



Uka Tarsadia University

Department of Humanities



Report on 'Expert session on 'It's ok to not to be ok''

Date- 12th October 2023

Venue- Maliba School

Time- 9:30 am to 12:00 am

Expert Speaker- Ms. Shivani Kirar

The Department of Humanities conducted a session titled "It's okay to not to be okay" which was held at Maliba School. There were two sessions, the first one with 12th class students from 9:30 – 10:30 and the second session with 11th class students FROM 11:00 – 12:00, a total of 120 students of the school attended this essential seminar. She began by talking about people's normal responses when asked, "How are you?" She further discussed how to recognize if someone is really doing okay. She further discussed what happens when we don't tell anyone about our feelings. She further discussed what prevents people from acknowledging their problems. She gave suggestions on how to acknowledge their problem, how to seek help, and whom to seek help. The seminar helped spread awareness about mental health, normalizing discussions about mental health, and giving students insightful advice on getting help when needed.

