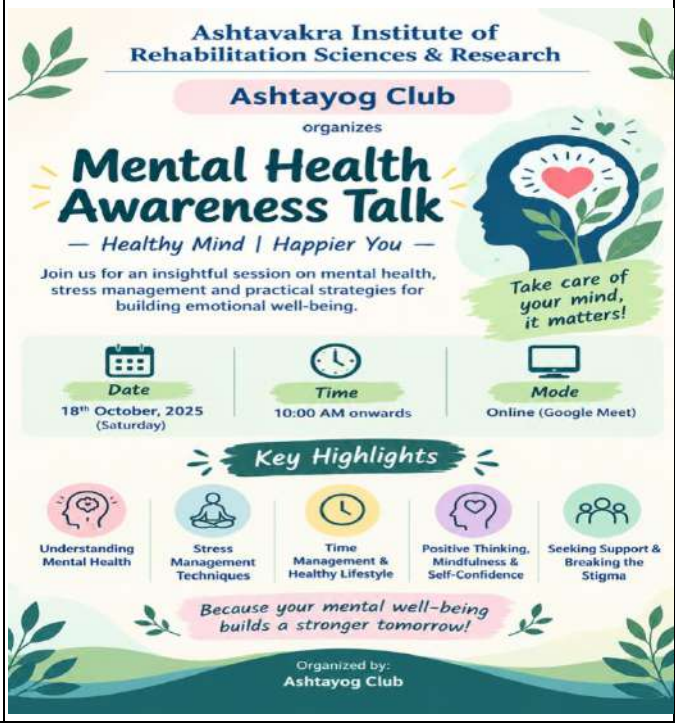
ASHTAVAKRA
Institute of Rehabilitation Sciences and Research
5, PSP Institutional Area Madhuban Chowk Rohini, Sector-14, Delhi-110085

Expert Talk

EVENT: Mental Health Awareness Talk

Title	**Mental Health Awareness Talk** **(Expert Session by Ms. Ananya Jindal)**
Values	➢ Promotes emotional well-being by helping students understand their feelings. ➢ Teaches stress management to handle academic pressure positively. ➢ Builds self-awareness and resilience to face challenges with confidence. ➢ Encourages empathy and peer support within the student community. ➢ Strengthens effective communication by talking openly and seeking help.
Learning Outcomes	1. The students will understand the meaning and importance of mental health and well-being. 2. The students will learn the causes and warning signs of stress and anxiety in students. 3. The students will learn practical stress management techniques. 4. The students will realise the importance of seeking help and reducing stigma. 5. The students will learn ways to build resilience and healthy coping skills. 6. The students will clear their doubts through the interactive Q&A with the expert.
Organizedby(Dept./Centre/Cells/Clubs/ CommitteesName)	Ashtayog Club
Program Theme	Mental Health Awareness and Well-being
Event Coordinators	Ms. Geeta Bhutani

Ashtavakra Institute of Rehabilitation Sciences & Research
Sector-14 Rohini Delhi-85

Date	18th October, 2025
Venue	**Online via Google Meet**
Poster/Flyer/Notice	
Social media link *(promoting in anyone Facebook/Instagram/Twitter is mandatory)*	NA
No. of Students* *(only no. to be written, list in excelorwordshouldbemaintainatdepartment level as proof for any further requirement)*	66
No. of Faculty* *(only no. to be written , list in excelorwordshouldbemaintainatdepartment level as proof for any further requirement)*	1
No.of External Participants (students+ faculty) *[write NA if not applicable]*	1

(Geotag)Photograph*

Photograph of the Event with the Caption



Beginning of the session: participants joining the Google Meet



Participants attentively attending the expert talk



Interactive Q&A: participants sharing responses in the in-call chat

Report: Description	The Ashtayog Club of Ashtavakra Institute of Rehabilitation Sciences & Research organized a *Mental Health Awareness Talk* on 18th October, 2025, for the students of the institute during the academic session 2025–26. The programme was conducted online through Google Meet with the objective of creating awareness about mental health, promoting emotional well-being, and equipping students with practical strategies to manage stress and maintain a healthy balance between their academic and personal lives. The session was conducted by Ms. Ananya Jindal, an external expert, who shared valuable insights into the importance of mental health and effective stress management.The programme commenced with a **welcome address by Ms. Sanjana Mittal, Deputy Director, AIRSR**. She warmly welcomed the resource person and all the participating students. In her address, she highlighted the importance of mental health awareness in educational institutions and emphasized that students' emotional and psychological well-being is essential for their academic performance, personal growth, and overall development. She encouraged students to participate actively in the session, develop a positive outlook towards life, and understand the

