

13.10.2018

**Maharaja Surajmal Institute of Technology  
C-4, Janakpuri, New Delhi-110058**

**Department of ECE**

**EXPERT LECTURE REPORT**

**Topic : Mental Health & Psychology: Myths & Reality**

**Speaker : Dr. Nabhit Kapoor, Founder President, Peaceful mind Foundation and Global youth mental health forum**

**Faculty Co-ordinator: Prof. Archana Balyan**

**Date & Time: 10.10.2018 at 11:00 AM**

**Venue: Seminar Hall, Room no.206**

An expert lecture on “Mental Health & Psychology: Myths & Reality” was held on 10<sup>th</sup> October, 2018 on the occasion of “World Mental health day”. The guest lecture has been organized by department of ECE to bring awareness among the faculty and students about mental illness and its major effects on people’s life worldwide.

Dr. Puneet Azad, H.O.D, ECE welcomed Dr. Nabhit Kapoor, Founder President, Peaceful mind Foundation and Global youth mental health forum, resource person to deliver the lecture.



## Guest Profile

**Dr Nabhit Kapur**, named as most influential Psychologist Globally by FAAVM Canada, is a Psychology expert, social sector entrepreneur, pioneer, professional mentor of positive mental health and well being among all sections of society.

He has been granted recognition as Chairperson of Global Psychology and Language Research Association and Ambassador-at-Large, Spokesperson (Mental Health) for the United Refugee Green Council as well as Global Ambassador of Healthcare, Canada.

His efforts towards meeting the needs of families' psychological well-being, adolescent mental health and community living have been appreciated by the Ministry of Health & Family Welfare, India.

The session was continued by Dr. Nabhit Kapoor , who began with introduction to what is meant by psychology and the importance of role of psychologists in the life of people dealing with mental illness. Following which, Dr. Nabhit Kapoor shed light on various emotions such as stress, anxiety, depression and their associated symptoms. He shared his knowledge, experiences and thoughts on mental health.



**Guest Lecture by Dr. Nabhit Kapoor on 10.10.2018**

This was followed with presenting a memento to Dr. Nabhit Kapoor by Dr. Puneet Azad and a plant sapling by Prof. Archana Balyan as a token of gratitude for educating faculty and students on mental illness.



The session ended with with vote of thanks proposed by Prof. Archana Balyan wherein she thanked the management and Prof. K.P Chaudhary, Director , Maharaja Surajmal Institute of Technology for extending their support to organize expert lecture on mental illness . She appreciated faculty members, student coordinators and participants for successful conduction of the event.

