

Date: 6<sup>th</sup> Dec. 2023

## A Report of A session on Mental health and adversity

### Resource Person:

1. Ms. Roshini Singh, Counsellor-GL Bajaj ITM

**Event Date:** 6<sup>th</sup> Dec. 2023

**Event Time:** 10:30am onwards

**Event Venue:** SBG Hall, AB-II

**No. of Participants:** 180 (Approx.)

The primary objective of the event was to raise awareness about mental health and equip participants with practical strategies to cope with adversity. Through presentations, personal testimonies, and interactive session, the event aimed to create a supportive space for dialogue and promote mental well-being. Students and faculty members have attended the program and was very useful to all.

The session provided a comprehensive overview of the impact of adversity on mental health. The speaker emphasized the importance of resilience and coping mechanisms, setting the tone for the rest of the event. Participants actively engaged in practical exercises, learning skills they could incorporate into their daily lives to enhance mental well-being.

In conclusion, the event on mental health and adversity accomplished its goals by fostering open dialogue, breaking down stigma, and equipping participants with practical tools for navigating life's challenges. The success of this event lays the foundation for future initiatives to promote mental well-being in the community.





## Regards

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