



# Uka Tarsadia University

## Department of Humanities



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

**Date- 20<sup>th</sup> September 2023**

**Venue- Jatin Desai Hall, CGPIT**

**Time- 9:00 am to 10:30 am**

**Expert Speaker- Ms. Shivani Kirar**

The Department of Humanities conducted a school awareness seminar titled "It's ok to not to be ok" which was held C.G. Bhakta Institute of Biotechnology and Kishorbhai Institute of Agriculture Sciences and Research Centre. A total of 150 students of the institute attended this essential seminar. She began by talking about the normal responses people give 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 to spread awareness about mental health, normalizing discussions about mental health, and giving students insightful advice on how to get help when they need it.

