging students and teachers to share their thoughts and concerns.

As part of the program, the CSD team also visited the **Gram Panchayat, Village Shakrah** and interacted with Inder Singh, Pradhan of the village along with other local representatives and

community members. Discussions revolved around promoting mental health awareness and creating a more inclusive environment for people with disabilities at the grassroots level. The members of the Panchayat shared about the people with disabilities of the village and schemes related to them. They further appreciated the Centre's initiative. The visit emphasized the significance of community engagement in addressing social issues and building support systems for all.



**CENTRE FOR STUDIES
RELATED TO
PERSONS WITH
DISABILITIES, HPNLU
SHIMLA**

1. Screening of Short Film at the sensitization event organized by CSD at Government Senior Secondary School, Shakrah.
2. Participants engaged in an activity at the sensitization event organized by CSD at Government Senior Secondary School, Shakrah
3. Student interaction at the sensitization event organized by CSD at Government Senior Secondary School, Shakrah.
4. Dr. Sachin Sharma, Director of CSD, along with Gram Panchayat Pradhan Inder Singh and other panchayat members.
5. CSD members, along with teachers of Government Senior Secondary School, Shakrah.