

## **Title of Activity:** Lecture: Early Identification of Mental Health Issues in Students

**SDG Description:** - Good Health and Well-Being

**Venue:** Seminar Hall

**Mode: Physical/ Online:** Physical

**Date:** 8<sup>th</sup> Dec 2023

**Duration:** 1 hour



### **Brief Explanation of the Activity:**

NUTECH remains committed to prioritizing mental health of its students. On 8 December, 2023 a lecture for faculty was organized by OSA on the topic “Early Identification of Mental Health Issues in Students”. By empowering faculty members with the knowledge and tools to identify early warning signs, the university aims to strengthen its commitment to the holistic well-being of every student, fostering an environment where individuals can thrive academically and personally. During the session, faculty members were provided with insights into recognizing signs of mental health issues, understanding their potential impact on academic performance, and fostering an open and supportive dialogue with students. Emphasizing the need for a collaborative approach, the lecture highlighted the crucial role teachers play in creating a safe space where students feel comfortable seeking help.

### **Pictorial Evidence**

