

SVKM's Narsee Monjee Institute of Management Studies

(Deemed-to-be University)

MUKESH PATEL TECHNOLOGY PARK - SHIRPUR CAMPUS

Mental Health Awareness Session

Date:- 9th October 2025

Organized by: Well-being club

Guest speaker: Ms. Misba Shah

On 9th October 2025, an awareness session on Mental Health was conducted with the goal of promoting understanding and highlighting the importance of mental well-being among students, faculty and staff. The event aimed to challenge the stigma associated with mental health issues and to foster open conversations around emotional and psychological wellness. To accommodate a wider audience, the program was held in two separate sessions—the first session from 11:30 AM to 1:00 PM, and the second session from 3:30 PM to 5:00 PM., Students from MPTP and SPTM actively participated, along with faculty members and Associate Deans from both schools, reflecting the community's collective interest in the topic.

The event began with a warm welcome address, followed by an introduction of the guest speaker, Ms. Misba Shah, Psychotherapist and NLP practitioner. In her talk, Ms. Shah covered essential topics such as stress management, depression, emotional regulation, self-care practices, and the importance of seeking help when needed. She shared relatable real-life examples and offered practical strategies to manage mental health effectively, particularly within the academic setting. Her talk resonated strongly with the audience, setting a thoughtful and supportive tone for the sessions.

An interactive Panel discussion along with Q&A session was followed, where students posed insightful questions about common mental health concerns like anxiety, depression, and how to support peers who may be struggling. Ms. Shah answered each question with empathy and clarity, making the session both informative and engaging. The active participation of students demonstrated their eagerness to learn more about emotional wellness and mental health, creating a safe space for dialogue and reflection.

The event concluded with a heartfelt vote of thanks, expressing deep appreciation for Ms. Shah's time and valuable insights. The sessions were widely regarded as enlightening and impactful, successfully encouraging students to prioritize their mental health and build stronger support systems among peers. Feedback from participants was overwhelmingly positive, with many expressing interests in attending more such initiatives in the future.





The success of this awareness session was made possible through the dedicated efforts and support of the campus leadership. Heartfelt gratitude to Dr. Sunita Patil, Campus Director, for her constant encouragement and for enabling the organization of this important initiative. Special thanks to the Associate Deans of Engineering and Pharmacy for their continued support and for motivating students to actively participation the event. Extended thanks to Mr. Bhupesh Jaware, Deputy Registrar, and Mr. Shivaji Gaikwad, Administrator, for ensuring the smooth coordination and seamless execution of the event.

This initiative reflects the unwavering commitment of MPTP, NMIMS, Shirpur Campus to nurturing a supportive, inclusive, and emotionally resilient environment for all members of its campus community.

Well-being Club.