



Talk on Mental Health Awareness

TITLE	Talk on Mental Health Awareness
Date	Feb 06, 2020 - Feb 06, 2020
Summary	<p>A session on Stress Management was organized by Grievance Redressal Committee for Mental Health Awareness on 6th Feb 2020.</p> <p>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.</p> <p>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.</p> <p>Dr. Deepak was able to emphasize the importance of mental health well being and encouraged them to help each other as well.</p>