

TITLE	Session on “Mental Health Awareness”
Resource Person/ Facolitator	Ms. Shuchi Dikshit (Motivational trainer and Psychological Counsellor)
Date	27th August, 2019
Summary	<p>Women cell, RDIAS, conducted the session on the topic “Mental Health Awareness” for the students of MBA and BBA. Ms. Shuchi Dikshit shared her valuable insights with the students on the subject of “Mental Health Awareness”.</p> <p>Madam explained that awareness and health literacy are two sides of the same coin. Stigma and discrimination are negative consequences of ignorance and misinformation. Many people feel afraid when they first recognize a mental health issue within themselves, as they might not be able to figure out where it came from. 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.</p> <p>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.</p> <p>The session was an interactive and informative one and all queries of students were addressed to their satisfaction.</p>