



Late Shri. Vishnu Waman Thakur Charitable Trust's

**VIVA Institute of Technology**

Approved by AICTE, New Delhi, DTE, Government of Maharashtra, Affiliated to University of Mumbai  
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## National Service Scheme (SH-17)

**Event Name:**

**INTERNATIONAL CONFERENCE ON MENTAL HEALTH**

**Date:**

**10 April 2021**

**Time:**

**11:30 am to 1:00 pm**

### **Programme Summary/Details:**

NSS Volunteers of Viva Institute of Technology attended International Conference on Mental Health which was conducted by a group of Institution of Human Health and Research Sector. It was scheduled on 16th and 17th April 2021 and was explained in two hour by the speaker Dr. Vineeta Pathak. The session lasted for about 1 hour each and detail knowledge about mental health was provided by giving practical example to us. In this pandemic times, it was very tough for a common person to sustain and thus it is important to give attention to our mental health. There were 27 volunteers who attended the conference via. Zoom meeting and also live streaming on YouTube. First day was more of an introductory session wherein the theme of the conference and importance of meditation and yoga practice in daily routine was explained to us. The session was very interactive session and speaker personally interacted with our volunteers and taught us the importance of mental health. In between the session there was also some activities which were conducted by the speaker. A person's mental health is as important as its physical health is and it was effectively explained in the session and not only this but we were also trained us on how to tackle a situation if we meet a person who is mentally disturbed. To sum up this was a wonderful session and there were many take aways from this session.

### **Photos:**

