

J.C BOSE UNIVERSITY OF SCIENCE AND TECHNOLOGY, YMCA, FARIDABAD, HARYANA

NAAC 'A+' Grade accredited State University



**Department of Business Studies
Report
On
“Student Seminar on Mental Health”
Held on 6th March, 2025**

The Department of Business Studies organized a student seminar on “Mental Health” on 6th March, 2025 from 12:30 pm onwards for the students of B.Com under the guidance of Chairperson Dr. Manisha Goel. Dr. Chandra Prabha and Ms Diksha Miglani, faculty members, Department of Business Studies coordinated the event along with students Rashu and Kirti.

**J.C. Bose University of Science And Technology, YMCA, Faridabad, Haryana
(A State Government University)
Accredited A+ Grade By NAAC**

DEPARTMENT OF BUSINESS STUDIES
Organising
STUDENT SEMINAR
On
MENTAL HEALTH

DATE: 6th March, 2025
TIME: 12:30 pm onwards
VENUE: Computer Lab
(Vishwakarma Block)

PATRON
Prof. Sushil Kumar Tomar
Vice Chancellor

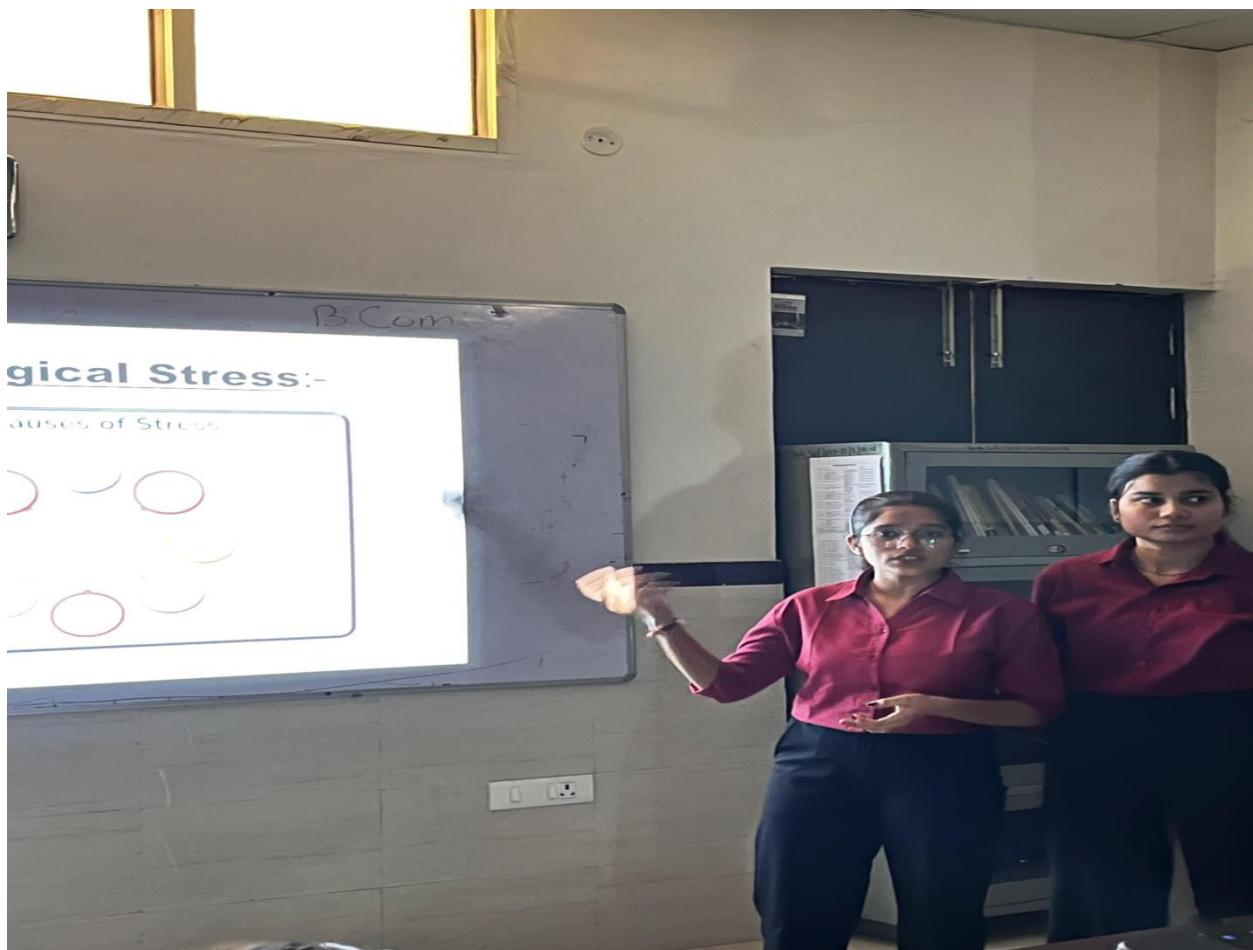
CHAIRPERSON
Dr. Manisha Goel

FACULTY COORDINATORS
Ms. Diksha Miglani
Dr. Chandra Prabha

STUDENT COORDINATORS
Kirti - 93156 79216
Rashu - 7678117698

Mental health is a critical aspect of overall well-being, influencing how individuals think, feel, and behave in daily life. It affects academic performance, professional success, and interpersonal relationships. Recognizing the growing concerns surrounding mental health, particularly among students, the Department of Business Studies organized a seminar on Mental Health.

