

## Neotech Campus – Event report

Name of Institute: Neotech Institute of Paramedical Sciences

NC/ NIPS /Event report/2022-23/015

Date: 21st February 2023



1. Title of the Event: Seminar on Mental Health Awareness

2. Organized by:

Neotech Institute of Paramedical Sciences

3. Date & Venue:

21-02-2023, Seminar Hall, Academic Block 2, Neotech Campus

4. Objective:

- a. To raise awareness about the importance of mental health and emotional well-being.
- b. To educate students and staff on identifying signs of mental distress.
- c. To break the stigma associated with mental health issues and promote open dialogue.

5. Resource Person(s):

Name: 1. Dr. Parth Soni

Designation: Psychiatrist

Name: 2. Mr. Kalpesh Vagadiya

Designation: Assistant Professor

Organization: Neotech Institute of Paramedical Sciences

6. Number of Participants:

Number of Student	30
Number of Faculty	06
Number of external participants (if any)	45 (Other Institutes)

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### 7. Program Schedule:

Time	Session Details	Speaker
10:30 AM	Welcome Address & Introduction of Speaker	Mr. Kalpesh Vagadiya
10:45 AM	Seminar on Mental Health: Awareness & Management Strategies	Dr. Parth Soni
11:45 AM	Interactive Activities & Group Discussion	Dr. Parth Soni & Students
12:00 PM	Closing Remarks	Ms. Vandana Garasiya

### 8. Key Highlights:

- Comprehensive talk on early signs of anxiety, depression, and stress.
- Real-life examples, tools, and tips for improving mental well-being.
- Interactive activities fostering self-awareness and empathy.
- Encouraged open discussion on mental health challenges in student life.

### 9. Outcomes of the Event:

- Improved understanding of mental health concepts and challenges.
- Students and faculty felt more confident in recognizing and addressing mental health concerns.
- Encouraged peer support and early intervention.
- Initiated a culture of acceptance and openness around emotional wellness.

### 10. Feedback Summary:

Participants found the session relatable, enlightening, and much needed. The use of practical examples and active engagement helped in connecting with the topic, while faculty appreciated the initiative as a positive step toward holistic education.

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### 11. Conclusion & Acknowledgment:

The Seminar on Mental Health Awareness held on 21st February 2023 provided vital insights into emotional well-being, resilience, and the value of mental health in academic success and life. It opened a platform for supportive conversations and proactive health practices.

#### Acknowledgment:

We thank the guest speaker, faculty coordinators, and the organizing team for their valuable contributions. Special gratitude to the management of Neotech Institute of Paramedical Sciences for encouraging mental wellness education as part of student development.

### 12. Supporting Documents:



Submitted by:

Name: Mr. Kalpesh Vagadiya

Date: 21<sup>st</sup> February 2023