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## Pharmacy Practice–Based Mental Health Education and Stress Awareness through Health Camps: A Descriptive Report

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### Abstract

**Background:** Anxiety and related issues are vary common in today’s world, it’s an area where more and more work need to be done. Mental health promotion at the community level is essential to address the growing burden of psychological stress, anxiety, and related disorders. Health camps organized by higher educational institutions offer a feasible strategy for improving mental health awareness and reducing anxiety and related issues, especially in areas where resources are limited.

**Objective:** To descriptively report the implementation of Educational health camps aimed at mental health awareness in villages of Haridwar district, Uttarakhand.

**Materials and Methods:** This paper presents a descriptive account of five health camps organized by the Department of Pharmaceutical Sciences, Gurukul Kangri Deemed to be University, Haridwar. Each camp catered to approximately 100 community participants. The report focuses on planning, organization, activities conducted, and operational experiences. No individual-level data, interviews, surveys, or screening tools were used.

**Results:** The camps facilitated community engagement, mental health awareness, stigma reduction, and dissemination of information regarding available mental health services. Active participation and openness toward mental health discussions were observed across all camps.

**Conclusion:** Institutional health camps represent a practical and vastly acceptable approach for mental health aware at the community level. Such initiatives can support national mental health goals through awareness ,education and community involvement.

**Key words:** Mental health promotion, Health camps, Anxiety, Community outreach, Haridwar district, and public health

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