

Mental Health Awareness And Substance Use

A interactive talk session on “Mental Health Awareness And Substance Use” was organized under the aegis of ‘VIKSIT BHARAT SECRETRAIT’ ,by the Department of Statistics and Department of Philosophy in collaboration with ‘AAROGYAM’ (a cell for well-being and mental health), an initiative by IQAC on 11 March 2024 ,1:30 PM at Mata Gujri Hall.

Mental Health encompasses social, psychological and emotional well-being. The session featured Dr. Aman Dua , MBBS, MPH Doctoral Scholar at Centre for Community Medicine, AIIMS UGC Scholar, MAMTA-HMIC Fellow, Grant Awardee of Royal School of Tropical Medicine and Hygiene, London.

The primary objective of organizing the session on Mental Health Awareness and Substance Use was to educate the attendees about the importance of Mental Health and the risks associated with substance use. The aim was to empower participants with knowledge and strategies to safeguard their Mental Well-being and make informed decisions regarding substance use.

Dr. Aman Dua commenced the session by delivering a comprehensive presentation on Mental Health. She emphasized the significance of Mental Well-being and discussed common Mental Health Disorders prevalent among students, such as anxiety and depression. She elucidated the effects of Substance use on physical and Mental Health, including addiction and adverse Health consequences.

The talk incorporated interactive sessions where participants actively engaged with Dr. Dua, sharing their experiences and posing questions. Dr. Dua provided valuable insights, addressing concerns related to recognizing Mental Health issues and navigating peer pressure.

The summoned session concluded with the dissemination of informational resources on Mental Health services and support networks available within the college and broader community. Attendees were encouraged to utilize these resources for guidance and assistance as needed.

With the invaluable assistance rendered by volunteers and the college faculty members, the convened session on Mental Health Awareness and Substance Use was a resounding success. By providing valuable information, facilitating open discussions, the convoked session contributed to breaking the stigma surrounding Mental Health and empowering participants to prioritize their Well-being.