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## REPORT ON THE WEBINAR SESSION CONDUCTED ON MENTAL HEALTH

A webinar on mental health empowerment was organized by the Department of Chemistry, University of Lucknow in collaboration with the Counselling and Guidance Cell, University of Lucknow on 19<sup>th</sup> June, 2021 at 14.00 hrs.

After a welcoming speech by Dr. Amrita Srivastava (Coordinator), the program commenced with Prof. Arun Sethi (Head, Chemistry Department) speaking a few words on the titular subject: *“Protection Of The Mental Health Of Students In Such Turbulent Times”*.

Subsequent academic speakers on the topic included Prof. Madhurima Pradhan (Director, Counseling and Guidance Cell) and Prof. Anil Mishra (Convener). Following which, our esteemed guest speaker Ms. Aishwariya Ajmani (Counsellor, HappeeMindz) conducted a 40 minutes interactive session with the students on the aforementioned topic.

Our student speakers included Mr. Virendra Kumar (Student Coordinator), Ms. Bushra Yaseen (Student Volunteer), Ms. Kriti Chaurasria (Student Volunteer), Mr. Pradeep Kumar Pandey (Student Volunteer) and Mr. Sayeed Ejaaj (Student Volunteer).

Lastly, Prof. Anil Mishra (Convener) was again invited upon the digital podium by Dr. Amrita Srivastava (Coordinator) to give a vote of thanks for all the participants for their valuable time and contribution.

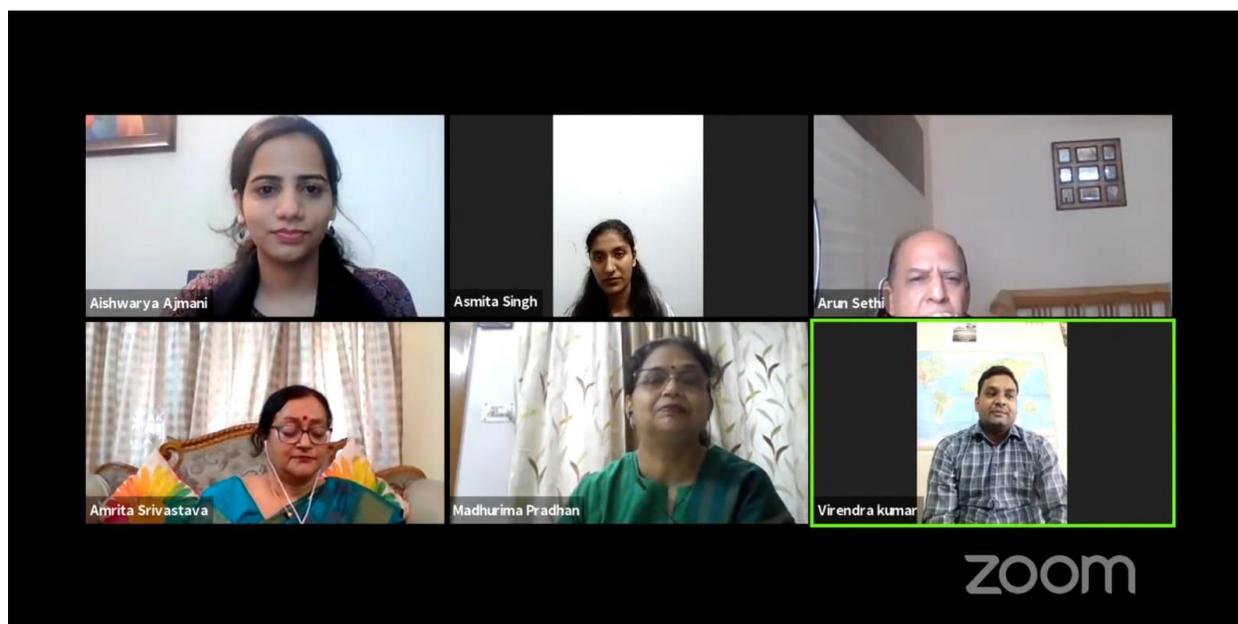
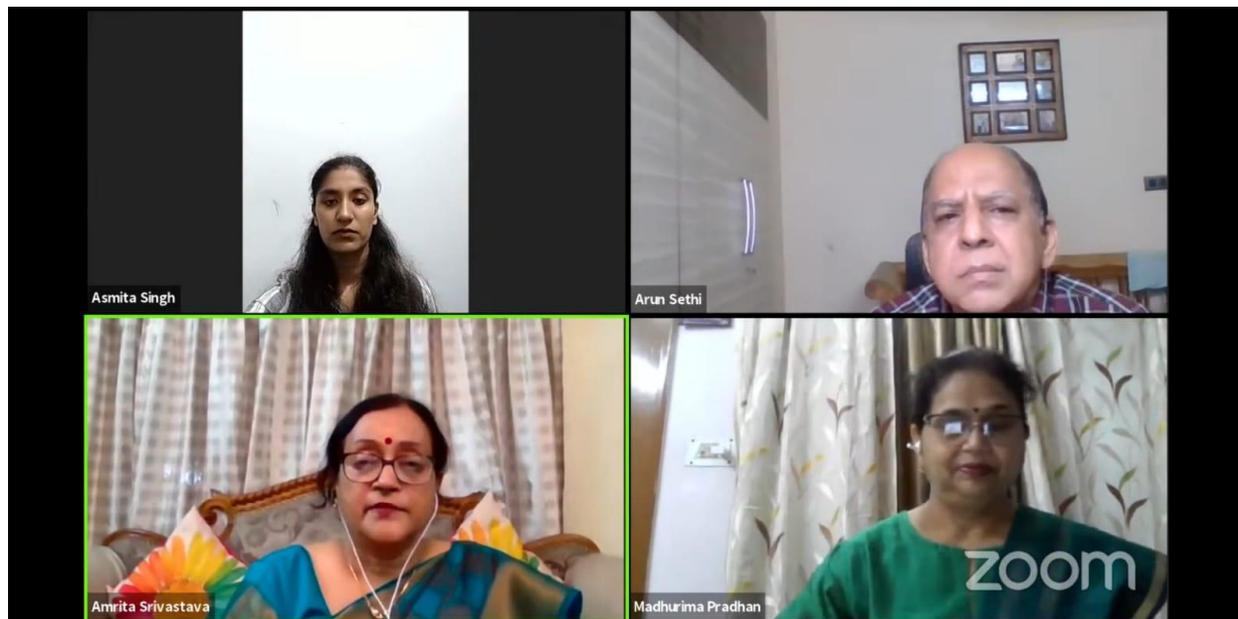
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Coordinator

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- Set realistic goals
- Reassess your priorities
- Be compassionate toward yourself

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