



Gujarat Technological University

(Accredited with A+ Grade by NAAC)

GTU School of Management Studies

Report on “: Mental Health Awareness Programme.”

1. Title of Event: Mental Health Awareness Programme

2. Type of Event: Health & Wellness Awareness Programme

3. Date, Time and Venue of the Event:

Date: 23 July 2026, Thursday.

Time: 12:15 PM to 1:30 PM

Venue: Acharya Chanakya Seminar Hall & GSMS Campus, GTU, Chandkheda
Ahmedabad.

4. Description of Event:

The Health & Wellness Club of GTU – School of Management Studies (GSMS) organized a Mental Health Awareness Programme on the theme “Your Mind Matters, Your Well-being Counts” for the benefit of students, faculty members, and staff of the university. The programme was organized with the objective of creating greater awareness about mental health, emotional well-being, stress management, and the importance of seeking timely support for psychological concerns. The initiative also aimed to promote a positive, supportive, and stigma-free environment within the university community where individuals feel comfortable discussing their emotional and mental health concerns without hesitation or fear of judgment. The event was conducted under the guidance of Prof. Sweta Dhungel and Prof. Medha Vyas, Faculty Coordinators, Health & Wellness Club, GSMS, and was organized with the support and guidance of Dr. Rajesh K. Jain, Director, GSMS. The programme reflected the commitment of the institution towards the holistic development and overall well-being of its students and staff.



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The awareness session was conducted by Ms. Mahima Paliwal, Founder, Snowflakes Counselling; Counselling Psychologist; Mental Health Trainer & Institutional Consultant, who brought valuable professional expertise and practical experience to the programme. She has expertise in adolescent and young adult mental health, Cognitive Behavioural Therapy (CBT)-based interventions, psychoeducational programmes, and wellness curriculum development. Through her engaging and interactive presentation, she explained the importance of maintaining good mental health alongside physical health and highlighted how psychological well-being can influence academic performance, relationships, decision-making, confidence, and overall quality of life. She discussed various common stressors experienced by students and young adults, including academic pressure, examination-related stress, career uncertainty, relationship concerns, social expectations, changes in lifestyle, and difficulties in balancing personal, academic, and professional responsibilities.

The programme was designed to be interactive rather than limited to a conventional lecture. Students actively participated in discussions, activities, and question-and-answer sessions conducted by the resource person. The interactive approach encouraged students to openly express their thoughts and seek clarification regarding various aspects of mental health and emotional well-being. Ms. Paliwal patiently addressed the questions and concerns raised by the participants and provided practical guidance based on everyday situations commonly experienced by young adults. The activities helped participants reflect on their own emotional responses, understand the importance of healthy coping mechanisms, and recognize the value of maintaining a balanced approach towards academic and personal life.

5. Number of Participants: Approx. 150+ students, faculty and staff.



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6. Experts:

Ms. Mahima Paliwal, Founder of Snowflakes Counselling; Counselling Psychologist; Mental Health Trainer & Institutional Consultant, served as the keynote speaker and resource person for the awareness session. With her professional expertise and extensive experience in the field of counselling and mental health, she delivered a highly informative, engaging, and insightful presentation focusing on various aspects of mental health and psychological well-being. The session particularly addressed mental health awareness among adolescents and young adults, emotional well-being, common psychological challenges faced by students, CBT-based coping techniques, stress management, and the importance of psychoeducation in developing a healthy and balanced lifestyle. She explained complex psychological concepts in a simple and relatable manner, enabling students to understand the importance of identifying their emotions, thoughts, and behavioural patterns.

The session was made interactive through engaging activities, real-life examples, questions, and open discussions, which encouraged participants to actively express their thoughts, experiences, and concerns. Ms. Paliwal sensitized the participants about recognizing early signs of emotional distress, anxiety, stress, low mood, social withdrawal, and other indicators that may require attention and support. She also highlighted the importance of developing healthy coping mechanisms, maintaining positive relationships, communicating openly, practising self-awareness, and avoiding unhealthy ways of dealing with emotional difficulties. The participants were encouraged to understand that seeking professional help is a sign of awareness and strength rather than weakness.

