



B.V. Patel Institute of Management, Uka Tarsadia University



Date: 15-09-2023

Session on “It's OK Not to be OK”

Objectives of Session: With the pressures of academic, social, and personal life, students often find themselves struggling with their mental well-being.

Outcomes of the Session: At the end of session student able to identified appropriate resources and make strategies to help students cope with stress, anxiety, and other mental health issues.

Date:	15 th September 2023
Time:	9:30 AM to 10:30 AM
Venue:	Manjulla Hall
No.of Students:	220 (First Year BBA)
Name of Speaker:	Ms. Shivani Kirar
Coordinator:	Ms. Vaishali Pillai and Dr. Taral Patel



Key Takeaways:

- **Understanding Mental Health:** Ms. Shivani Kirar began by explaining the concept of mental health, emphasizing that it is as important as physical health. She debunked common myths surrounding mental health and highlighted the importance of seeking help when needed.
- **Identifying Stressors:** The seminar encouraged students to identify the sources of stress in their lives. Through interactive exercises and group discussions, participants gained clarity on what triggers their anxiety and how to manage it effectively.
- **Coping Strategies:** Ms. Kirar shared practical coping strategies such as mindfulness, deep breathing exercises, and time management techniques. She stressed the significance of self-care routines in maintaining mental well-being.
- **Communication and Support:** The seminar emphasized the importance of open communication with friends, family, and professionals when facing mental health challenges. Students were encouraged to reach out for support without hesitation.

Throughout the seminar, Ms. Shivani Kirar engaged the students in interactive activities, including group discussions and self-reflection exercises. These activities allowed students to apply the concepts discussed and share their own experiences.