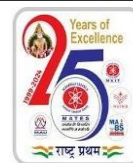




Maharaja Agrasen Institute of Management Studies

(A unit of Maharaja Agrasen Technical Education Society)
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REPORT

Faculty Sensitisation Lecture for Students' Mental Wellbeing

Academic Year: 2025-2026

Name of the Event: Faculty Sensitisation Lecture for Students' Mental Wellbeing

Organizing Unit: Health Ease Society

Name and Designation of Resource Person: Dr. Dinesh Tyagi (HOD, Department of Psychiatry, Dr. Baba Sahab Ambedkar Medical College and Hospital)

Date of the Event: 12 February, 2026

Time of the Event: 2:30P.M.

Venue: Seminar Room, 9th Block, MAIMS

Faculty Participated: 66 Participants

The Health Ease Society of Maharaja Agrasen Institute of Management Studies organized an interactive session titled “Faculty Sensitisation Lecture for Students' Mental Wellbeing” with the objective of promoting awareness and strengthening the understanding about the mental health of students in academic settings. The session commenced at 2:30 PM and witnessed active participation from faculty members across departments.

The programme began with a warm welcome address by Mr. Keshav Poddar, General Secretary of the Health Ease Society, who highlighted the significance of mental health sensitization in educational institutions and emphasized the role of faculty in fostering a supportive and inclusive learning environment.

The keynote speaker, Dr. Dinesh Tyagi, an experienced professional associated with Dr. Baba Rao Sahab Ambedkar Medical College and Hospital, was formally welcomed and felicitated with a memento by Mr. Gaurav Aggarwal, Head of the Department of Economics. Dr. Tyagi delivered an insightful lecture on the concept of mental health, defining it as an individual's emotional, psychological, and social well-being, essential for leading a balanced and productive life.

He emphasized the constitutional perspective, highlighting that mental health is closely linked to the Right to Life under Article 21, which includes the right to live with dignity and access mental healthcare. Addressing the Indian context, he pointed out the existing treatment gap due to stigma and shortage of professionals and stressed the need for enhanced policy implementation and continuous sensitization initiatives.

During the session, Dr. Tyagi elaborated on stress management, explaining that optimal stress is necessary for growth, performance, and adaptation. He described stress as a natural response to change and discussed its various manifestations—physical, mental, psychosomatic, and behavioral. Special attention was given to contemporary stressors such as rapid social change, evolving generational expectations, technological advancements, and global influences affecting mental well-being in academic environments.

The seminar also focused on suicide prevention and early identification of warning signs, including verbal expressions of hopelessness, behavioral changes, and withdrawal patterns. The speaker highlighted key risk and protective factors, underscoring the importance of supportive relationships within institutions. He encouraged faculty members to practice empathetic listening, non-judgmental communication, and trust-building, adopting a “share and care” approach.

Further emphasis was laid on strengthening institutional support systems such as grievance redressal mechanisms, availability of student counsellors, timely referrals, gatekeeper approaches including QPR (Question, Persuade, Refer) training, and awareness of mental health helplines to ensure immediate assistance when required. In his concluding remarks, Dr. Tyagi stressed the importance of fostering a drug-free campus and promoting a culture of openness, preventive awareness, and holistic well-being for both students and faculty members.

The session concluded with a vote of thanks by Dr. Deepa Kaushik, Convenor of the Health Ease Society, who encouraged faculty members to engage with students beyond academics and expressed gratitude to the speaker and participants for their valuable presence. The programme was highly informative and aligned with the institution’s commitment to promoting mental health awareness, inclusive practices, and holistic development, reflecting its dedication to quality enhancement and well-being initiatives.

