

Workshop on the occasion of world Mental Health day “Empowering students Mind: Navigating Mental health Challenges in Emergencies” on 10th October 2025.

A guest lecture on “Empowering Student’s Mind Navigating Mental Health Challenges in Emergencies” was organized under the aegis of IQAC to create awareness and sensitize students about the importance of mental well-being in today’s fast-paced and competitive world. Director IQAC Prof.(Dr.) Soniya Gambhir welcomed Honorable Vice Chancellor Prof.(Dr.) Prathappan K. Pillai and the esteemed guest Prof.(Dr). Shobhit Garg, a renowned psychiatrist in SGRRIMHS and mental health expert, who shared his valuable insights on understanding, identifying, and addressing various mental health issues faced by individuals, especially students and young professionals.

Dr. Garg began the session by explaining the concept of mental health and how it is as crucial as physical health for overall well-being. He highlighted common mental health challenges such as stress, anxiety, depression, and burnout, which are increasingly prevalent among youth due to academic pressure, career uncertainty, and social expectations. Through real-life examples and interactive discussions, he emphasized the importance of self-awareness, emotional regulation, and seeking timely help.

The speaker also discussed various coping mechanisms, including mindfulness, positive thinking, and maintaining a balanced lifestyle. Dr. Garg further emphasized that reaching out for professional help should be seen as a sign of strength, not weakness. The lecture concluded with a question-and-answer session, where students actively participated and sought guidance on managing stress and improving mental resilience.

