



# Uka Tarsadia University

## Department of Humanities



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

**Date- 16<sup>th</sup> September 2023**

**Venue- Deep Darshan Vidya Sankul School (Surat)**

**Time- 12:30 pm to 2:30 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 Deep Darshan Vidya Sankul School for the students of 10<sup>th</sup> and 12<sup>th</sup> Gujarati Medium. 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, and the Psychology of likes and dislikes. Ms. Priyanshi Patel, a faculty in the Department of Humanities talked on topics such as Instagram addiction and its negative effects, relationship and mental health, online dating, body shaming, cyberbullying, bullying, and Exam anxiety. 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. In the end, Mood mandala forms were given to all students to fill out for the next 30 days which would help them to understand their emotions well. The session helped the students gain awareness regarding the factors affecting teenage mental health and strategies for maintaining good mental well-being.



