

VASAVI COLLEGE OF ENGINEERING(A)

9-5-81, Ibrahimbagh, Hyderabad, Telangana 500031, India



Report on Guest Lecture Mind Over Matter : Prioritizing Mental Health

A Guest Lecture on the topic of “Mind Over Matter : Prioritizing Mental Health” is conducted for the III,V, Semester Mechanical students under the aegis of internal Complaint Committee 12th November, 2025 (Wednesday) from 2.20pm to 4.20pm at PIM seminar Hall. Ms. Kanak Kabra, Executive director from M/s Avishkar Industries Private Limited has kindly delivered lecture to students.

The session aimed to create awareness about the importance of mental well-being, stress management, and developing healthy coping mechanisms among students.

The primary objectives of the session were:

- To help students understand the concept of mental health and its significance in daily life.
- To highlight common psychological challenges faced by youth, such as stress, anxiety, academic pressure, and emotional imbalance.
- To offer practical strategies for building resilience, improving self-awareness, and enhancing overall mental wellness.
- The speaker emphasized that mental health is as important as physical health, and must be acknowledged without stigma.
- Students were encouraged to express emotions openly, seek help when required, and avoid suppressing stress.
- Real-life examples and case studies were shared to help participants understand the impact of unaddressed mental health issues.

- The session included interactive activities that enabled students to reflect on their thought patterns and emotional habits.
- Techniques such as mindfulness, deep breathing, journaling, and goal setting were introduced as effective methods of stress management.
- The importance of a supportive environment—family, friends, teachers, and professional counsellors—was strongly emphasized.