	importance of seeking timely support whenever they experience emotional difficulties. She also appreciated the initiative taken by the Ashtayog Club in organizing a programme that addressed an important aspect of student welfare. Following the welcome address, Ms. Ananya Jindal introduced the theme of the session and explained the significance of mental health in everyday life. She discussed how mental health influences an individual's thoughts, emotions, behaviour, relationships, decision-making abilities, and capacity to cope with everyday challenges. She emphasized that mental health is as important as physical health and should receive equal attention and care. She also explained that maintaining good mental health does not mean being happy all the time; rather, it involves understanding and managing emotions, coping with difficulties, adapting to changes, and seeking support when needed. The resource person drew attention to the various challenges faced by students in today's competitive academic environment. She explained that academic pressure, examinations, assignments, deadlines, expectations from family, peer comparisons, uncertainty about future careers, and personal responsibilities can sometimes lead to stress, anxiety, frustration, and emotional exhaustion. She encouraged students to recognize these challenges early and adopt healthy coping mechanisms instead of ignoring their feelings or allowing stress to interfere with their daily functioning. A major component of the session focused on **stress management and practical strategies for maintaining mental well-being**. The expert explained that stress is a common human response to challenging situations, but prolonged or unmanaged stress can negatively affect concentration, motivation, sleep, relationships, and academic performance. She discussed the following strategies to help students manage stress effectively: **1. Deep Breathing and Relaxation Techniques:** The resource person explained the importance of deep breathing, relaxation exercises, and taking short breaks during stressful situations. These techniques can help individuals calm their minds, reduce feelings of tension, and improve their ability to respond thoughtfully to challenging circumstances. Students were encouraged to practise simple breathing exercises regularly, particularly before examinations, presentations, and other demanding academic activities. **2. Effective Time Management and Goal Setting:**The expert emphasized that proper planning and organization can reduce academic pressure and prevent last-minute anxiety. She encouraged students to prepare realistic study schedules, divide larger assignments into smaller and manageable tasks, prioritize important activities, and set achievable goals. She also highlighted the importance of maintaining a balance between academic responsibilities, personal interests, relaxation, and social interaction. **3. Healthy Lifestyle and Self-Care:**The session highlighted the relationship between physical health and psychological well-being. Students were advised to maintain a regular sleep schedule, consume a balanced and nutritious diet, engage in physical exercise, spend time outdoors, and limit excessive screen time. The expert explained that consistent self-care practices can contribute to better concentration, improved mood, increased

	energy, and greater resilience in dealing with daily challenges. **4. Positive Thinking, Mindfulness, and Emotional Awareness:** Ms. Jindal discussed the importance of developing a positive and realistic outlook towards life. She encouraged students to identify negative thought patterns, practise constructive self-talk, acknowledge their achievements, and avoid unnecessary comparisons with others. She also highlighted mindfulness and gratitude as useful practices for improving self-awareness, focusing on the present moment, and developing a healthier response to difficult emotions. Students were encouraged to understand that mistakes and setbacks are part of the learning process and should be viewed as opportunities for improvement. **5. Building Self-Confidence and Resilience:**The resource person explained that self-confidence develops through self-acceptance, consistent effort, and a willingness to learn from experiences. She encouraged students to recognize their individual strengths, appreciate their progress, and avoid judging their abilities solely on the basis of examination results or external expectations. She emphasized that resilience helps individuals recover from setbacks, adapt to changing circumstances, and continue working towards their goals despite difficulties. **6. Seeking Support and Communicating Feelings:** The expert stressed that students should not hesitate to discuss their concerns with trusted family members, friends, teachers, mentors, or professional counsellors. She explained that sharing feelings with a supportive person can help individuals gain perspective, identify possible solutions, and feel less isolated. She also emphasized that professional assistance should be sought whenever emotional difficulties become persistent or begin to interfere with everyday life. Another important aspect of the talk was the **need to break the stigma surrounding mental health**. The resource person explained that misconceptions and negative attitudes often prevent individuals from expressing their emotions or seeking appropriate support. She encouraged students to develop empathy towards others, avoid making judgments about people experiencing emotional difficulties, and contribute to creating a supportive and inclusive environment within the institute. She emphasized that experiencing stress or emotional challenges is a normal part of life and that seeking help is a positive and courageous step towards recovery and personal growth. The session also highlighted the role of educational institutions in promoting mental well-being. The expert encouraged students to support one another, communicate respectfully, maintain healthy relationships, and create an environment in which everyone feels comfortable discussing their concerns. She reinforced the importance of balancing academic achievement with emotional health and personal development. The programme concluded with an **interactive question-and-answer session**, during which students actively participated by raising questions and sharing their views and experiences through the Google Meet chat. The resource person responded to their queries patiently and provided practical suggestions for managing examination-related stress, improving concentration, building self-confidence, handling emotional challenges, and maintaining a healthy daily routine. The interaction enabled students to

	clarify their doubts and gain a better understanding of the practical application of the strategies discussed during the talk. The session was well received by the participating students and proved to be an informative and meaningful initiative towards promoting mental health awareness. It encouraged students to recognize the importance of emotional well-being, adopt healthy stress-management practices, develop resilience, and seek support whenever required. The programme also reinforced the message that mental health is an essential component of holistic development and that a supportive educational environment plays a significant role in nurturing confident, emotionally balanced, and responsible individuals. The Ashtayog Club expresses its sincere gratitude to **Ms. Sanjana Mittal, Deputy Director, AIRSR**, for her welcome address and encouragement, and to **Ms. Ananya Jindal**, the external expert, for sharing her valuable knowledge, practical insights, and thoughtful guidance. The club also appreciates the active participation and cooperation of all the students who contributed to making the programme successful. Overall, the Mental Health Awareness Talk was a valuable initiative that strengthened students' understanding of mental well-being and encouraged them to prioritize self-care, develop positive coping strategies, and contribute to a compassionate and mentally healthy campus environment.

Recourse Person	**Ms. Ananya Jindal (External Expert)**
Feedback	Attached with report
Report Submitted by Convener *(write faculty coordinator name)*	Ms. GeetaBhutani
For Office Use	
Signature of Event Coordinator	**Signature of School/Department Head** *(WithSeal)*

