

## **Mental Health Awareness Program for teaching and nonteaching staff**

### **Navjivan Science College, Dahod**

#### **(Conducted by: Dahod Anaj Mahajan Sarvajanic Education Society)**

In compliance with the directives issued by the Hon'ble Supreme Court of India regarding mandatory mental health sensitization in educational institutions, our college organized a Mental Health Awareness Programme on 20<sup>th</sup> November - 2025, for all teaching and non-teaching staff. The initiative aimed to promote emotional well-being, reduce stigma, and equip staff members with essential knowledge to support a healthy campus environment. Its key objectives were to create awareness about the importance of mental health, enable staff to identify early signs of stress and psychological distress, promote empathy and effective communication, and equip them with basic strategies for stress management and timely intervention.



The sessions were conducted by two distinguished experts - Dr. Daxa Bhuriya, Psychiatrist and Mrs. Dipika Palodara, the Clinical Psychologist from General Hospital, Dahod. They shared their professional insights on mental health challenges commonly faced in educational settings. Their presentations offered valuable guidance on stress coping mechanisms, communication skills, and the importance of timely intervention. As an outcome of the programme, participants gained enhanced awareness of common mental health issues, increased confidence in identifying distress, and a strengthened commitment to nurturing a supportive academic atmosphere. Overall, the programme successfully sensitized the staff to the growing importance of mental health in educational settings and reaffirmed the college's responsibility to uphold a safe, empathetic, and responsive environment as mandated by the Hon'ble Supreme Court of India.



The programme witnessed the active participation of a large number of teaching and non-teaching staff, reflecting their commitment to fostering a mentally healthy academic environment. The session was conducted in the esteemed presence of the Principal, Dr. G. J. Kharadi, the NTF officer Dr. Ruchita R. Patel, and NTF coordinator Mr. Neel R. Patel, whose

support and guidance contributed to the successful execution of the event.

