

# Mental Health Orientation Program organised as Community Outreach in collaboration with Round Glass Peace

Date: 6.8.2018

Venue: Seminar Room

Time: 1.30-2.30pm



Dr Dhaval Mody speaking to students

The Mental Health Orientation Program was conducted successfully with the Principal, Dr. Babli Moitra Saraf raising some fundamental concerns as a women's educational institute. Dr. Dhawal Mody was the resource person who is a practicing clinical psychiatrist for last 22 years. He conducts training

workshops for teachers, parents, corporate clients etc. Presently he is involved with the mental health for the youth. The program had the following components:

- What is Mental Health?
- Obstructions to good mental health
- Access to Mental Health

Dr Mody began by pointing the difference between physical and mental health. He further highlighted the various kinds of pressures on youth resulting in stress and depressions. The last segment of program focused on how to access mental help. Round Glass Peace is running a program called 'In Progress' which is essentially focused on creating mentor-mentee system through online training.



There were about 75 students who attended the program though 103 had registered on college website. The program ended with a question answer session.