

## Research and PG Department of Botany

### Report on Talk on the importance of mental health among Youth

A session on the Importance of Mental Health among Youth was organized on 14th March 2025 as part of the Mental Wellbeing Activities initiative (IQAC). The talk was delivered by Dr. Sr. Sherin Joseph, a renowned clinical psychologist, who addressed key mental health challenges such as stress, anxiety, depression, peer pressure, academic burden, and social media influence. She emphasized the significance of emotional, psychological, and social well-being and discussed the role of diet, sleep, exercise, mindfulness, and time management in maintaining good mental health.

An interactive Q&A session allowed students to seek guidance on mental health concerns, with Dr. Sr. Sherin Joseph providing practical strategies for stress management and well-being. The session was highly informative and well-received, equipping students with awareness and coping strategies. The event concluded with a vote of thanks, appreciating the efforts of the organizing team and the esteemed speaker.



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