



GUJARAT TECHNOLOGICAL UNIVERSITY

NATIONAL SERVICE SCHEME

Government Engineering College, Patan

A Report On **Mental Health Awareness Seminar**
by NSS GEC PATAN in collaboration with Psychology cell of
GEC,Patan on 16th December, 2025.

NSS Unit/College Name : Government Engineering College, Patan

Event Name : Mental Health Awareness Seminar

Event Date : 16th December, 2025

Event Place : Electrical Seminar Hall, GEC,Patan

Media Poster Released by NSS GECP



Mental Health Awareness SEMINAR

In Collaboration with
GECP PSYCHOLOGY CELL

Date : 16th December, 2025
Time : 02:00 p.m. to 03:00 p.m.
Venue : Electrical Seminar Hall

WHOM CAN I TALK TO?

AM I FEELING OKAY?

AM I EATING REGULARLY?

WHAT AM I FEELING?

SPEAKER :
Mr. VIDIT SHARMA
*Youth Ambassador,
Government of Gujarat*

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Brief Description of the Event

The Mental Health Awareness Seminar was successfully organized by NSS GEC Patan in collaboration with the Psychology Cell of Government Engineering College, Patan, with the objective of promoting mental well-being and emotional awareness among students. The program was conducted as part of the Mind Strong Gujarat initiative, focusing on the importance of understanding one's mental health and encouraging open conversations around emotional challenges faced by youth. **Dr. Harshad Patel sir** welcomed the guest with Bouquet and welcome address.

The seminar featured **Mr. Vudit Sharma, Youth Ambassador of the Government of Gujarat and Founder of Mind Strong Gujarat**, as the keynote speaker. He delivered an insightful and motivating session covering topics such as stress management, self-awareness, emotional resilience, and the significance of seeking help when needed. His interactive and relatable approach helped students connect deeply with the subject and reflect on their own mental well-being.

During the session, students actively participated by sharing their thoughts and concerns, making the program more engaging and impactful. The speaker addressed common misconceptions related to mental health and emphasized the importance of maintaining a balanced lifestyle, emotional stability, and positive thinking. The open interaction helped create a supportive atmosphere where students felt encouraged to express themselves freely.

Prof. Roshni A. Chaudhari Ma'am felicitated the Guest with a Memento as mark of appreciation and gratitude. The event was **organized under the guidance of our respected Principal, Dr. B. J. Shah**, whose continuous support and encouragement made the program successful. The seminar concluded with a strong social message promoting positive life choices and mental strength, emphasizing the theme "**No to Drugs, No to Suicide**". The session left a lasting impact on students, inspiring them to prioritize mental health and support one another.

Major Outcomes of Event

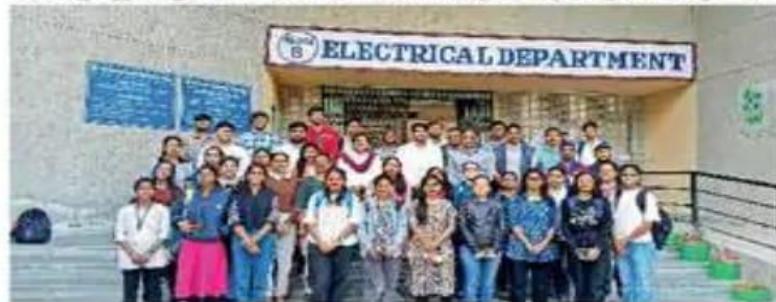
- Students gained better awareness and understanding of mental health and emotional well-being.
- The seminar encouraged students to openly communicate their feelings and seek help without hesitation.
- Participants learned practical techniques for managing stress and maintaining emotional balance.
- The event reinforced positive life values with a strong message of “No to Drugs, No to Suicide”.

Photo Gallery





પાટણ કોલેજમાં અપેરનેસ કાર્યક્રમ



પાટણ પાટણ સરકારી ઈજનેરી કોલેજમાં NSS અને સાયકોલોજ સેલના સંયુક્ત ઉપક્રમે સ્વર્ણાત્મક યુગમાં વિદ્યાર્થીઓ તશાવમુક્ત રહે તે હેતુથી માનસિક સ્વસ્થ જાગૃતિ કાર્યક્રમ ચોજાયો હતો. ગુજરાત સરકારના યુધ એન્બેસેડ વિદ્યાર્થીઓને માર્ગદર્શન આપતા જણાવ્યું કે, સકારાત્મક વિચારસરણી અને આત્મવિશ્વાસથી જ દરેક મુશ્કેલી જતી શકાય છે. કાર્યક્રમમાં ઉપસ્થિત 80થી વધુ વિદ્યાર્થીઓએ ભારતને 'માનસિક રીતે સ્વસ્થ રાષ્ટ્ર' બનાવવા અને જીવનના સંઘર્ષોમાં ક્યારેય હાર ન માનવાના શાપથ લીધા હતા. સંસ્થાના આચાર્યના માર્ગદર્શન હેઠળ ઈલેક્ટ્રિકલ સેમિનાર હોલમાં ચોજાયેલા કાર્યક્રમમાં વિદ્યાર્થીઓ અને શિક્ષકોએ ભાગ લીધો હતો. અંતમાં NSS સ્વયંસેવકો દ્વારા આભારવિધ કરાઈ હતી અને ભવિષ્યમાં પણ આવા કાર્યક્રમો ચોજવાની ખાતરી અપાઈ હતી.

Reported by:
Sneha Tiwari
(NSS Volunteer)

“સ્વયં સે પહલે આપ”

“NOT ME, BUT YOU”