



# Uka Tarsadia University

## Department of Humanities



### Report on 'Expert lecture on Mental Health'

**Date- 12<sup>th</sup> January 2024**

**Venue- Astaan Kanya Vidhyalaya (Bardoli)**

**Time- 2:00 pm to 4:00 pm**

**Expert Speaker- Mr. Rahul Sambad**

The Department of Humanities conducted a school awareness program on the topic 'Mental Health' in Astaan Kanya Vidhyalaya for the students of 12<sup>th</sup> Arts and Commerce. Mr. Rahul Sambad, a faculty in the Department of Humanities talked on the topics such as what is Psychology, what is Mental health, what are the factors affecting mental health, FOMO vs. JOMO, Instagram addiction and its negative effects, relationship and mental health, online dating, body shaming, cyberbullying, bullying, and Exam anxiety. The session helped the students gain awareness regarding the factors affecting teenage mental health and strategies for maintaining good mental well-being.

