

Session on “Mental Health” by Dr Sandeep Govil, Senior Consultant Psychiatrist, 25th September 2019.

Mental health is a major concern worldwide and it now becomes opportune to explore the paradigm of mental health awareness as a means of combating stigma, ensuring early recognition, and also stimulating simple and practical interventions within the society.

Seeking help is often the first step towards getting and staying well, but it can be hard to know how to start or where to turn to. Instinct -The Peer Educators and Life Skills Society firmly believe in discovering what’s best for one's self and taking that step towards well being.

Keeping this notion in mind, Instinct organized a session on “Mental Health” by Dr Sandeep Govil, Senior Consultant Psychiatrist on the 25th September 2019.

Students were not only encouraged to open up about such prevalent issues but were also made aware of the various remedies and symptoms to look out for. The enthusiastic response to this interactive session made this event a huge success. It was indeed an insightful initiative and we look forward to more such informative sessions.



