

Mental Health

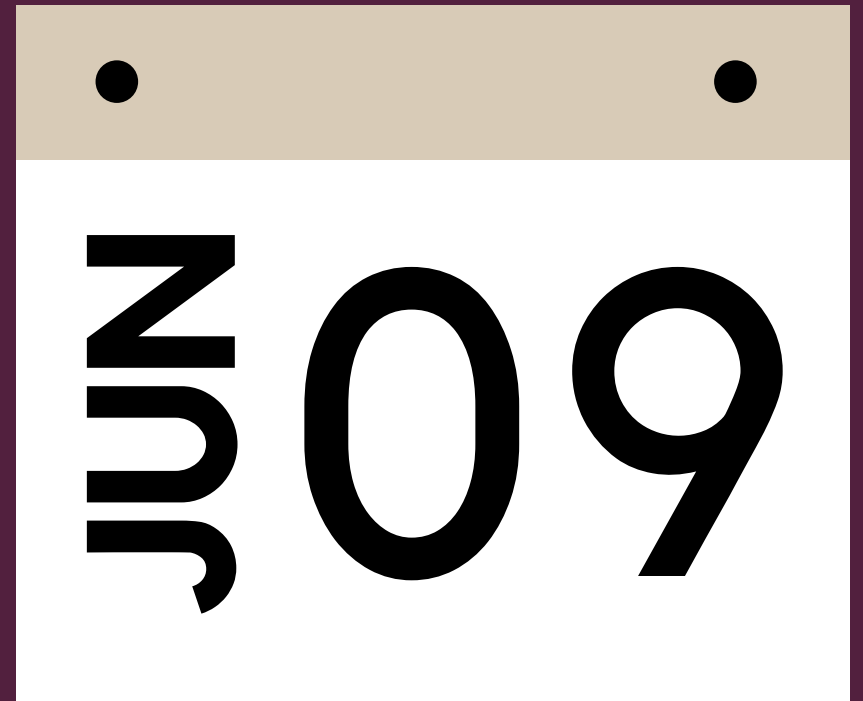
# TRIVIA QUIZ

#StoptheStigma



# Stop the Stigma

Over the years, mental health and associated illnesses have been greatly *stigmatized*. This stigma around mental health is definitely not easy to break but thankfully, we've been able to *slowly grow* out of it by spreading awareness.



One of the ways to break the stigma would most definitely have to include *open conversations* revolving around mental health issues. Such conversations where people freely talk about what bothers them, creates a comfortable environment wherein *various topics can be acknowledged*.



The club facilitated one such open discussion in the form of a mental health quiz which included insightful and light hearted content that allowed participants to discuss and raise knowledge of several topics related to mental health.

# Health and Mind Club



The event ended on a very positive note with the distribution of cupcakes to all winners!

