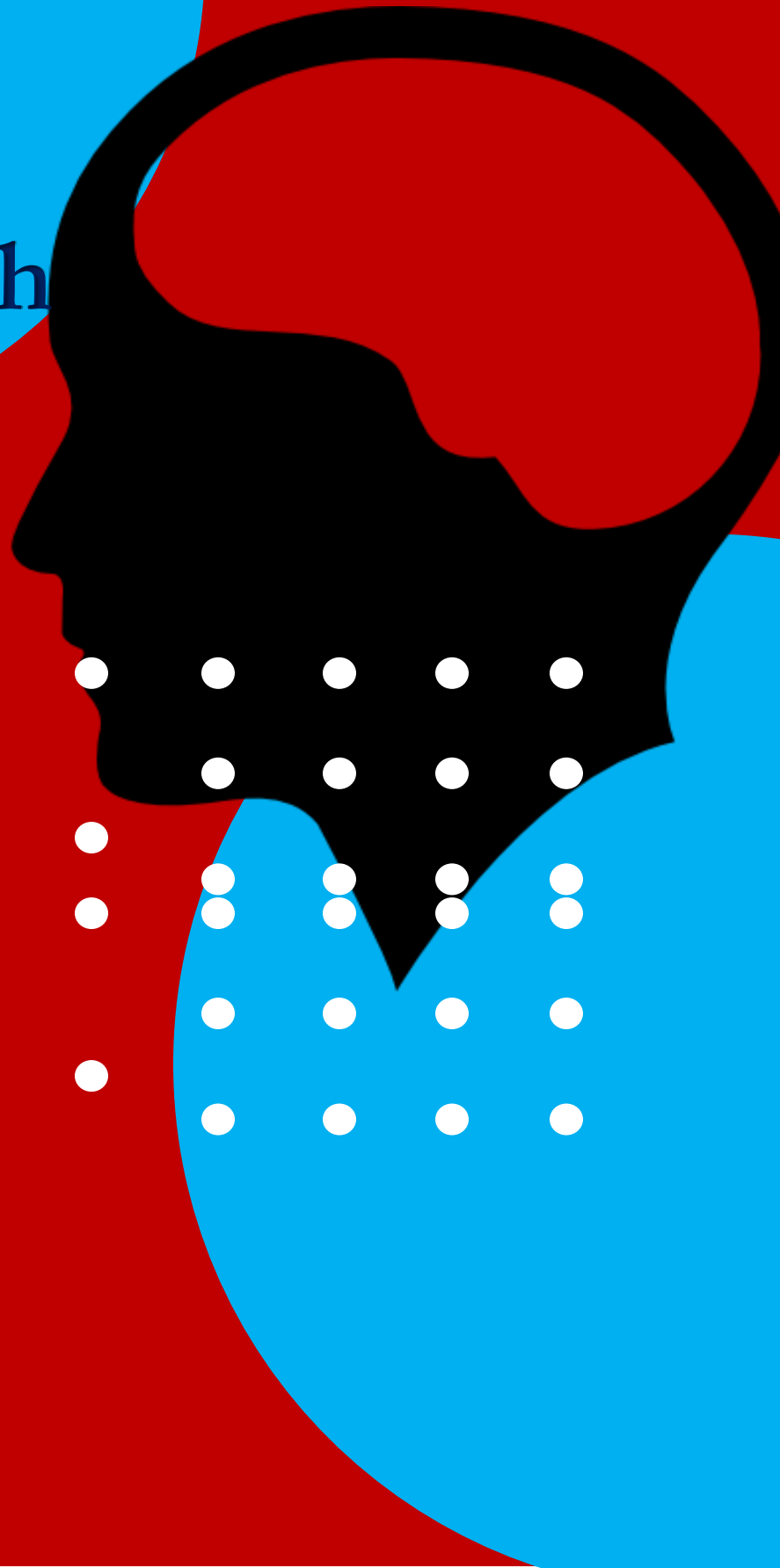


Half-Day  
Awareness  
Programme  
on  
Mental Health

TUESDAY  
18<sup>TH</sup> FEBRUARY 2020



### **About Gujarat National Law University**

Gujarat National Law University (GNLU) is one of the premier national law universities of India, established under the Gujarat National Law University Act passed by the Government of Gujarat in 2003. GNLU is the only national law university which offers integrated law degree in five areas (B.A., LL.B. (Hon.), B.Com. LL.B. (Hon.), B.Sc., LL.B. (Hon.), B.B.A., LL.B. (Hon.), B.S.W., LL.B) and LL.M., MBA and Ph. D. in laws and inter-disciplinary fields. It is one of the leading centres for teaching and learning with respect to legal education in India. The University is a forerunner in the field of interdisciplinary research as well. The University has established various centres of excellence to carryout research, training and extension activities. One of the important areas of our academic and scholarly focus is a Centre dedicated to research and training on disability studies launched in 2nd October 2019.

### **About the Centre**

GNLU has an internal committee on Persons with Disabilities (GCPwD) established in the year 2017 as an enabling unit intending to secure the rights of PwDs and making the University more inclusive. Subsequently University established GNLU Centre for Disability Studies on 02nd October 2019 with an aim to work for disability rights and social justice through promotion of teaching and research in the interdisciplinary areas of sociology, social work, law and policy. Through curriculum development, research projects and disability studies, the Centre aims to provide meaningful contribution in the areas of disability and human rights, disability and society, accessibility and reasonable accommodations, inclusive education, gender and disability, amongst others. In light of its vision and objectives the centre for Disability studies (GCDS) in collaboration with GNLU Committee for Persons with Disabilities (GCPwD) is planning to organising this workshop on Mental Health.

