



## Workshop on 'Mental Health Awareness'

**Dated:** 27<sup>th</sup> January 2024

Viksit Bharat, MSIT in collaboration with Solh Wellness and Lions Club Delhi Solitare, organized a workshop on "Mental Health Awareness" on 27<sup>th</sup> January 2024 at 1:00 pm in seminar hall #06. The workshop was hosted by Dr. Shaily Malik, Assistant Professor, CSE, MSIT and Lion Dr. Rajnish Verma MJF Er, District Chief- Image of Lionism. The talk was delivered by Mr. Kapil Gupta, CEO & Founder of Solh Wellness. The faculty and staff of MSIT attended the session.

The esteemed speaker explained that Mental health awareness is vital as it reduces stigma, encourages early intervention, and improves access to support services. By promoting understanding and empathy, it fosters a culture where individuals feel comfortable seeking help and prioritizing their well-being. It plays a crucial role in preventing crises, supporting workplace wellness, and building resilient communities. Overall, mental health awareness is essential for creating a supportive environment that values and prioritizes mental well-being for all.

The session highlighted the benefits of Solh wellness app, which is a preventive mental health app designed to help you build your "psychological capital." It offers free tools and resources like self-reflection prompts, goal setting, and anonymous support groups. Plus, anyone can access professional help from therapists, yoga instructors, and other specialists through the app's unique marketplace.





Lions Club Delhi Solitaire

# MSIT MENTAL HEALTH AWARENESS WORKSHOP

Hosted in collaboration with Solh Wellness



We invite MSIT Faculty and Staff to join us for an enlightening Workshop focused on nurturing mental well-being!

## DATE

27<sup>th</sup> January  
Saturday

## TIME

1:00 PM  
Onwards

## VENUE

Maharaja Surajmal  
Institute of Technology,  
Janakpuri

## AGENDA

- Understanding Mental Health
- Stress Management Techniques and Activities
- Q&A Session

SCAN TO GET  
STARTED ON YOUR  
MENTAL WELLNESS  
JOURNEY.



### Pre-Workshop Preparation:

To make the most of this workshop, we encourage you to download the **Solh App**, a comprehensive mental wellness platform.

### Keynote Speaker:

**Mr. Kapil Gupta,**  
CEO & Founder of Solh Wellness

### Esteemed Hosts:

- ▶ **Lion Dr Rajnish Verma MJF Er**  
District Chief - Image of Lionism  
Director Projects - LCD Solitaire International
- ▶ **Dr Shaily Malik**  
Assistant Professor,  
CSE, MSIT