



Diwaliba Polytechnic, Mahuva

Mental health awareness session “Its Ok not to be Ok”

A. Personal Details:

Session Name	Its Ok not to be Ok- Mental health awareness session	Date of Session	20/09/2023
Place of Session	Diwaliba Auditorium, Diwaliba Polytechnic, Mahuva	Session given by	Ms. Shivani Kirar Asst. Professor, Dept. of Humanities, Uka Tarsadia University
Total no. of Participants	122 Students (92 Boys+30 Girls)	Participant’s background	All branch students of Diwaliba polytechnic

B. Purpose of Session:

- Awareness about mental health among students
- To increase knowledge and understanding of mental health conditions, symptoms, and available resources. This includes discussing different mental illnesses, their signs, and ways to seek help or support.

C. Activity carried out:

- Explained the benefits of good mental health.
- Discussed the scenario of mental health among general populations as per WHO
- Exhibit the consequences of good and bad mental health by expert.
- Session chair have asked the audience to acknowledge the problem related to mental health.

D. Outcome of Session/Way Forward:

- Students came to know about the advantages good mental health
- Students have understood the self-care concept for better life.



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