Ms. Paliwal patiently listened to and addressed the concerns and queries raised by the participants and provided practical, relevant, and easy-to-follow guidance for maintaining emotional and psychological well-being. She emphasized the importance of creating a supportive environment within educational institutions where students feel comfortable discussing their



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concerns and seeking timely assistance. She also highlighted the role of teachers, peers, counsellors, and institutional support systems in promoting a positive mental health environment. Her warm and empathetic approach, coupled with her professional knowledge and active interaction with the students, made the session meaningful and impactful. The programme provided participants with greater awareness of mental health issues, practical strategies for managing everyday emotional challenges, and an understanding of the importance of seeking appropriate support whenever required. Her valuable contribution significantly enhanced the effectiveness and overall success of the programme and helped strengthen mental health awareness and well-being among the university community.

7.Geotag Photographs of the Event:





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8. Flayer of The Event

Gujarat Technological University
School of Management Studies
Health & Wellness Club Of GSMS

MENTAL HEALTH AWARENESS PROGRAM

*"Your Mind Matters, ♥
Your Well-being Counts"*

EXPERT SPEAKER
MAHIMA PALIWAL
• Founder, Snowflakes Counselling
• Counselling Psychologist
• Mental Health Trainer & Institutional Consultant
✓ Expert in Adolescent & Young Adult Mental Health, CBT Interventions, Psychoeducational Programs & Wellness Curriculum Development

INVITED BY
Dr. Rajesh K. Jain
(Director, GSMS)

FACULTY CO-ORDINATOR
Prof. Sweta Dhungel, GSMS
(Assistant Professor)
Prof. Medha Vyas, GSMS
(Assistant Professor)

EVENT CO-ORDINATORS
Bhavya Goyal
Pranjal Rajput
Dhanpal Suthar

FOR REGISTRATION
Mohit Rajput
Priyanka Rajvanshi
Sagar Shukla

FOR REGISTRATION
<https://forms.gle/egCYD6aoTxg3YPgD6>
(This link is for registration)

23rd | July | 2026 | Thursday
Time - 12:15 PM Onwards
GTU SMS, At Chanakya Hall, Chandkheda, Ahmedabad, 382424

YOUR MIND MATTERS.
TAKE THE STEP TOWARDS A HEALTHIER TOMORROW!



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9.Feedback of the Event:

The Mental Health Awareness Programme received highly positive and encouraging feedback from students, faculty members, and staff who attended the session. Participants appreciated the relevance and importance of the topic, particularly in the context of the academic and personal pressures commonly experienced by students and young adults. The session was considered informative, interactive, and meaningful, as it provided participants with an opportunity to understand mental health and emotional well-being from a practical and relatable perspective.

Participants particularly appreciated the insightful guidance provided by the resource person, Ms. Mahima Paliwal, and the practical strategies shared during the session. The discussion on recognizing early signs of emotional distress, managing stress, developing healthy coping mechanisms, maintaining positive thought patterns, and seeking timely support was found to be especially useful. The introduction to CBT-based coping techniques and the emphasis on self-awareness and psychoeducation helped participants gain a better understanding of how everyday thoughts, emotions, and behaviours can influence mental well-being. The interactive activities and open question-and-answer session further encouraged participants to actively engage with the topic and clarify their concerns.

Several participants expressed that the programme helped them develop a more positive and informed attitude towards mental health. The session also contributed to reducing misconceptions and hesitation surrounding mental health-related conversations and encouraged participants to view seeking professional support as a healthy and responsible step. The emphasis on empathy, active listening, peer support, and creating a non-judgmental environment was particularly appreciated by the participants. The programme also encouraged students to become more attentive to the emotional well-being of their peers and to extend support whenever required.

The overall organization of the programme was also appreciated by the attendees. Participants found the session well-structured, engaging, and



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relevant to their needs. The combination of expert guidance, interactive discussions, practical examples, and hands-on activities helped maintain their interest and participation throughout the programme. Faculty members and staff also appreciated the initiative for addressing an important aspect of holistic well-being within the university environment.

Overall, the programme successfully enhanced awareness about mental health, emotional resilience, self-care, and healthy coping practices among the university community. It provided participants with practical knowledge that could be applied in their academic, professional, and personal lives. The positive response from the attendees reflected the relevance and effectiveness of the initiative and highlighted the importance of conducting similar awareness and wellness programmes on a regular basis. The programme served as a valuable step towards strengthening a supportive, empathetic, and stigma-free environment at GTU – School of Management Studies (GSMS), while reinforcing the message that **“Your Mind Matters, Your Well-being Counts.”**

10. Photographs from the Event:





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11. Social Media Post:





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