



Uka Tarsadia University

Department of Humanities



Report on the Webinar on 'Concept of Mental Health and Mental Illness'

Date- 11th March 2024

Time- 1:30 -3:30 pm

Total no. of Participants- 25

Expert Speaker- Ms Reena Minj

The Department of Humanities organized a webinar on the topic 'Concept of Mental Health and Mental Illness' on 11th March 2024. The expert speaker of the session was Reena Minj who is a RCI licensed Clinical Psychologist.

Participants gained insights into the distinction between mental health and mental illness. Different models and frameworks for understanding mental illness were discussed. The webinar addressed prevalent mental health concerns and their associated signs, equipping participants with the knowledge to recognize and address these issues effectively. She also elaborated on the underlying factors contributing to mental health challenges. Practical approaches and techniques for improving mental health were explored, empowering participants with actionable steps to foster well-being.

