



**RUKMINI DEVI**  
Institute of Advanced Studies

Approved by AICTE, HRD Ministry, Affiliated to G.G.S. I.P. University, Delhi

NAAC Accredited, 'A+' Grade(2nd Cycle)  
Category 'A+' Institution by SFRC, Govt of NCT of Delhi.  
Highest category 'A' by Joint Assessment Committee  
of GGSIPU & DHE, Govt. of NCT of Delhi.

## **DOSSIER**

*ON*

*Mental Health Awareness (Internal Event)*

## **Woman Cell**

*ON*

*27/08/2019*



<b>Submitted By:</b>	Megha Grover
<b>Designation:</b>	Asst. Professor
<b>Submitted On:</b>	29/08/2019
<b>Approved On:</b>	30/08/2019

<b>Title</b>	Submission of Dossier for "Mental Health Awareness"
<b>Resource Person/Facilitator</b>	Ms. Shuchi Dikshit
<b>Date</b>	27/08/2019

### Summary

Women cell at RDIAS which not only works with an objective for development of women empowerment but also helps us learn and explore different creative ideas by making us involve in various activities. For this Women cell conducted the session on the topic Mental Health Awareness for MBA and BBA student on 27th August, 2019 in the Lecture Theatre at 11:30 a.m. - 1:00 p.m. Ms. Shuchi Dikshit shared her valuable insights with the students on the subject of Mental Health Awareness.

Ms. Shuchi Dikshit shared her point of view that Awareness and health literacy are two sides of the same coin. Stigma and discrimination are negative consequences of ignorance and misinformation. Studies found mental health literacy among adolescents to be very low. Many people feel fear when first recognizing a mental health issue within themselves, as they might not be able to figure out where it came from. People who previously felt nervous during public speaking but suddenly experience overwhelming panic understandably struggle to figure out what changed. Factors such as significant life changes, politics, family, academic pressure, relationship issues, and money can all contribute to changes in mental health. Anxiety can be a normal part of childhood if experienced in phases, but people with continued symptoms often have a treatable anxiety disorder. Stress and anxiety hinder academic success more than any other non-academic factors. In addition to hurting concentration, both can lead to racing thoughts, poor judgment, and impaired memory.

Attitudes which hinder recognition and appropriate help-seeking can be counter-acted by information which is already readily available in the public domain. Awareness positively impacts mental health outcomes. It is therefore a need of the hour for students to be informed about such issues and be proactive in adopting measures to overcome and seek and accept help.

### Dossier Image

*Not Available.*