



Panel Discussion on Youth Well-being Organised by Aatmann- The Psychology Club on November 16, 2018

1. About the Event:

Questions are often asked as to why young people may be disengaging from education. One potential answer is related to poor mental health, a significant barrier for young people meaningfully engaging in education. To help address this, AATMANN-The psychology club of PDPU committee comprised of education providers, mental health professionals and a variety of community and youth service representatives, organized a panel discussion which was on the 16th of November, 2018. The panellists for event were Dr. Ritu Sharma, Associate Professor, Psychology PDPU; Dr. Madhu Singh, Director of B.M. Institute of Mental Health and Dr. Suhas Doshi, Psychiatrist, Gujarat Institute of Psychological Research'

Dr. Ritu Sharma who is also faculty mentor of Aatmann Club felicitated panellists. The main topics/objective discussed and explained during forum were:

- To participate in an engaging, interactive and safe learning environment and to discuss and explore mental health and wellbeing issues.
- To increase students' understanding of common mental health issues and promote positive help seeking behaviours.
- To increase students' knowledge of where and how to access help regarding mental health and wellbeing issues.
- To explore and develop strategies to support students' own mental health.
- To empower and build capacity of students to support friends and family who may have, or may develop a mental health issue in the future.
- To access accurate information and resources about mental health and wellbeing issues.

In order to explain the concept in detail, the youth well-being forum was further drove with discussion on questions asked by panellists to the students. Example of few of the question would be 'What our life goals are?'; 'What does success mean to you?'; 'What causes a young person to commit suicide, or get depressed?' and the likes. Queries on career, happiness, satisfaction, love and technology were also answered. Some additional questions were, 'Do we believe that mobile phone has really reduced distance between human-kind or has reduced personal interaction?' A question, how youth well-being economically identify that what would you do if you have 5 lakh rupees? Best answer given was that you should spend money in different areas so that you do not have to be dependent on only one source. (For example: Divide that rupees 5 lakh on investing on a new project and saving for personal growth/household things). Students were given the opportunity to ask any questions relating to mental health from a panel of community representatives. The event was attended by more

than forty students. The day was filled with positive mental health messages, resources, information, self-care and socialising among students.

2. Motive of the Event:

The overall aim of the forum is to empower young people to address mental health concerns being faced by the individual, their peers, family, or broader community networks. Over time, these forums will contribute to a positive change in reducing the stigma associated with mental health issues and improve the overall wellbeing of young people in schools. This will be achieved by enabling young people to personally engage with the youth mental health services available in their local area, and access information and resources related to mental health.



By Psychology Club