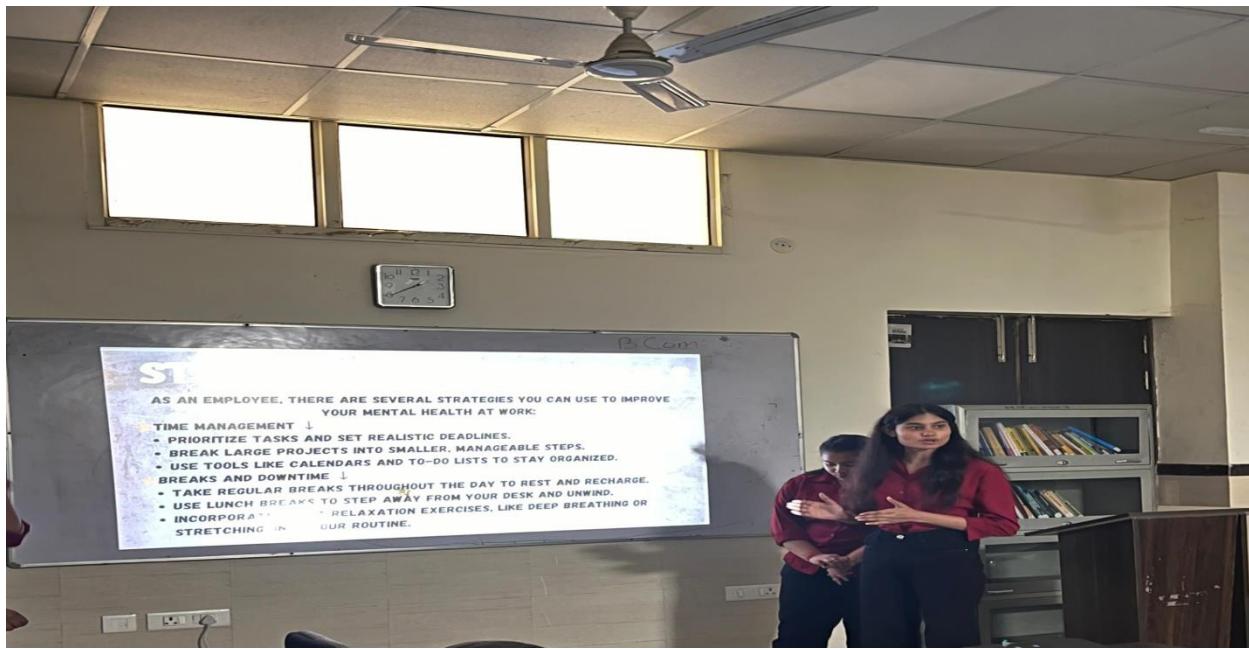
The aim of the event was to foster awareness, address common mental health issues, and equip students with strategies to manage stress and anxiety effectively. The seminar featured interactive sessions and discussions to ensure students gained meaningful takeaways to apply in their academic and personal lives.



The primary goals of the Mental Health seminar were: To educate students about mental health, its importance, and common issues they may face; to break the stigma surrounding mental health discussions and encourage open conversations; equip students with stress management techniques and coping strategies; highlight the impact of mental health on academic and professional success; introduce available support systems and mental health resources and to encourage a culture of emotional well-being within the university.



The students emphasized on various effects of mental health like The Psychology of stress and how to manage it; Mental health in the workplace: promoting Well-being; The role of Nutrition and Exercise in Mental health; Impact of Social Media on Mental health; Depression: Recognising signs, cause, and treatment approaches; Emotional health; Understanding Bipolar disorder: Symptoms, Triggers, and Management.



The event was marked by in-depth presentations delivered by students from various disciplines. Each student focused on a particular topic related to mental health, offering insights, research findings, and practical solutions to address the challenges associated with mental health issues. The seminar proved to be an informative and engaging event, encouraging discussions and raising awareness of mental health challenges that are often overlooked in academic and professional settings.



The event not only increased awareness of these issues but also promoted a more empathetic and supportive environment for students dealing with mental health challenges. The discussions that followed each presentation underscored the need for a collective effort in maintaining mental health issues and fostering an environment where seeking help is encouraged.

LIST OF PARTICIPANTS

S No	NAME
1	Sheetal
2	Nikita
3	Rimi
4	Prakhyा
5	Diksha
6	Anshika
7	Anchal
8	Khushi
9	Himanshi
10	Monika
11	Priyasha
12	Anvara
13	Disha
14	Riya
15	Laveesha
16	Namashvi
17	Sonia
18	Vansh
19	Shivansh
20	Tannu
21	Ritika