

## WOMEN DEVELOPMENT CELL ORGANIZED TALK FEST ON MENTAL HEALTH.

**Date:** 6.1.2023

**Time:** 11:00 am -1:00pm

**Venue:** Lecture Hall, 9<sup>th</sup> floor.

**Faculty Incharge:** Dr.Neel Verma,Dr. Raju Talreja.

**Resource Person:** Ms.Vedica Podar

An event was organized by women development cell was held on 6<sup>th</sup> january, 2023 for the B.ED.

The agenda of the event was to spread awareness about mental health. The event was attended by Principal Dr.Bhagwan Balani, Vice principal Dr. Mandeep K Kochar, faculty members and both FY's and SY's B.ED students.

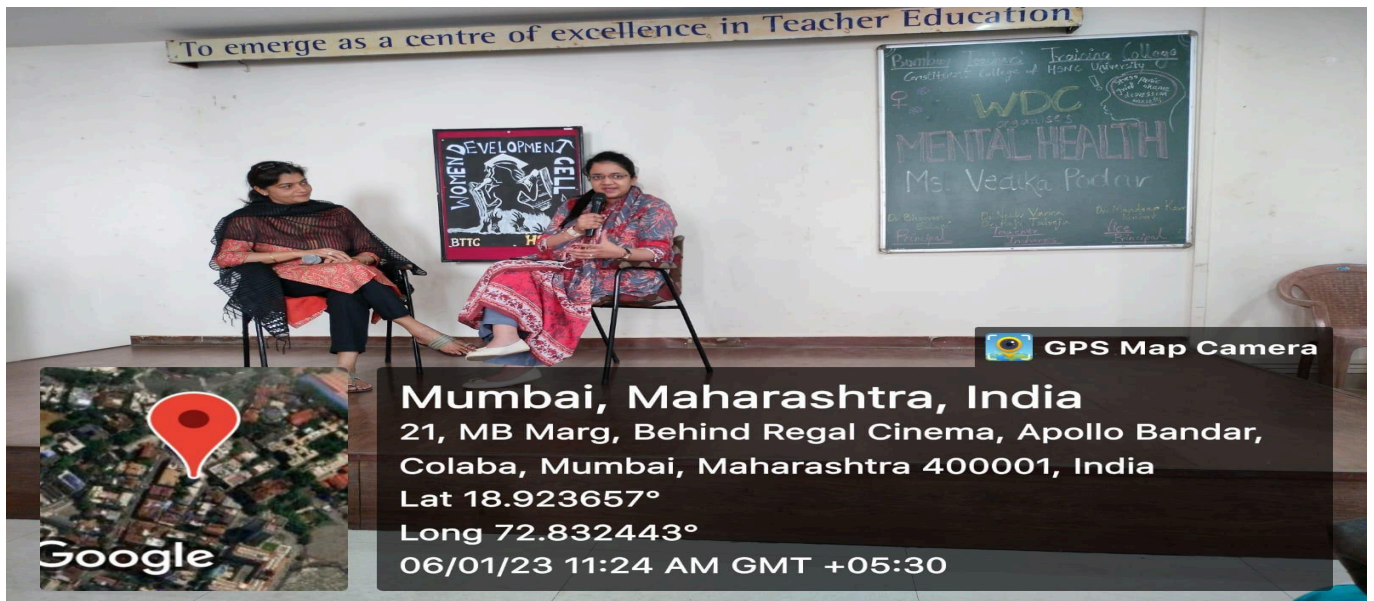


The event began with greetings by Almas Malkani to Ms.Vedica Podar and then followed by facilitation of Ms. Vedica Podar by Principal Dr. Bhagwan Balani. And then event had proceeded with the topic i.e Mental Health.





Ms. Vedica podar started the talk fest defining the meaning of mental health. According to her, mental health is a set of well being then she explained the levels of mental health and also explained symptoms of “poor mental health” such as hopelessness, feeling lethargic, unwantedness and negative thinking patterns.



She further explained about how to deal with poor mental health. Dealing with such kind of situations is subjective concept. But yet she had suggested some primary steps to deal with above problem such as doing yoga, meditation, spending time with loved ones and then finally if you felt that something was still wrong we could seek out professional mental health practioners also.



