

## PLANNING ACTIVITIES TO PROMOTE MENTAL HEALTH IN LIBRARIES

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### Abstract:

In today's era of information technology, life has become pleasant but some problems have arisen. Along with physical health, mental health problems are increasing. Due to excessive use of social media, communication between each other has decreased. Due to this, emotional distance has increased. Along with physical health, mental health is also necessary to be good. If the mind is strong, then it is possible to overcome the problems that come in today's competitive era. Libraries definitely play an important role in the development of oratory. Reading increases vocabulary, increases concentration, increases communication skills, and increases self-control and promotes constructive thinking. This alone helps in reducing stress and maintaining mental health. In this regard, if activities are organized in the library on various subjects, the reading culture will increase. This paper reviews the activities that can be organized in the library for mental health.

**Keywords:** Mental health, library activities, personality development.

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### Introduction:

According to Blum's theory, holistic development means physical, functional and emotional development. Emotions are related to the mind. In short, mental health is essential. Reading is of utmost importance in developing the mind. Various activities can be organized in the library to promote reading culture. Individual activities and group activities can be implemented in this. This will lead to exchange of ideas, constructive discussions and increase in harmony, definitely reducing stress and improving mental health.

### Objectives of the study:

- To understand the role of libraries in mental health.
- To organize various activities in libraries.
- To evaluate the impact of the activities on library users.
- To examine the potential problems faced in implementing activities in libraries.
- To organize effective activities in libraries to maintain mental health.

### Scope of the study:

This study focuses on various types of libraries. Academic, public, which will include different readers at different levels.

### Research Methodology:

Descriptive and Analytical

Data Collection - Data was collected by organizing activities for students, teachers and non-teaching staff in the school library.

### Library Activities for mental health:

#### 1. Book review:

Book reviews provide detailed information about the books. They provide insights into the experiences of the characters in the book. Book reviews stimulate the thoughts of the readers. They encourage literary discussion. Readers get an opportunity to discuss various topics. The thoughts of the characters in the book are in their minds. This is what gives them positive energy, which is essential for mental health. Story Telling Activity- In this activity, readers tell stories. The way they

handle them shows their creativity. They get scope for analysis. While analyzing, readers become one with the stories. Through this, they learn the art of speaking. They can speak on different topics, express their opinions. Through this, readers get different experiences and gain mental stability.

## 2. Library Tour:

To increase knowledge, instill a love of reading, and introduce various educational resources. A library tour provides an opportunity to directly engage with the world of books, reference materials, and other media. Libraries provide a calm and conducive environment. Reading a book in a calm and pleasant environment reduces stress and provides peace of mind.

## 3. Quiz Competition:

Organizing competitions like this boosts the knowledge of the readers. It will build confidence in them. If these competitions are organized in groups, there is an exchange of ideas. Confidence is essential for maintaining good mental health and it is built through these activities.

## 4. Book cover contest:

This initiative provides a platform to readers. A good cover makes a book better. This initiative will develop the imagination of readers and lead to innovation.

## 5. Design a bookmark:

Implementing this initiative in the library will give scope to the creativity of the readers. By designing a bookmark, they will get the joy of innovation and will gain mental health.

## 6. Chart Making Activity:

In this activity, charts can be made by giving topics according to age. Charts can be made by cutting out old newspaper clippings according to the topic. Since this activity is done in groups, discussions take place. Ideas are exchanged among each other.

Teamwork is promoted. Which is necessary for mental health.

## 7. Read with Friends:

This activity allows you to read with friends. Reading together will lead to a discussion about the characters in the book. This is why friends' interests come to mind. They understand each other's feelings. This leads to discussions on numerous things on their minds. This reduces stress. Reading with friends is a great activity for mental health.

## 8. Book Exhibition:

Book exhibition is a great type of activity. Readers get information about books. They get the opportunity to see different types of books. Like stories, novels, inspirational books, autobiographies, historical books. Readers get lost in the world of the book. They experience the characters in the book themselves. This reduces mental stress.

## 9. Reading Challenge:

Regular reading is a great exercise for the brain. Due to which the brain remains active, memory power increases. While reading story, novels, you imagine the feelings and situations of the characters in it. Therefore, imagination and empathy develop and peace of mind is gained.

## 10. Story Telling Activity:

In this activity, readers tell stories. The way they handle them shows their creativity. They get scope for analysis. While analyzing, readers become one with the stories. Through this, they learn the art of speaking. They can speak on different topics, express their opinions. Through this, readers get different experiences and gain mental stability.

### Benefits of libraries for mental health:

- Help to maintain good mental health.
- Platform for readers for holistic development.
- Useful for promoting reading culture.

- Increase in the number of readers in libraries.
- Effective use of libraries in social formation.

**Challenges and limitations:**

1. Organizing activities according to ag
2. Availability of time according to the needs of the readers for the activities.
3. Availability of necessary materials for the activities.
4. Manpower required to carry out the activities.

**Findings:**

The role of librarians in organizing activities in school libraries is important. The administration needs to motivate libraries to organize activities. Libraries play an important role in personality development.

**Suggestion:**

There should be libraries in all areas. The government should encourage the development of libraries. Along with academic libraries, activities should also be organized in public libraries and special libraries.

**Conclusion:**

Mental health has become a major problem at the global level. Efforts are being made at the global level to maintain good mental health. We can plan activities in libraries for mental health. It is necessary to implement the above activities in public libraries along

with academic libraries. Through these library activities, readers develop holistically. Different skills are acquired and personality development occurs. Libraries are a source of endless knowledge. Library activities are an effective medium for mental health. This is the only way to increase the reading culture. We can definitely plan such effective activities to maintain mental health.

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