



इग्नू  
जन-जन का  
विश्वविद्यालय

प्रगतिपथ  
(विश्वविद्यालय समाचार)

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25th October 2024

RC- Varanasi



	<h3>Webinar on Mental Health and Well Being by Regional Centre Varanasi</h3>	
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RC Varanasi organized a webinar on 25<sup>th</sup> October 2024 on Mental Health and Well Being through Google meet. Prof. Sandeep Kumar, Department of Psychology, Faculty of Social Science, BHU Varanasi delivered the talk on “Mental Health and well-being”. The programme was organized. More than 60 participants including students, Academics, RC officials and staff and LSC Coordinators attended this webinar. Dr. Sanjay Kumar welcomed all the students, Coordinators and highlighted that the theme for the Mental health day this year is “It is time to prioritize mental health in the workplace and daily life”.

Prof. Sandeep Kumar, Professor of Psychology, BHU Varanasi chief speaker of the occasion discussed on the importance of prioritizing mental health and well-being among employees in today's globalized world and how it can contribute to the creation of a sustainable and thriving workplace and highlighted that Mental health matters for all and it applies in our personal life as well as professional life..

Dr. U N Tripathi, Regional Director says that mental health and well-being is as crucial as our physical health, however, we hardly pay any attention to it. Awareness needs to be increased with regard to understanding, maintaining and promoting our mental health.



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