

Recognizing the unique stressors and demands of defense personnel's roles, Vikasalaya is deeply focused on addressing their mental health needs, which are vital for maintaining their well-being and performance. With challenges like long separations from family and high-stress duties, tailored mental health programs have become an essential part of their overall support system. Through our expertise and experience in this field, Vikasalaya is uniquely positioned to meet these needs effectively, ensuring defense personnel are equipped to navigate their demanding roles with resilience.

Event Photos



Mental Health Awareness Session for Defence Personnel

As part of our ongoing commitment to prioritizing mental health, Vikasalaya Foundation recently conducted a dedicated awareness session for defence personnel stationed at their base camp during election duty. This session was designed to raise awareness about mental health, introduce effective coping mechanisms, and promote overall well-being for personnel managing the challenges of extended periods away from home.

Key Topics :

1. understanding Mental Health
2. Breaking the stigma around mental health
3. Stress Management
4. Coping Mechanisms
5. D.O.S.E. - Happy Hormones

The training session aimed to emphasize the importance of mental health alongside physical well-being, focusing on effective coping strategies for managing stress and anxiety. Personnel were introduced to the concept of "happy hormones" like serotonin and dopamine, along with stress management techniques such as deep breathing and mindfulness. The session also addressed common challenges faced by defense personnel, including financial burdens, substance abuse, and suicides, encouraging open conversations about mental health and reducing stigma. The session was interactive, with personnel actively engaging and leaving feeling more informed and supported in their mental well-being.

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