

World Anti-Suicidal day

19th September 2024

Report on the Expert Talk: Rising Mental Health Issues Among Youth

On the occasion of **World Anti-Suicidal Day**, an expert talk was organized on the theme “*Rising Mental Health Issues Among Youth*”, highlighting the growing concerns surrounding mental health. The talk was delivered by renowned psychiatrist **Dr. R.K. Sharma**, who has extensive experience in dealing with youth mental health issues.



Dr. Sharma's session delved into the alarming rise in cases of depression, anxiety, and suicidal tendencies among young individuals. He discussed key factors such as academic pressure, societal expectations, and the impact of social media on youth mental health. He emphasized the importance of early intervention, mental health education, and the need to destigmatize mental health conversations within families and institutions. Dr. Sharma also provided insights into recognizing warning signs and shared strategies to promote mental well-being among students.

The event was graced by the presence of **Dr. N.S. Rathore**, Campus Director, who in his address expressed concern over the increasing mental health challenges faced by students. He urged educational institutions to create supportive environments where students feel comfortable seeking help. Dr. Rathore emphasized the importance of implementing mental health programs and encouraged students to prioritize their mental well-being along with their academic achievements.



The session concluded with an interactive Q&A where students and faculty had the opportunity to ask questions, seek guidance, and discuss ways to foster a mentally healthy campus environment. The event served as an essential reminder of the critical need for mental health awareness and support, especially among the younger generation.