



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



### **Session on Focus Group Discussion**

**Date: 11/12/2018**

On 11<sup>th</sup> December, 2018 Tuesday Group Discussion was held, with 11 members on the panel including the HOD. The topic was - Anxiety and depression: can be cure mere by adopting healthy habits or needs actual medication? The discussion started with the question by the moderator and the participation to put forth their views regarding the same. With initial participation by some of the members the class started anticipating too and became the part of the discussion. Several points were discussed along with the stigma attached to the subject. Everyone had their own point of view and perception according to their understanding and research on the subject. Things were discussed thoroughly. There were defences, opposition, affirmation to the points put forth. Things went well. And the main motive behind the discussion, which was to discuss such topic which is treated as a taboo in the society, (as the strongest aspect 'youth' which is mass sufferers of this) to make students aware about the issue, to make them Express and realise what they have been through, was accomplished pretty well. At last to conclude the session, each member summed up and put forth their final words on the topic. And the moderator finished it with three significant points with the intention to provoke them about the subject, which were 1) Self love, 2) learn to Express and 3) Choose your own influence. And at last, final words were given by the HOD himself and the session ended quite successfully.

