



Uka Tarsadia University

Department of Humanities



Report on 'Expert lecture on Mental Health'

Date- 20th September 2023

Venue- Jatin Desai auditorium

Time- 12:30 pm to 2:45 pm

Expert Speaker- Ms. Priyanshi Patel

The Department of Humanities conducted an awareness program on the topic 'Mental Health' for the department of biotechnology and microbiology. The session begun with Ms. Priyanshi Patel, a faculty in the department of humanities made all the students play a game as an icebreaker, The majority of the session was dedicated to discussing the topics such as what is psychology, mental health, factors affecting mental health, FOMO vs. JOMO, and the Psychology of likes and dislikes, Instagram addiction and its negative effects, relationship and mental health, online dating, body shaming, cyberbullying, bullying, and Exam anxiety. During the last segment knowing your emotions a fun game was also conducted in pairs in which one partner had to mimic an emotion and the other partner had to guess it. Lastly, Mood mandala pamphlets were given to all students to fill out for the next 31 days which would help them to understand their emotions well. At the end of the session students were encouraged to ask questions and share their experience. The session helped the students gain awareness regarding the factors affecting teenage mental health and provided valuable information, strategies for maintaining good mental well-being.



