

Gujarat Technological University
School of Pharmacy

organizing

“Mental Health Awareness Session”

in association with

Jeevan Aastha Helpline and Samvad - The Happiness Centre

on

27th March 2025

Time: 11:00 AM - 12:00 PM

Venue: GSP Conference Hall, Gandhinagar.

Guest

Aasha Patel

*Liaison Officer
Jeevan Aastha*

Speakers

Sanjivni Adhvaryu

*Senior Councilor
Jeevan Aastha*

Chief Patron

Dr. Rajul K. Gajjar

*Honorable Vice Chancellor
Gujarat Technological University*

Invitee

Dr. K. N. Kher

*Registrar
Gujarat Technological University*

Prof. (Dr.) Sanjay Chauhan

*Director
GTU - SP*

Coordinator

Mrs. Jitakshi Bhatt

*Coordinator & Psychologist
GTU - Samvad*

Dr. Jigna Vadalia

*Assistant Professor
GTU - SP*

**Mental Health Awareness Session in
collaboration with Jeevan Aastha Helpline**

27th March 2025



**SCHOOL OF PHARMACY
GUJARAT TECHNOLOGICAL UNIVERSITY**

Coordinator: Dr. Jigna M. Vadalia

Event Report

Mental Health Awareness Session

Organized by: SAMVAD – The Happiness Centre, GTU & School of Pharmacy, GTU

In Collaboration with: Jeevan Aastha Helpline

Date: 27th March 2025

Venue: GSP Conference Hall, Gandhinagar

Participants: B Pharm, M Pharm, PhD students and staff members

The SAMVAD – The Happiness Centre and the School of Pharmacy, Gujarat Technological University (GTU), in collaboration with the Jeevan Aastha Helpline, successfully conducted a Mental Health Awareness Session on 27th March 2025. The event took place at the GSP Conference Hall, Gandhinagar, and witnessed enthusiastic participation from students, faculty, and staff.

Objective:

The session aimed to promote mental well-being, spread awareness about the importance of mental health, and discuss suicide prevention strategies. It also sought to encourage the development of a supportive and empathetic community within and beyond the university campus.

- The session was enriched by enlightening talks and real-life case discussions led by Ms. Sanjivni Adhvaryu, Ms. Aasthaben Patel, and the Jeevan Aastha counselling team members.
- Speakers emphasized the significance of acknowledging mental health issues, breaking the stigma surrounding them, and reaching out for timely support.
- Through interactive discussions, attendees learned practical approaches to managing stress, recognizing signs of mental distress in peers, and supporting those in need.
- The team also provided information about the services offered by the Jeevan Aastha Helpline and how individuals can access them in times of emotional crisis.

Participants benefited with deeper insights into mental health and a renewed commitment to nurturing emotional resilience and empathy. The event served as a powerful reminder that mental health is as important as physical health, and support is always available.

The Mental Health Awareness Session was a step forward in creating a healthier, more informed, and compassionate community at GTU. SAMVAD – The Happiness Centre, in collaboration with organizations like Jeevan Aastha, continues to play a vital role in promoting mental wellness and emotional support among youth.







Gandhinagar, Gujarat, India

Rakshashakti Marg, Sector 26, Gandhinagar,
Gujarat 382028, India

Lat 23.253994, Long 72.634107

03/27/2025 12:16 GMT+05:30

Note : Captured by GPS Map Camera