

10-10-2023 World Mental Health Day

Speech by Dr. Visesh – ‘Mindset Matters: Unlocking your Potential’



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# **G. Narayanamma Institute of Technology & Science (for women)**

AUTONOMOUS



## **COUNSELLING COMMITTEE**

A Report on the Guest Lecture titled

Mindset Matters: Unlocking Your Potential

Dt. 10<sup>th</sup> October 2023 (World Mental Health Day)

On World Mental Health Day this year, a guest lecture by the renowned Psychologist Dr. Visesh was organized in the Administrative Block Seminar Hall. Students of the first year ECE, EEE B and ETE attended the session.

Dr. Visesh highlighted the importance of right attitude towards all the aspects of life. He emphasized on the need to identify one's potential for personal development.

Further, Dr. Visesh spoke on suicide not being a solution to any problem, however big it may seem. He gave awareness on suicide prevention support system available through different platforms.

The students participated actively during the interactive session.

V. JAHNAVI  
Coordinator – Counselling Committee