



# MAHARAJA AGRASEN INSTITUTE OF MANAGEMENT STUDIES

(A unit of Maharaja Agrasen Technical Education Society)

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## Session on “Mental Health by Mind peers” February, 2022

On February 1<sup>st</sup>, the Department of Law organized an “Introductory Session to Mindpeers: A platform for Mental Health” which focused on the importance of taking care of our mental health. Ms. Arushi Singh, Counselling Psychologist, facilitated the session. 53 participants attended the program.

The session started with a question i.e. How did you spend the last Rs. 100? The students were encouraged to answer and be more participative.

Ms. Arushi explained how it’s equally important to reach out to a doctor to manage emotions, to work through our feelings and to handle stress. Throughout the session, a discussion surrounding the need to prioritize mental health took place which made the webinar a considerable success.

After the session, participants asked their queries, and Ms. Arushi answered them in the most exciting way possible. Finally, Ms. Smriti Sharma, faculty coordinator of the webinar, Assistant Professor, Department of Law, MAIMS, gave the concluding remarks and vote of thanks.

