Date/Day: 10th October 2026, Saturday

World Mental Health Day – Online Quiz

Objective:

• To create awareness about the importance of mental health and emotional well-being.
• To encourage students to understand mental health and challenge stigma surrounding mental-health concerns.
• To promote a supportive behavior, empathy and understanding towards people experiencing mental-health challenges.

Program Outcome: PO4, PO6 and PO8

Details of the Resource Person/Event: The **Extension and Outreach Committee** of MES H. K. College of Pharmacy, in association with the **Department of Lifelong Learning and Extension (DLLE),** organized an online quiz on the occasion of World Mental Health Day on **10th October 2026.**

Participants Details:

Total no. of college students: 110
Total no. of Faculty: 02

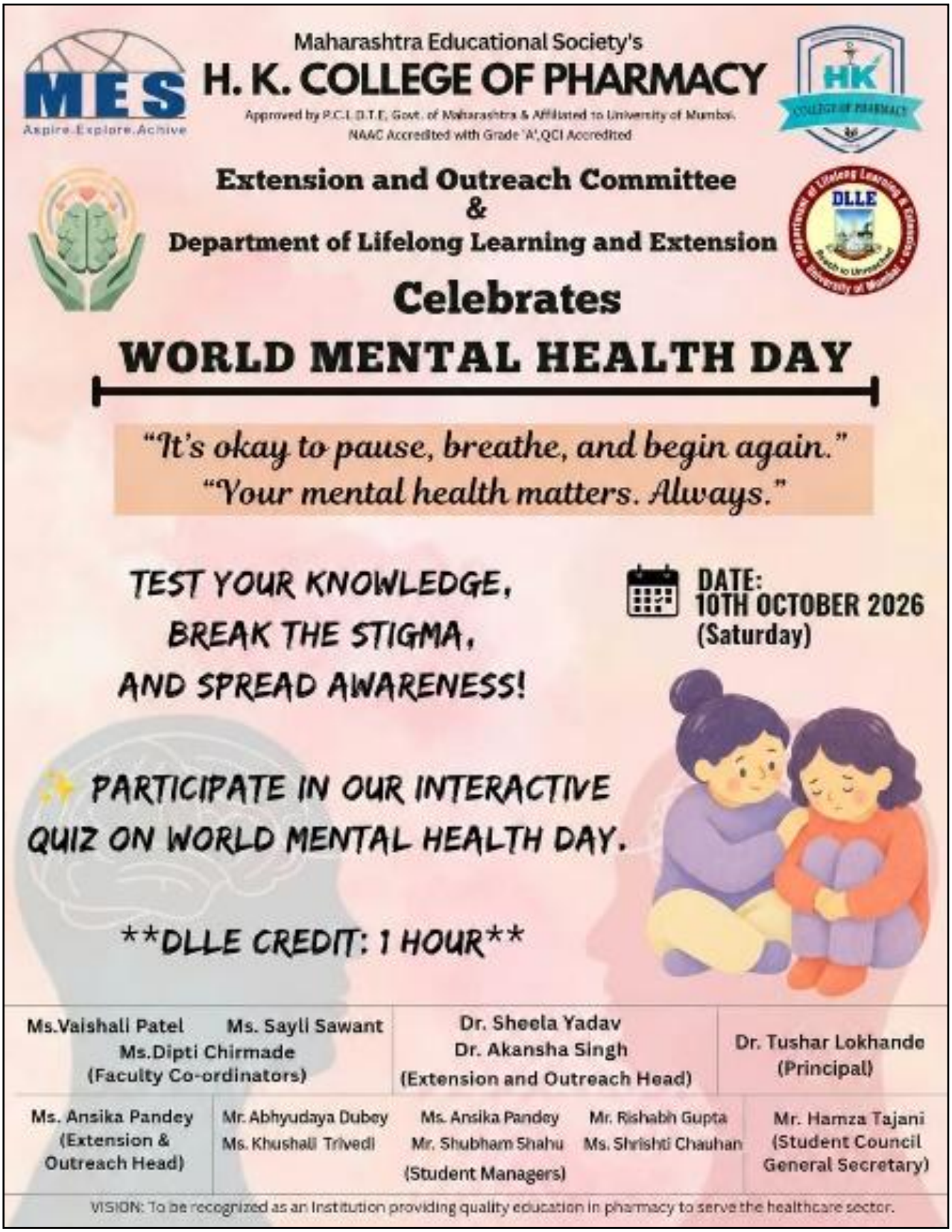
Summary of the Lecture/Activity:

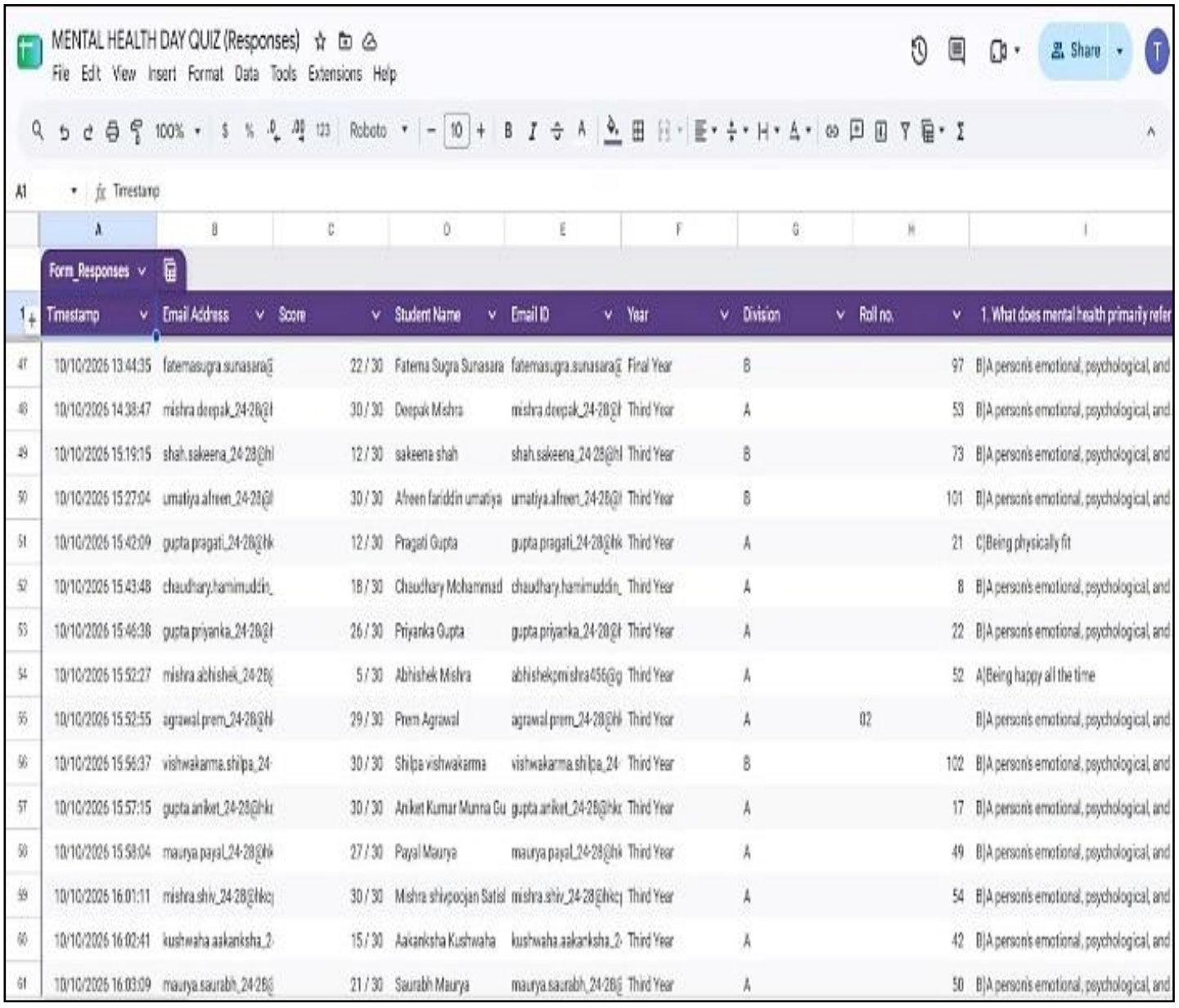
The **World Mental Health Day** was observed on 10thOctober 2026 by the Extension and Outreach Committee of H. K. College of Pharmacy in association with the **Department of Lifelong Learning and Extension (DLLE)**. An online quiz was conducted to engage students and promote awareness about mental health.

The quiz provided students with an opportunity to test and learned their knowledge about mental health, including emotional and psychological well-being. The activity emphasized the importance of understanding mental health and avoiding stigma or misconceptions associated with mental-health concerns.

