



# Gandhinagar Institute of Technology

A Report on  
“Seminar on Depression and Anxiety in Youth”  
12<sup>th</sup> September 2018

## **Introduction:**

Healthy Campus Committee (HCC) of Gandhinagar Institute of Technology works with an objective of making students aware regarding healthy living, social consciousness, stress management, building self-esteem, developing critical thinking & soft skills and leading a drug free life. Keeping up the tradition, it organized a ‘Seminar on Depression and Anxiety in Youth’ on 12<sup>th</sup> September 2018. The event was organized for the students of Semester 1 in the Seminar Hall of the institute.

## **Objective:**

Losing a loved one, failing in exam, rejection from loved one, getting fired from a job, going through a divorce, and other difficult situations can lead a person to feel sad, lonely and scared. In men it manifests often as tiredness, irritability and anger. They may show more reckless behavior and start drugs and alcohol. They also tend to not recognize that they are depressed and fail to seek help. In women depression tends to manifest as sadness, worthlessness, and guilt. In younger children depression is more likely to manifest as school refusal, anxiety when separated from parents, and worry about parents dying. Depressed teenagers tend to be irritable, sulky, and get into trouble in college. They also frequently have co-morbid anxiety, eating disorders, or substance abuse. Depression and anxiety disorders are different, but people with depression often experience symptoms similar to those of an anxiety disorder, such as nervousness, irritability, and problems sleeping and concentrating. The aim of this seminar was to create awareness about mental health and help students identify the symptoms leading to depression and anxiety.

## **Program Overview:**

The seminar was conducted by Dr. Ronak A. Kadia who is the founder and National President of ‘Gifting Life Foundation’, Ahmedabad. He is a youth activist, inspirational speaker, public health consultant, counselor, mentor and a passionate social entrepreneur cum social worker. He is also an active leader of the Healthy Campus initiative. The seminar was bifurcated into two sessions wherein the 1<sup>st</sup> session was conducted for the students of EC, EE, IT, ME and CL engineering department; and the 2<sup>nd</sup> session was conducted for the students of CE department. The seminar enlightened students about the underlying issues related to depression and anxiety in youth and also explained ways to overcome them. The speaker’s knowledge on mental health and its importance was an eye opener for the students. He took several case studies which made a huge impact on the young minds. He also engaged the crowd with mind games which helped in destressing the students. Prof. Jatin Chakravarti (Coordinator, HCC) gave a vote of thanks on the occasion and motivated students to lead a healthy and a stress-free life.

## Photo Gallery:



Dr Ronak Kadia explaining the audience about depression.



Dr Ronak Kadia engaging the crowd with mind games.



Group photo with 1<sup>st</sup> Year engineering students and faculties.



Prof Jatin Chakravarti giving a vote of thanks.



Dr Ronak Kadia with Dr N M Bhatt (Director GIT) and Prof Jatin Chakravarti.



Dr Ronak Kadia with HCC faculty members.