

Report on

Lecture on

“MENTAL HEALTH AND AWARENESS”

Organized by

‘Students Activity Club’

School of Studies in Biotechnology

Pt. Ravishankar Shukla University, Raipur, Chhattisgarh

07 MARCH 2024

A Lecture on **“Mental Health and Awareness”** was organized by the “Student Activity Club”, SoS in Biotechnology, Pt. Ravishankar Shukla University, Raipur on **07 March 2024** in the seminar Hall of the Department. The Lecture was delivered by Dr. Roli Tiwari, Assistant Professor, SoS in Psychology, Pt. Ravishankar Shukla University, Raipur.

The event started with the arrival of guest Dr. Roli Tiwari at the School of Studies in Biotechnology with their team members. The program starts with the introduction of guest and a quick brief on Mental Health and their issues. After that, a survey form regarding the mental assessment was provided to all the students of the department. The form contained various questions about the personal mental perspectives of the individual as well as their growing-up surroundings. The students were asked to fill out the form just on their personal opinions and thoughts. After the survey, Madam started her lecture on Mental awareness and mental illness. She elaborated on the traits of a mentally healthy person and also differentiated who is mentally healthy fit and unfit. She briefed about, factors affecting mental health and overcoming anxiety and depression. She also showcased various data from WHO on Mental health around the world and told why stress is the leading cause of all mental health problems in today’s generation. She has concluded the lecture with a brief talk about the myths about mental health and told why is it necessary for people to talk more about mental health openly.

An interactive session followed the lecture in which students asked questions related to their mental health issues. These queries were answered by Dr. Tiwari. The seminar concluded with a vote of thanks. Afterward, students who sought advice or counseling shared their details with the volunteers of the psychology department.

Glimpses of the event

