



GUJARAT TECHNOLOGICAL UNIVERSITY

NATIONAL SERVICE SCHEME

Government Engineering College, Patan

A Report On **Mental Health Awareness Seminar**
by NSS GEC PATAN in collaboration with Psychology cell of
GEC, Patan on 16th December, 2025.

NSS Unit/College Name : Government Engineering College, Patan

Event Name : Mental Health Awareness Seminar

Event Date : 16th December, 2025

Event Place : Electrical Seminar Hall, GEC, Patan

Media Poster Released by NSS GEC



Mental Health Awareness SEMINAR

WHOM CAN I
TALK TO?

In Collaboration with
GEC P PSYCHOLOGY CELL

AM I
FEELING
OKAY?

Date : 16th December, 2025
Time : 02:00 p.m. to 03:00 p.m.
Venue : Electrical Seminar Hall

AM I EATING
REGULARLY?

WHAT AM I
FEELING?



SPEAKER :
Mr. VIDIT SHARMA
*Youth Ambassador,
Government of Gujarat*



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Brief Description of the Event

The Mental Health Awareness Seminar was successfully organized by **NSS GEC Patan** in collaboration with the **Psychology Cell of Government Engineering College, Patan**, with the objective of promoting mental well-being and emotional awareness among students. The program was conducted as part of the Mind Strong Gujarat initiative, focusing on the importance of understanding one's mental health and encouraging open conversations around emotional challenges faced by youth. **Dr. Harshad Patel sir** welcomed the guest with Bouquet and welcome address.

The seminar featured **Mr. Vidit Sharma, Youth Ambassador** of the **Government of Gujarat** and **Founder of Mind Strong Gujarat**, as the keynote speaker. He delivered an insightful and motivating session covering topics such as stress management, self-awareness, emotional resilience, and the significance of seeking help when needed. His interactive and relatable approach helped students connect deeply with the subject and reflect on their own mental well-being.

During the session, students actively participated by sharing their thoughts and concerns, making the program more engaging and impactful. The speaker addressed common misconceptions related to mental health and emphasized the importance of maintaining a balanced lifestyle, emotional stability, and positive thinking. The open interaction helped create a supportive atmosphere where students felt encouraged to express themselves freely.

Prof. Roshni A. Chaudhari Ma'am felicitated the Guest with a Memento as mark of appreciation and gratitude. The event was **organized under the guidance of our respected Principal, Dr. B. J. Shah**, whose continuous support and encouragement made the program successful. The seminar concluded with a strong social message promoting positive life choices and mental strength, emphasizing the theme **“No to Drugs, No to Suicide”**. The session left a lasting impact on students, inspiring them to prioritize mental health and support one another.

Major Outcomes of Event

- Students gained better awareness and understanding of mental health and emotional well-being.
- The seminar encouraged students to openly communicate their feelings and seek help without hesitation.
- Participants learned practical techniques for managing stress and maintaining emotional balance.
- The event reinforced positive life values with a strong message of “No to Drugs, No to Suicide”.

Photo Gallery







પાટણ 18-12-2025

પાટણ કોલેજમાં અવેરનેસ કાર્યક્રમ



પાટણ| પાટણ સરકારી ઈજનેરી કોલેજમાં NSS અને સાયકોલોજી સેલના સંયુક્ત ઉપક્રમે સ્પર્ધાત્મક યુગમાં વિદ્યાર્થીઓ તણાવમુક્ત રહે તે હેતુથી માનસિક સ્વાસ્થ્ય જાગૃતિ કાર્યક્રમ યોજાયો હતો. ગુજરાત સરકારના યુથ એમ્બેસેડર વિદિત શર્માએ વિદ્યાર્થીઓને માર્ગદર્શન આપતા જણાવ્યું કે, સકારાત્મક વિચારસરણી અને આત્મવિશ્વાસથી જ દરેક મુશ્કેલી જીતી શકાય છે. કાર્યક્રમમાં ઉપસ્થિત 80થી વધુ વિદ્યાર્થીઓએ ભારતને ‘માનસિક રીતે સ્વસ્થ રાષ્ટ્ર’ બનાવવા અને જીવનના સંઘર્ષોમાં ક્યારેય હાર ન માનવાના શપથ લીધા હતા. સંસ્થાના આચાર્યના માર્ગદર્શન હેઠળ ઈલેક્ટ્રિકલ સેમિનાર હોલમાં યોજાયેલા કાર્યક્રમમાં વિદ્યાર્થીઓ અને શિક્ષકોએ ભાગ લીધો હતો. અંતમાં NSS સ્વયંસેવકો દ્વારા આભારવિધિ કરાઈ હતી અને ભવિષ્યમાં પણ આવા કાર્યક્રમો યોજવાની ખાતરી અપાઈ હતી.

Reported by:
Sneha Tiwari
(NSS Volunteer)

“स्वयं से पहले आप”

“NOT ME, BUT YOU”