

VIDHYASHRAM INSTITUTE OF TEACHER'S TRAINING, JODHPUR

SEMINAR 2021-22

February 26, 2022



VIDHYASHRAM INSTITUTE OF TEACHER'S TRAINING, JODHPUR

SEMINAR 2021-22

February 26, 2022

Report

Vidhyashram Institute of Teacher's Training organized a Seminar on **Mental Health & Hygiene** in the Seminar Hall of the Institution on Saturday, February 26, 2022. All students of B.Ed and BA-B.Ed were the beneficiaries of the event.

The Seminar initiated with the Introduction of guests & Welcome them by presenting bouquet. **Prof. (Dr.) A.K. Malik, Retd. Dean, Faculty of Arts, Jai Narain Vyas University, Jodhpur**, has been the Principal speaker of the event.

He focused on telling about the depression & psychotic disorders affecting Mental Health & hygiene that occurs due to fast moving and demanding world especially in students. The academic pressure, peer pressure and Exam Pressure has made the student life more stressful. To deal with stress Dr. Malik told the students to practise yoga, listen music, go out for a walk, do painting etc. In other ways, do anything that makes you happy and relaxed.

According to Dr. Malik, Stress is inevitable, so to deal with it, one should share his/her issues/ problems with their near and dear ones. This will immediately release 50% of Stress and keep their mental health sound.

Dr. Jagdish Babal, Vice Principal, VITT, Jodhpur also shared his views on mantaining Mental Health and Hygiene and methods of releasing stress from life.

The Event was concluded by Vote of thanks followed by National Anthem.

~~~~~