

Expert Lecture on Mental Health and Emotional Intelligence of Students

An expert lecture on “Mental Health and Emotional Intelligence of Students and Substance Abuse among Students.” was organized by department of ECE for 2nd & 3rd year ECE students on 29th November, 2023 at 10:30am in seminar room #206. The talk was organized by Dr Shiafali M. Arora, Associate Prof., ECE department in association with Dr Rajneesh Varma, Director Lions Club Solitaire. Lecture was delivered by Mr Kapil Gupta, an accomplished entrepreneur, serves as the Founder and CEO of Solh Wellness which is a comprehensive tech-enabled and AI-driven mental wellness platform. He talked about Depression & Anxiety Disorders (AD), signs and symptoms, causes of Depression, AD, Risk factors, faces of Depression & AD, self-help tips early treatment and intervention. The lecture cleared many doubts about depression and how to cure it in early stages. Ms. Ritika, president Lions Club Solitaire and Mr. Dheeraj Chairperson, Lions Club Solitaire were also present.



