



# **GUJARAT TECHNOLOGICAL UNIVERSITY**

## **NATIONAL SERVICE SCHEME**

### **Government Engineering College, Patan**

A Report on **Mental Health Matters: Counselling Program**  
Organized by Psychology Cell in Collaboration with NSS  
Unit, GEC Patan on 18 February 2026.

**College Name:** Government Engineering College, Patan.

**Event Name:** Mental Health Matters: Counselling Program

**Event Date:** 18/02/2026

**Event Place:** Electrical Seminar Hall, GEC Patan

*Media Poster Released by NSS GECP*



Psychology Cell in collaboration with NSS Unit of  
GEC Patan is organizing a seminar on

# **Mental Health Matters**

*Counselling Program for Staff and Students*

SPEAKER :

**Dr. Brijesh Panchal**

*Psychiatrist*



**Date : 18<sup>th</sup> February 2026**

**Time : 3 PM - 4 PM**

**Venue : Electrical Seminar Hall**

***"Your mind is the engine of your ambition;  
don't forget to service it."***

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    **NSS GEC PATAN**

## ***Brief Description of Event***

The Psychology Cell, in collaboration with the NSS Unit of Government Engineering College, Patan, organised a seminar titled **“Mental Health Matters: Counselling Program for Staff and Students”** on Tuesday, 18 February 2026, at the Electrical Seminar Hall, Government Engineering College, Patan. The program aimed to create awareness about the importance of mental health and to provide guidance on managing stress, emotions, and personal challenges.

The session was delivered by **Dr. Brijesh Panchal** psychiatrist with five years of experience and deaddiction specialist. During the session, he presented an informative PowerPoint presentation to create awareness among students about mental health. He mainly focused on the mental health of college students and explained how distractions, stress, and excessive use of social media can negatively affect their studies and personal lives. He also guided students on how to stay focused, manage stress effectively, maintain a balanced lifestyle, and avoid distractions in order to achieve their academic and personal goals.

**Principal Dr. B. J. Shah** also addressed the gathering and encouraged students to prioritise their mental health along with their studies. He emphasised that a healthy mind plays an important role in achieving academic success and personal growth. During the program, **Prof. H. D. Patel, Head of the Psychology Cell**, motivated the students and encouraged them to maintain mental strength and a positive mindset.

The seminar was attended by faculty members, staff, and students who actively participated and interacted with the speaker. The program concluded with a message encouraging everyone to take care of their mental health and support each other in creating a positive and healthy environment within the college.

### **Major Outcomes of the Event**

- The program successfully created **awareness among students and staff about the importance of mental health and emotional well-being.**
- The session encouraged students to seek counselling and professional help when needed, **helping to create a more open and supportive attitude towards mental health.**
- The program strengthened the collaboration between the **Psychology Cell and NSS Unit**, promoting a supportive and healthy campus environment.

## Photo Gallery







**REPORTED BY :**  
Krishna Panchal  
(NSS Volunteer)

NATIONAL SERVICE SCHEME

स्वयं से पहले आप  
**“NOT ME BUT YOU”**