Students participated and their submissions were recorded in the response sheet, which includes their scores and academic details. The online format enabled students to participate conveniently. The initiative encouraged active learning and awareness through questionnaire. The activity highlighted the message that mental health matters and that awareness, empathy and support are important.

Brochure/Photo Gallery:





MENTAL HEALTH DAY QUIZ (Responses)

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A1 Timestamp

Form_Responses

Timestamp	Email Address	Score	Student Name	Email ID	Year	Division	Roll no.	1. What does mental health primarily refer
10/10/2025 13:44:35	fatemasugra.sunasara@	22 / 30	Fatema Sugra Sunasara	fatemasugra.sunasara@	Final Year	B	97	B)A person's emotional, psychological, and
10/10/2025 14:38:47	mishra.deepak_24-28@l	30 / 30	Deepak Mishra	mishra.deepak_24-28@l	Third Year	A	53	B)A person's emotional, psychological, and
10/10/2025 15:19:15	shah.sakeena_24-28@hl	12 / 30	sakeena shah	shah.sakeena_24-28@hl	Third Year	B	73	B)A person's emotional, psychological, and
10/10/2025 15:27:04	umatiya.afreen_24-28@l	30 / 30	Afreen fariddin umatiya	umatiya.afreen_24-28@l	Third Year	B	101	B)A person's emotional, psychological, and
10/10/2025 15:42:09	gupta.pragati_24-28@hk	12 / 30	Pragati Gupta	gupta.pragati_24-28@hk	Third Year	A	21	C)Being physically fit
10/10/2025 15:43:48	chaudhary.hamimuddin_	18 / 30	Chaudhary Mohammad	chaudhary.hamimuddin_	Third Year	A	8	B)A person's emotional, psychological, and
10/10/2025 15:46:38	gupta.priyanka_24-28@l	26 / 30	Priyanka Gupta	gupta.priyanka_24-28@l	Third Year	A	22	B)A person's emotional, psychological, and
10/10/2025 15:52:27	mishra.abhishek_24-28@	5 / 30	Abhishek Mishra	abhishekpmishra456@g	Third Year	A	52	A)Being happy all the time
10/10/2025 15:52:55	agrawal.prem_24-28@hl	29 / 30	Prem Agrawal	agrawal.prem_24-28@hl	Third Year	A	02	B)A person's emotional, psychological, and
10/10/2025 15:56:37	vishwakarma.shilpa_24-	30 / 30	Shilpa vishwakarma	vishwakarma.shilpa_24-	Third Year	B	102	B)A person's emotional, psychological, and
10/10/2025 15:57:15	gupta.aniket_24-28@hkc	30 / 30	Aniket Kumar Munna Gu	gupta.aniket_24-28@hkc	Third Year	A	17	B)A person's emotional, psychological, and
10/10/2025 15:58:04	maurya.payal_24-28@hk	27 / 30	Payal Maurya	maurya.payal_24-28@hk	Third Year	A	49	B)A person's emotional, psychological, and
10/10/2025 16:01:11	mishra.shiv_24-28@hkcp	30 / 30	Mishra shivpoojan Satis	mishra.shiv_24-28@hkcp	Third Year	A	54	B)A person's emotional, psychological, and
10/10/2025 16:02:41	kushwaha.aakanksha_2-	15 / 30	Aakanksha Kushwaha	kushwaha.aakanksha_2-	Third Year	A	42	B)A person's emotional, psychological, and
10/10/2025 16:03:09	maurya.saurabh_24-28@	21 / 30	Saurabh Maurya	maurya.saurabh_24-28@	Third Year	A	50	B)A person's emotional, psychological, and

Representative Image of the responses received to the "Mental Health Awareness" quiz.

Key Outcome of the Lecture/Activity:

- Encouraged students to participate in a mental-health awareness activity.
- Strengthened the importance of empathy, understanding and reducing stigma.
- Provided students with an interactive way to test their knowledge about mental health through an online quiz.

Link for social media:

LinkedIn	https://lnkd.in/p/dshcVxEY
Instagram	https://www.instagram.com/p/DgDAhVXqZnB/?utm_source=ig_web_copy_link&fqnt=MzRlODBiNWFlZA==&avpt=MzRlODBiNWFlZA==
Facebook	https://www.facebook.com/photo/?fbid=1645664870906482&set=a.470185965121051

Mrs. Vaishali Patel
Ms. Sayli Sawant
Mrs. Dipti Chirmade
Committee In-charge

Dr. Archana Upadhya
IQAC Coordinator

Dr. Tushar Lokhande
Principal

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