



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
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DOSSIER

ON

Talk on Mental Health Awareness (Internal Event)

**Students' Welfare , Discipline & Grievance
Redress Committee**

ON

06/02/2020



RDIAS

**Session on
"Mental Health Awareness"**

**Organized by
Grievance Redressal Committee, RDIAS**



Dr. Deepak Verma
MBBS, M.D. (Psychiatry)

Class: MBA & BBA Students

Venue : Room No B 201 (Block B)

Time: 2:30 PM

Date: Thursday, February 6, 2020

Submitted By:	Shuchi Dikshit
Designation:	Asst. Professor
Submitted On:	10/02/2020
Approved On:	20/02/2020

Title	Submission of Dossier for "Talk on Mental Health Awareness"
Resource Person/Facilitator	Dr. Deepak Verma
Date	06/02/2020

Summary

A session on Stress Management was organized by Grievance Redressal Committee for Mental Health Awareness on 6th Feb 2020.

The session was delivered by Dr. Deepak Verma, MBBS, M.D. (Psychiatry), the appointed Psychiatrist by the Institute. He started the session by introducing the concern for mental health and how it is overlooked by majority of people. He then spoke about the meaning of stress and its effects on our physical and mental health. Sir was able to bring forward the importance of seeking help from a professional and developing a support system to overcome the conflicts of daily life as well.

The session was attended by 70 students of BBA & MBA. Students asked about techniques and strategies that could be applied to overcome stress that they face as a student. Sir was able to explain them and show a way forward.

Dr. Deepak was able to emphasize the importance of mental health well being and encouraged them to help each other as well.

Dossier Image



The anchor of the event, introducing the speaker to the students



Dr. Deepak Verma, introducing the seriousness of Mental Health



Students listening with interest



Discussing the effects of stress in our life



Felicitation of Dr. Deepak Verma by Institute Counsellor



The Grievance Redressal Committee