Awareness Program on World Mental Health Day celebrated at SBS University, Dehradun

Sardar Bhagwan Singh University, Dehradun organized an interactive session on Stress Management on the occasion of World Mental Health Day on 10th October. The guest of the event was Dr. Sumit Mehta, Senior Psychiatrist from Shri Mahant Indresh Hospital, Dehradun. Vice Chancellor of the University Prof. A.K. Sharma accompanied by Prof. Manish Arora (Dean Student Welfare), Mr. Krishan Rawat (Registrar) and Miss Urmi Chaurasia (Controller of Examination) welcomed the guest. Dr. Veerma Ram (Director, School of Pharmaceutical Sciences & Technology) presented a memento to the guest of honor. Dr. Mehta said he hoped the day would encourage people to talk about mental health. World mental health day is an initiative to raise public awareness about mental health issues. The program will help in creating awareness about mental health as "There is No health without Mental Health". Department Heads of various schools, Faculty members and students were present during the occasion.