

**CHRIST (Deemed to be University),
Central Campus, Bangalore
School of Psychological Sciences,
Department of Psychology**

Report on the Brain Buzz Stall put up on for Mental Health Awareness Week

General Information

Type of Activity	Stall
Title of the Activity	Stall for Mental Health Awareness Week
Date/s	9th October, 2024
Time	7:30 AM- 4:00 PM
Venue	Garden Street, Christ University
Collaboration/Sponsor (if any)	-

Participants profile

Type of Participants	Students from all programmes
No. of Participants	> 200

Synopsis of the Activity

Highlights of the Activity	The stall featured various models that our postgraduate mentors and other students from the MPNP class made. This included a model depicting the dopaminergic pathway in a healthy brain vs. one with Parkinson's disease, a battery-operated hand model simulating the hand tremors experienced by Parkinson's patients, and a depression-induced brain model showcasing the affected pathways. We also attracted crowds with some fun games such as drawing with your non-dominant hand and a memory game.
Key Takeaways	The stall was able to successfully imbibe educational and interactive elements. The visitors learnt the importance of how mental health affects the physiology of the brain. How neurological diseases such as Parkinson's and Alzheimer's impact different brain areas and how depression and negative thoughts can rewire the brain. We were also able to challenge their neuroplasticity and enhance brain health with the memory and drawing game.

Name of Faculty incharge	Dr. Mythri Rajeswara Babu
Designation/Title	Associate Professor
Signature	
Report prepared by:	Akansha Venkatesh

Summary of the session:

As part of Mental Health Awareness Week, Brain Buzz – The Neuroscience Club , set up a stall that created a dynamic and interactive experience for visitors. The stall featured brain models that illustrated a healthy brain, a brain affected by depression, and one with Parkinson's disease. Each model was designed to educate visitors on the biological impacts of these conditions.

For the Parkinson's brain model, nerve pathways were highlighted using lights—bright lights represented healthy brain pathways, while dim lights indicated those damaged by Parkinson's. Volunteers provided insightful explanations about Parkinson's, focusing on the areas of the brain affected, the causes of the disease, and preventive measures. Similarly, the biology behind depression was explained using the depression-induced brain model, helping visitors understand the mental and physical impact of this condition.

A key attraction was the battery-operated model that simulated the tremors experienced by Parkinson's patients, giving visitors a hands-on understanding of the physical symptoms. This unique feature drew much attention and sparked meaningful conversations about the challenges faced by those living with the disease.

In addition to the educational displays, the stall sold mini posters featuring captivating neuroscience images, which proved popular among visitors. There were also fun and engaging games, such as writing with the non-dominant hand to simulate the motor difficulties associated with Parkinson's, and a memory card game to challenge cognitive abilities, further emphasizing the importance of brain health.

The stall by Brain Buzz successfully combined education with interactive elements, raising awareness about mental health and neurological conditions in an engaging and informative manner.

Photos (Geotagged)



Feedback analysis

x ~~Informative, energetic & wonderful~~

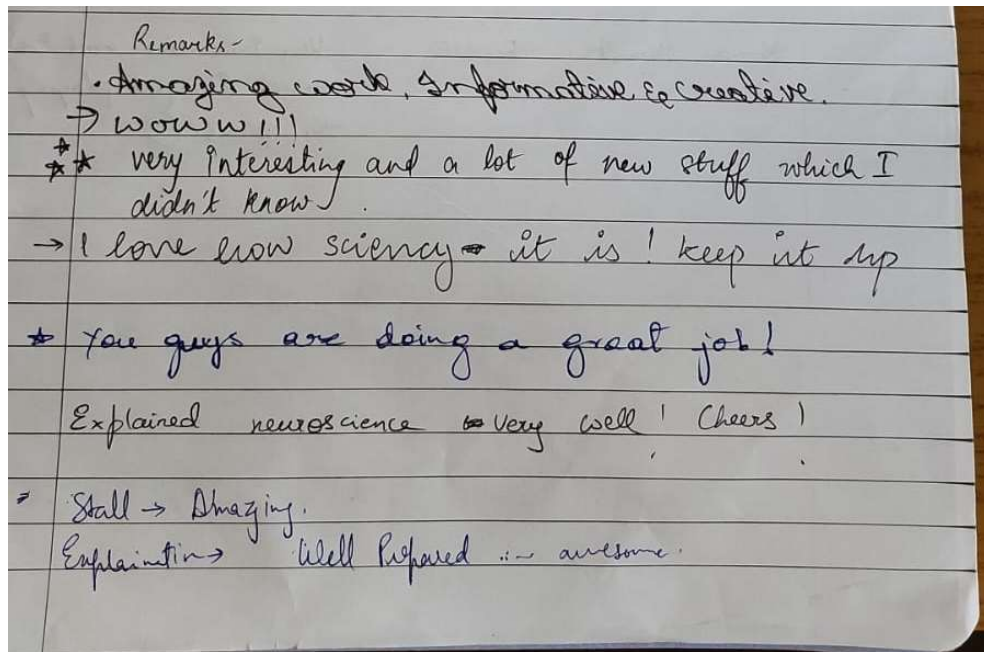
• Megha Ulla	MSAIM	good
Rishabh	MSAIM	Dopaminergic
Robin	MSAIM	& Nice
Ayon & Himakar	BAPECO	Very beautifully made, props
Vivian, Kushagra	5 CEP-13	were brilliant, engagement
& Pranya		was nice and the content
		was really interesting too!

→ Really interesting

Very cute and interactive stall. ~~The~~
Gave us an experience of how tremor are, showing
what parkinson's patients, overall, good experience!

Very interesting and engaging stall.
Subarna 2230230

Monish Hazarika TRSELIF Very Interactive and Interesting
Stall - Enjoyed playing
the games. 😊

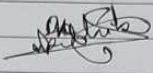
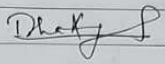
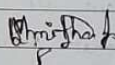


Most of the feedback we received highlighted the stall's interactive nature. Responses such as "Very cute and interactive stall" and "Very interesting and engaging stall" show that visitors found the hands-on elements enjoyable and educational. We also got many comments appreciating the informative aspects of the stall, with some mentioning that they never knew of this before. Words like "beautifully made props" and "amazing work, informative & creative" point to the stall's visual and creative setup being impactful. We even had people writing some words of encouragement like "keep it up!" and "you guys are doing a great job!" which shows the positive engagement that the team built with the visitors.

Impact analysis

The main attraction, the tremor simulator gave the visitors a first-hand experience of what Parkinson's patients go through, this helped foster empathy and a deeper understanding of neurological diseases. The other models provided a visual demonstration of these conditions and we ensured to explain the biology behind it in an accessible and simplified manner. The stall was an interactive and immersive learning experience for us as well as the visitors and it encouraged many stimulating conversations. Our conversations spanned from mental health, disease prevention, and the everyday challenges faced by patients. Our stall had other visually appealing features that sparked participation such as our games, activities and creative mini posters that we sold. All of these provided a dynamic experience rather than just an educational display.

Attendance Sheet

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Name	Programme	Signature
Sai Kishore	DDA LLD	
Keshav Joshi	IBBA LRB	Keshav Joshi
Disha	3 BACP	
Shravya	3BAPECO	
Aadharsh	non-christite	
Mesbah	~~3MCHS~~ 3MCHS	
Mandasmitha J	LLM	
Parvathy Menon	LLM	