

**Mental Health Awareness Organised by The UBA Cell ,
The ICFAI University, Jaipur**

Date of Event: 14th August, 2025	Location: Govt. Sr. Sec. School, Sumel, Jaipur
Time: 10:30 A.M. to 12:30 Noon	Type of Event :Session on Mental Health Awareness

Objective:

- To create awareness about the importance of mental health among school children and rural youth.
- To break the stigma surrounding mental health discussions in rural communities.
- To provide basic coping strategies for stress, anxiety, and peer pressure.
- To align with the UBA vision of holistic rural engagement beyond academic interventions.

Detailed Report: - As part of the Unnat Bharat Abhiyan (UBA) outreach activities, the UBA Cell of The ICFAI University, Jaipur organized a Mental Health Awareness Session on 14th August 2025 at Sumel Village, Jaipur. The session, conducted by Mr. Bhupesh Dixit, aimed to sensitize rural students and youth about mental well-being, emotional resilience, and the importance of seeking help when needed.

The Mental Health Awareness Session served as an interactive and enlightening experience for the students. Mr. Bhupesh Dixit, an expert in psychological well-being and youth mentoring, led the session with an empathetic and engaging approach. He addressed common mental health challenges faced by adolescents, such as stress, anxiety, peer pressure, academic pressure, and emotional instability.

Through real life examples, relatable stories, and practical strategies, Mr. Dixit emphasized the importance of emotional resilience, self-awareness, and building healthy coping mechanisms. He also highlighted the stigma associated with mental health issues in rural settings and encouraged the students to speak openly about their feelings and to seek help when needed, whether from teachers, parents, friends, or mental health professionals.

The session included interactive activities, such as guided breathing exercises, role playing scenarios, and group discussions, which allowed students to express themselves freely and connect with the concepts being discussed. A special segment was dedicated to identifying early signs of emotional distress, promoting positive thinking, and reinforcing self-care habits.

Under the diligent guidance of Hon'ble President Prof. Dr. H P Singh, VSM Sir of The ICFAI University, the event was conducted smoothly and meaningfully. Dr. Harish Kumar Verma, Dean, ICFAI Law School, appreciated the initiative and encouraged its continuation.

The session was coordinated by Dr. Pratima Soni, Associate Dean of ICFAI Law School and UBA PI Coordinator, along with Mr. Ashish Acharya and the students of the UBA Cell, who facilitated interactive discussions, engaging activities, and awareness talks in a cheerful and motivating manner.

The event also received active support from Mrs. Divya Mathur, Principal of the school, who welcomed the initiative and emphasized the need for more such sessions in rural areas.

Participants: Around 100 Students form Class 9th to 12th Class.

Time: 10:30 AM to 12:30 PM

Activities Conducted:

- Ice-breaking activity to make participants comfortable
- Awareness talk on stress, peer pressure, and self-care
- Interactive group discussion on challenges faced by youth in balancing studies and emotions
- Relaxation techniques: simple breathing and mindfulness exercises
- Motivational session on the importance of sharing problems and seeking support

Outcomes of the Activity

- Increased awareness about mental health and emotional well-being.
- Helped reduce stigma associated with mental health discussions in rural communities.
- Strengthened the trust and bond between the village community and ICFAI University Jaipur.
- Enhanced confidence among students to openly talk about stress and challenges.
- Provided practical tools for relaxation and self-care.

Conclusion

The session concluded successfully, leaving behind an atmosphere of hope, awareness, and positivity. The UBA Cell of The ICFAI University, Jaipur reaffirmed its commitment to holistic community engagement by addressing not only academic but also emotional and psychological well-being of rural youth. The children and community members expressed their desire for more such sessions on mental health and life skills

Glimpses:





Report Prepared By:-

The UBA Cell, The ICFAI University, Jaipur