### **About the programme**

Mental disorders are leading causes of ill-health and disability worldwide. According to World Health Organization (WHO) around 450 million people suffer from mental disorders globally. One in four people in the world is affected by mental or neurological disorders at some point in their lives. Mental health problems account for about 16 % of global burden of disease in people aged 10-19 years. Half of all mental illness begins by the age of 14, but most cases go undetected and untreated. In terms of the burden of the disease among adolescents, depression is the third leading cause. Suicide is the second leading cause of death among 15-29-year-olds. Harmful use of alcohol and illicit drugs among adolescents is a major issue discussed globally and can lead to risky behaviors, criminal activities etc. If untreated, these conditions influence children's development, their educational attainment, and their potential to live fulfilling and productive lives. Recently concluded National Mental Health Survey of India estimates the current prevalence of mental disorders in the age group of 18-29 year at 7.39 percent. India has 30% of population in youth category, hence it is vital for us to approach mental well-being more seriously. Prevention and management of mental distress among adolescents and young adults should begin from an early age by increasing awareness and understanding the early warning signs and symptoms of mental illness. The increasingly competitive nature of higher education has aggravated common academic stressors which contribute to mental health issues among university students. Studies have shown that stressors related to meeting institutional and sociocultural expectations are one of the main causes for depression, anxiety, and stress in university student populations. 'Prevention begins with better understanding' keeping this statement in mind, with an aim to educate our students about the importance of mental health, the GCDS and GCPwD together is organising a workshop on the importance of Mental Health with in the University. This workshop aims at providing participants an in depth understanding of mental health and mental illness. The proposed areas include importance of Mental Health in educational institutions, Mood and Depression, Stress and Anxiety, and Psychological Health and Safety etc.

### **About the Resource Person**

**Dr. Nisha Khanna (Ph.D):** Dr. Nisha Khanna is a Mental Health Professional, Renowned Psychologist, Celebrity Counselor, TEDx Speaker, Certified EQ Coach, Certified Couple Facilitator, Expert TV and Radio Panelist, Blog Writer, Motivational Speaker, Certified Faculty on “Universal Humans Values and Professional Ethics (Level-I) with a career span of more than 15 years. She holds a Ph. D. in Psychology. Her educational qualification also includes Post Graduate Diploma in Yoga and Meditation, EQ Certification from the U.S., two years Diploma in Astrology and is conferred with the title of “Jyotish Visharda”.

She worked as a Counselor/Psychologist near about 5 years in SWADHAR Project of Human Resource Ministry under Woman and Child Development Department, Government of India where she dealt with clients having emotional, mental, and physical and adjustment problems in pre and post-marriage, family and professional life, parent-child relationship, depression, insomnia, anxiety and all other kind of psychological and behavioral problems.. She is a member of Indian Psychiatric Society (IPS), Delhi Psychiatric Society (DPS) New Delhi and many other renowned organisations. Few of the prominent programmes where she was invited as a resource person were Sikkim Judicial Academy for a workshop for Judges and Counsellors of the Family Courts, Advocates and members of Women Commission. She was invited as a Speaker for the seminar on “Building Interpersonal Relationships” organized by Psych-the Society of Department of Psychology, Keshav Mahavidyalaya, University of Delhi. She was one of the Eminent Speaker in Women Power Summit 2019 organised by Rotary Allahabad Midtown. She was invited as an Indian Counselling Psychologist for the five-day Faculty Development Program (FDP) on “Pedagogical Techniques for Teaching Learning”2019, sponsored by Dr APJ Abdul Kalam Technical University, Lucknow and organised by Department of Information Technology, G.L. Bajaj Institute of Technology and Management, Greater Noida. Member of Parliament Manoj Tiwari dignified her with Best Indian Counselling Psychologist and Depression Counsellor Award 2018. Dr. Khanna was also awarded as India’s Best Marriage & Family Counsellor by India Healthcare Awards 2018.

### **Objectives of the programme**

- Understanding mental illnesses and preventative measures
- Recognizing early signs and symptoms of mental illness including depression.
- Stress prevention and Increasing happiness with in the participants of the programme
- Promoting positive behaviour in participants of the programme.

### **Topics to be Discussed**

- Difference between physical and mental health
- How important is emotional health in order to be successful
- Importance of Self-Esteem
- Work-Life Balance
- How to deal with Stress, depression, anxiety and so on

### **Expected Outcome**

- The programme will help the participants to understand the importance of mental health and will encourage students to monitor their mental health by removing the stigma associated with it.
- It is expected that the programme will contribute towards confidence building, enhancing positive attitude and prevention of stress in students and thereby reduce absenteeism, issues of depression, anxiety etc. within the campus.

### **Targeted Audience**

- UG, PG and Ph.D. Students of the University,
- Staff and Faculties of GNLU
- Interested participants from other educational Institutions.

### **Important Dates**

Last Date for Registration: 15<sup>th</sup> February, 2020

[Click Here for Registration](#)

### **Organizing Committee**

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