



Uka Tarsadia University

Department of Humanities



Report on 'Expert lecture on Mental Health'

Date- 16th September 2023

Venue- Madhav Baag Vidya Bhavan School (Surat)

Time- 3:00 pm to 4:00 pm

Expert Speaker- Ms. Priyanshi Patel and Mr. Rahul Sambad

The Department of Humanities conducted a school awareness program on the topic 'Mental Health' in Madhav Baag Vidya Bhavan Sankul for the students of 10th and 12th. Mr. Rahul Sambad, a faculty in the Department of Humanities gave an overview of what is Psychology, what is Mental health and what are the factors affecting mental health. Ms. Priyanshi Patel, a faculty in the Department of Humanities talked on topic 'Exam anxiety'. She discussed the symptoms of exam anxiety and techniques to deal with pre-exam and post-exam stress. In the end, the Principal of School gave a gift of honor to the speakers.



