SESSION ON MENTAL HEALTH - AIIMS BY SADHANA, SSCBS

DATE: 29th April 2025
SPEAKERS: Dr. Preethi K, Dr. Swati Kedia, and Dr. Nishtha Chawla (AIIMS Delhi)
NO. OF PARTICIPANTS: 350
MODE: OFFLINE

A session on *Mental Health and De-addiction Awareness* was organized in the college auditorium on 29th April 2025. The session was conducted by Dr. Preethi K, Dr. Swati Kedia, and Dr. Nishtha Chawla from AIIMS Delhi, who shared valuable insights on maintaining mental health and leading a balanced lifestyle.

They discussed important topics such as mental well-being, healthy lifestyle habits, common student concerns, understanding addiction, and recognizing its early signs and symptoms. The session also included an interactive open discussion where students asked questions and shared their thoughts.

The objective of the session was to enhance student awareness about mental health, promote healthy lifestyle choices, and provide knowledge

about identifying signs of stress and addiction. The speakers also guided students on available resources and support systems for seeking help and maintaining good mental health.