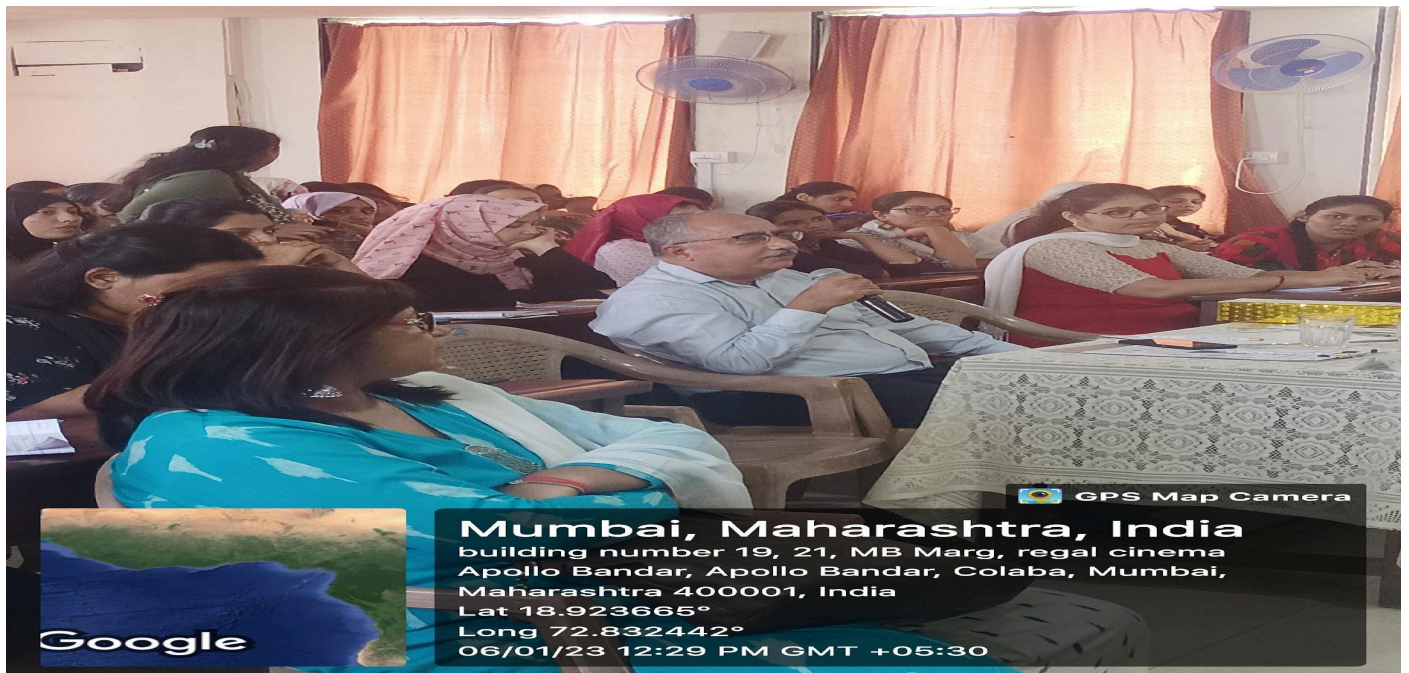


Dr. Neelu Verma asked about difference between Mental Health and Mental Illness: She answered her question by saying that mental health is a state of well-being whereas mental illness is clinically diagnosed by mental health professionals. She further stated that mental health is not taken seriously as compared to physical health. She also explained that distinguish between your thoughts and acquired thoughts which are dragging you down so be aware of those thoughts and detach yourself from those negative/acquired thoughts which were harming your mental health. Ms Vedica podar enlightened us the concept of "TOXIC POSITIVITY" in which where we compare our happiness to less fortunate. She further added that we should strike a healthy balance between a positive thoughts and negative thoughts.



At the end of the event a question was asked by Dr. Bhagwan Balani about making the campus a happy place. She replied according to her happiness lies in "INCLUSIVITY" - feeling included.

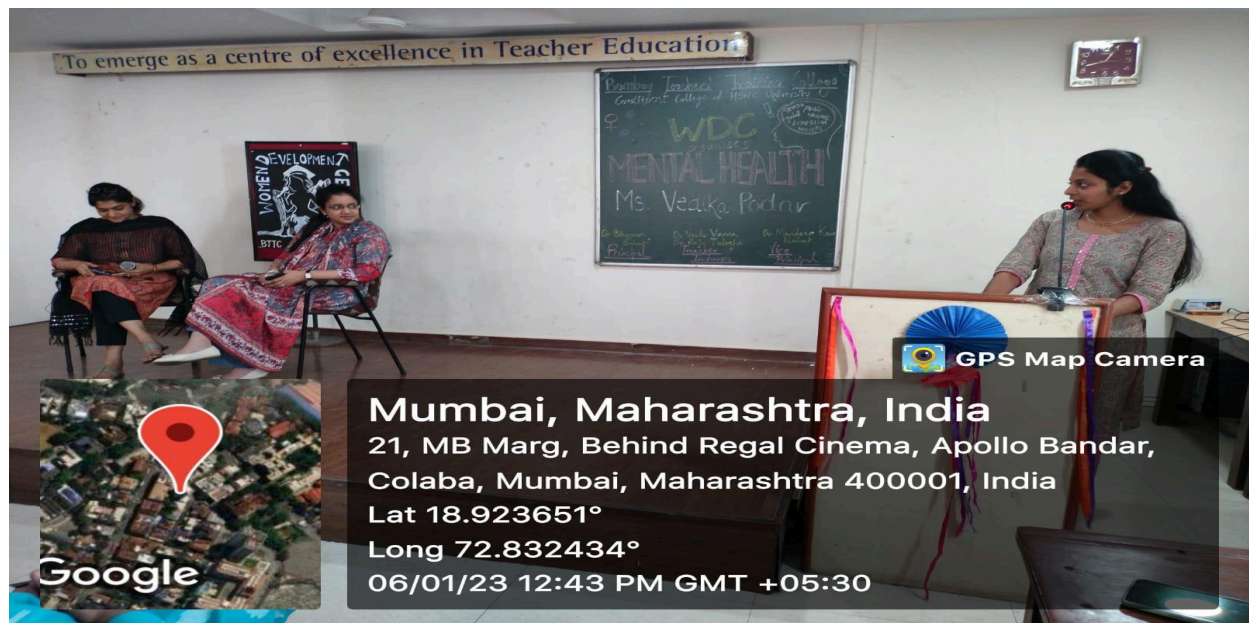




After that Dr. Mandeep Kaur Kochar asked about how could teachers preserve their personal positive aura, on which Ms Vedica Podar recommended that we should draw a line between personal and professional lives for our mental health.



The event was ended with Vote of Thanks by Ms.Mamta Panchal.



The event was really helpful to know more about mental health and mental illness. It was a great learning experience. we are looking forward for the organisation of such events in future.

Reported by: Ms. Priyanka S.Doiphode, Ms. Chetna Tharwani, Ms. Almas Malkani (F. Y. B.ED).