

**Name of the session: Mental Health of Staff and Students**

**Organiser: Women Development Cell**

**Speaker: Dr. Kranti Kadam (Associate Professor, G. S. Medical College)**

Date: 16<sup>th</sup> January 2025 (12.00 pm)

No of beneficiary: 114

Male: 45

Female: 69

The session mainly covered the definition of mental health, things and habits that can effect mental health, how to go for early detection of mental health, remedies and treatments to improve mental health.

From the feedback of the audience we get the following points

The feedback form contains responses to a mental health talk. Here's a summary based on the available data:

**Key Questions and Insights:**

**1. Relevance of Content:**

- Most participants found the content "Very relevant."

**2. Satisfaction with the Talk:**

- Predominantly, participants were "Very much satisfied."

**3. Overall Ratings (Scale: 0-5):**

- Most participants rated the talk a 4 or 5.

**4. Advice for Mental Health:**

- Suggestions included:
  - "Mental health is not a stigma."
  - Focus on "Being happy."
  - Emphasis on problem-solving and interaction.

**5. Speaker Rating (Scale: 0-5):**

- The majority rated the speaker 5.

**6. Future Application:**

- Participants expressed intentions to share learnings and apply them during stressful situations.

**7. Time Allocation:**

- Most agreed that sufficient time was provided.

**8. Future Topics:**

- Some suggested themes like "Family and marriage."

**9. Additional Suggestions:**

- Most respondents had no further suggestions.

Report concluded

Submitted by

Ms. Dipali A. Savant

Convener