



JAYPEE UNIVERSITY OF INFORMATION TECHNOLOGY
WAKNAGHAT, P.O. – WAKNAGHAT,
TEHSIL – KANDAGHAT, DISTRICT – SOLAN (H.P.)
PIN – 173234 (INDIA) Phone Number- +91-1792-257999
(Established by H.P. State Legislature vide Act No. 14 of 2002)



Sept 20, 2025

REPORT ON MENTAL HEALTH SESSION FOR FACULTY

The Mental Health Awareness and Well-being session for Faculty Members of JUIT was successfully conducted on September 20, 2025 in CR3.

The session was conducted by Dr Tanu Sharma, Associate Professor, Department of Humanities and Social Sciences, JUIT. Dr Sharma led an engaging and interactive discussion focusing on self-awareness, stress management techniques, and the importance of maintaining a balanced lifestyle.

A psychometric test was also conducted using a structured questionnaire. This assessment enabled faculty members to gain a deeper understanding of their own personality traits, stress levels, and emotional well-being. The test served as a valuable tool to identify areas requiring attention and to encourage proactive mental health management.

Participants reported increased awareness of mental health issues and expressed appreciation for the practical guidance and self-assessment opportunity provided. The psychometric test, in particular, was well received as it allowed faculty members to better understand their own mental health profiles and plan necessary steps for self-care.

Participants of the session were Vice-Chancellor, Heads of various departments, faculty members of different departments, Ms Aman (Psychologist Counsellor, JUIT). The session witnessed enthusiastic participation from faculty members across various departments, fostering a supportive and collaborative environment.

The event successfully met its objective of promoting mental health awareness among faculty members. Team Mental Health Aspects extends gratitude to all attendees and to Dr Tanu Sharma for her valuable contribution.



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