

Swami Rama Himalayan University

School of Biosciences

Report on Interactive Session on Mental Health

by

Dr. Priya Ranjan Avinash, Prof. & Head,

Dept. of Psychiatry, Himalayan Hospital, Swami Rama Himalayan University

An interactive session on “Mental Health Awareness and Emotional Well-being” was organized for the B.Sc. Microbiology/Biotechnology/Food Science & Technology; M.Sc. Biochemistry/Biotechnology/Environmental Sciences/Microbiology students on **October 11, 2025** at School of Biosciences. The session was conducted by Dr. Priya Ranjan Avinash, Prof. & Head, Dept. of Psychiatry, a renowned Psychiatrist from Himalayan Hospital, who has extensive experience in mental health counseling and psychotherapy.

The event commenced with a brief welcome address by Dr. Vivek Kumar, highlighted the growing importance of mental health in academic and personal life. Dr. Priya Ranjan Avinash began the session by explaining the concept of mental health, emphasizing that it is an integral part of overall well-being. The discussion covered common mental health issues such as anxiety, depression, stress, burnout, and the psychological challenges faced by students in competitive academic environments.

The psychiatrist engaged the audience with real-life examples, interactive discussions, and self-assessment activities to help students identify early signs of mental distress. Students were encouraged to share their experiences and ask questions openly, which made the session lively and participatory. Dr. Avinash also spoke about coping strategies, the importance of seeking professional help, maintaining work-life balance, and fostering supportive peer relationships.

The session concluded with practical tips on mindfulness, stress management techniques, and ways to maintain positive mental health habits. Students expressed their appreciation for the session, noting that it helped reduce stigma surrounding mental health discussions and motivated them to prioritize emotional well-being.

In summary, the interactive session proved to be highly insightful and beneficial. It not only enhanced awareness about mental health but also empowered students to adopt a proactive approach towards psychological resilience.



Doiwala, Uttarakhand, India
Bhaniwala Jauli Grant Road, Swami Ram Nagar, Doiwala, Uttarakhand 248016, India
Lat 30.196939, Long 78.168156
Saturday, 11/10/2025 11:13 AM GMT+05:30
Note : Captured by GPS Map Camera



Doiwala, Uttarakhand, India
Bhaniwala Jauli Grant Road, Swami Ram Nagar, Doiwala, Uttarakhand 248016, India
Lat 30.197080, Long 78.168170
Saturday, 11/10/2025 11:12 AM GMT+05:30
Note : Captured by GPS Map Camera



Swami Rama Himalayan University
School of Biosciences

MENTAL HEALTH *Awareness*

Understanding and Supporting Well-being

Guest Lecture: **Dr. Priya Ranjan Avinash**
Prof. & Head, Dept. Of Psychiatry
11th October 2025





SWAMI RAMA HIMALAYAN UNIVERSITY
SCHOOL OF BIOSCIENCES

DATE: 11/10/2025

Lecture on Mental Health by: Brij Ranjan Avinash

S. No.	Students Name	Course	Signature
1.	Sumit Dimari	BSc Microbiology	Sumit
2.	Niketa	BSc Biotech	Niketa
3.	Gauri Raturi	B.Sc Biotech.	Gauri Raturi
4.	Isha Panwar	Bsc Micro III sem	Isha
5.	Thamni	Bsc Micro III sem	Thamni
6.	Sanjana	Bsc Micro III sem	Sanjana
7.	Alpha	Bsc Micro I st year	Alpha
8.	Ranika	Bsc. Micro I st year	Ranika
9.	Niketa	Bsc. Micro I st year	Niketa
10.	Kalpna	Bsc. Micro I st year	Kalpna
11.	Shivani	B.Sc. Micro I st year	Shivani
12.	Akshita	B.S.C Micro 1 st year	Akshita
13.	Diksha	Bsc. Biotech 3 rd sem	Diksha
14.	Avinash Jainak	Bsc Biotech 1 st sem	Avinash
15.	Neelam Negi	BSc Biotech 1 st sem	Neelam
16.	Shreya Toliya	Bsc Biotech 1 st Sem	Shreya
17.	Vandika Chauhan	Msc Micro 1 st sem	Vandika
18.	Niharika Chauhan	Msc Biotech 1 st sem.	Niharika
19.	Prieksha Ray	B.Sc. Micro I st year	Prieksha
20.	Oceen Chauhan	BSC Micro I st year	Oceen
21.	Sahil Singh	Bsc Micro I st year	Sahil
22.	Suryansh Manwal	BSC. Biotech II year	Suryansh
23.	Maani Bhatt	Bsc. Biotech II year	Maani
24.	Aastha Aswal	Bsc. Biotech III year	Aastha
25.	Anshika	Msc Micro I st year	Anshika
26.	Priya	Msc Biotech I st year	Priya
27.	Auspita	Msc Biotech I st year	Auspita
28.	Shivani	B.S.C. Biotech III rd Sem	Shivani

(Signature)
11/10/25

