MENTAL HEALTH AWARENESS

This session was taken by Prof Priyanka . It focused on very important factors that happen to us in day to day life . Mental health is very important and people tend to ignore it . Though times are changing , people are changing . People have started to value mental health as important as physical health. This session helped us to understand the various helps which are available in our campus for mental health . It told us about aarogya , various psychiatrist that are available in our campus ..

I liked about this session is that how our institution IIITH is very vocal and active towards mental health . I also liked the various provisions done by our institution for mental health .

I disliked the fact that the session became very boring in the midway. But otherwise the session was very important and eye opener for many of the students .

I conclude by saying that mental health is as important as physical health and people have started to realize it . I can also see a positive reflection from our society , educational institutions and many others towards the topic of mental health …..

By Sanchit jalan

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