



Dated: 26/10/2025

A Report On

Embrace Your Mental Health

Organized by- Rotaract Club,
Centre of Excellence, Govt College Sanjauli

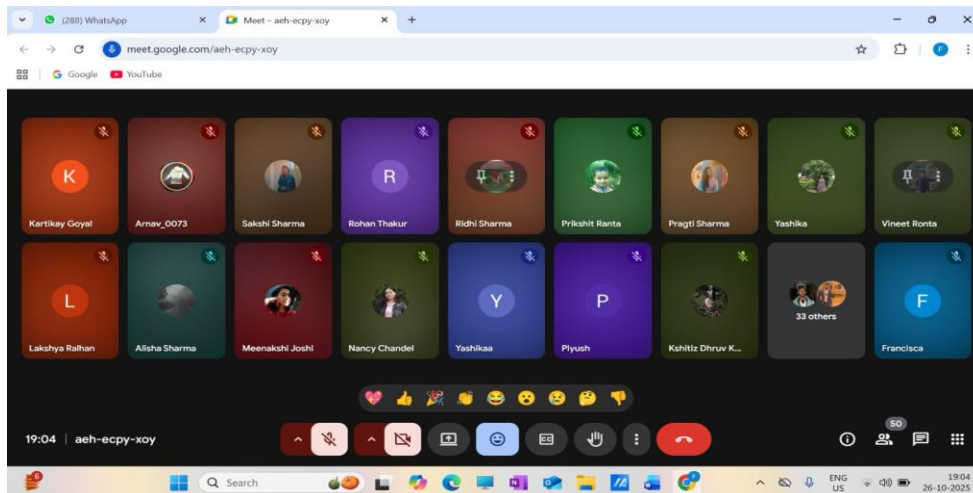
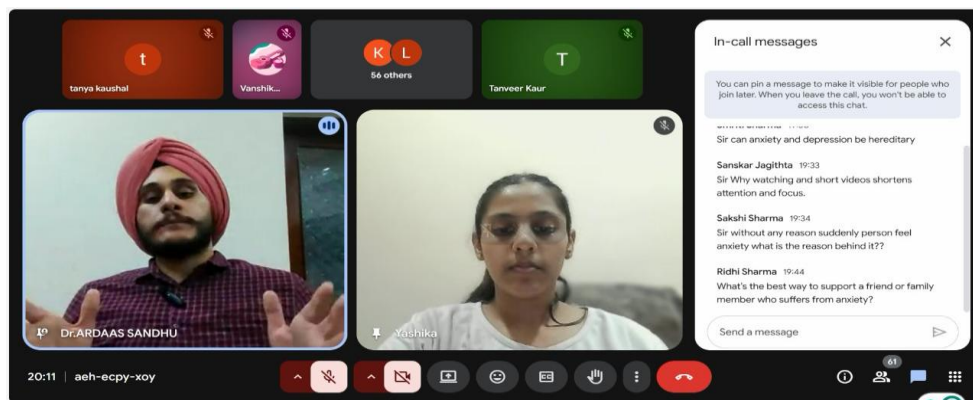
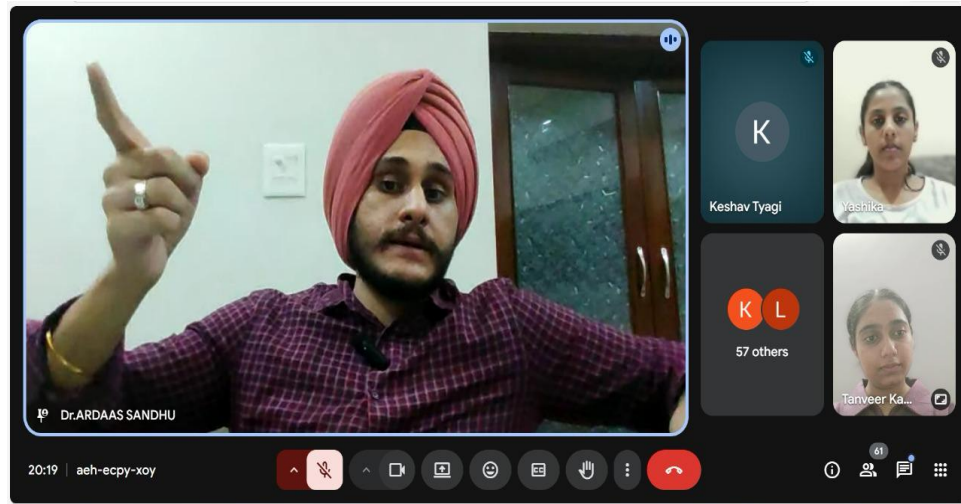
In collaboration with the Rotaract Club of Legis Social

The Rotaract Club of Centre of Excellence, Government College Sanjauli, in collaboration with the Rotaract Club of Legis Social, organized an online session (through google meet platform) on Mental Wellness titled "Beyond 'I'm Fine': Unmasking Emotions, Embracing Authenticity". The initiative was designed to create a compassionate and understanding space to discuss emotional well-being and the importance of moving past superficial responses like "I'm fine." The session aimed to nurture conversations that heal, connect, and empower students regarding their mental health.

The event was held successfully on October 26, 2025, at 7:00 PM via Google Meet. The main resource person and speaker was **Dr. Ardas**, who expertly guided the interaction, focusing on key motions related to neurology, psychiatry, and de-addiction. 50+ members and students participated with great enthusiasm, gaining valuable insights into authentic emotional expression and specialized mental health topics. To recognize their commitment to prioritizing mental health, Certificates were provided to all participating members. Club Convenor, Prof. **Reeta Chandel**, commended the initiative for fostering open dialogue on a crucial subject. Rotaractor **Vineet Ronta** (President), highlighted the need for such sessions, stating that embracing authenticity is vital for



mental resilience. The collaboration received a positive response, effectively spreading the message that emotional well-being is paramount. The initiative truly proved that nurturing conversations can empower many lives.





Reported by: Rtr. Kshitiz Dhruv Kadda
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