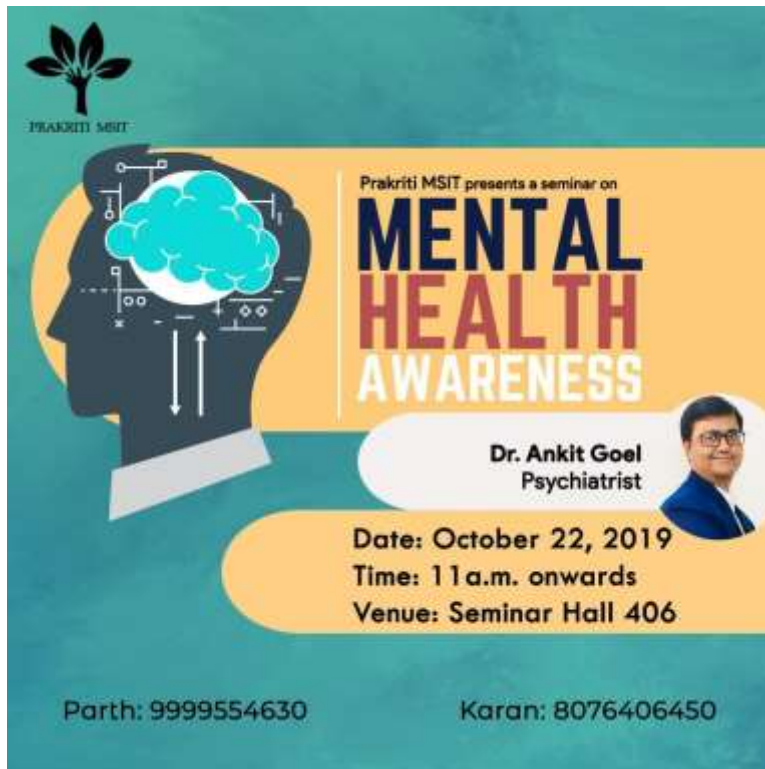


# Report: Mental Health Awareness Seminar



Prakriti MSIT conducted a seminar with the title of Mental Health Awareness, dated on 22nd October 2019. The World Federation for Mental Health has been celebrating World Mental Health Day on the 10th of October for the past 27 years. And in the series of above, Dr Ankit Goel, a Consultant Psychiatrist was invited as the speaker for the same. He has vast experience in Psychotherapy in addition to Pharmacotherapy. He is currently working with the Healthy Mind Clinic and associated with various Hospitals in west Delhi. Elucidating the topic of Mental health and awareness he addressed the students and the staff.

Beginning with the basic prospect of health and the factors it is based on, he covered concerning and important topics like anxiety, depression and some

commonly spread myths in detail. With the assistance of statistical data and graphical representations, he illustrated the inciting causes of mental illness and how it is being spread among the different age groups.



Expressing the main concern towards the youth with the age group varying from 5- 25 years of age, he discussed the symptoms, causes, consequences

and prevention of Mental disorders. According to the NMHS survey, mental disorders are the second leading cause of deaths in the Indian population.

He, then elaborated Suicide prevention, the theme for Mental Health Day, 2019. As this year's campaign has already been launched with the motto of "40 seconds of action", considering that one suicide is witnessed every 40 seconds globally. Taking a note of it, Dr. Goel interacted with the students and discussed the elements leading to suicides in every age group. Academic pressure, financial issues, body image concerns, sexual identity are a few comprising the list. Further, he imbued the audience with measures to prevent suicides such as providing support services, reducing access to means of self-harm, talk therapies and enhancing coping strategies of people having suicidal tendencies.

Dr Ankit Goel concluded the program by emphasizing that people should be more attentive towards mental health fitness in comparison to their physical health fitness. In the end, he answered the queries in detail raised by the audience.

The information imparted during the seminar served to be an eye-opener for the young students. The learning from the event would go a long way in tackling mental and emotional issues. In future, Prakriti will continue to take up such socially relevant issues for raising the standard of lives.