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**Report: National Seminar on World Mental Health Day 2024 organised by the Department of Humanities and Social Sciences, Integral University**

1 message

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**A Brief Report on the One-Day Seminar Held on World Mental Health Day 2024: "Time to Prioritize Mental Health in the Workplace" Organised by the Department of Humanities and Social Sciences, Integral University, Lucknow.**

The Department of Humanities and Social Sciences at Integral University, Lucknow, hosted an insightful and enriching online one-day **World Mental Health Day 2024** seminar titled "**Time to Prioritize Mental Health in the Workplace.**"

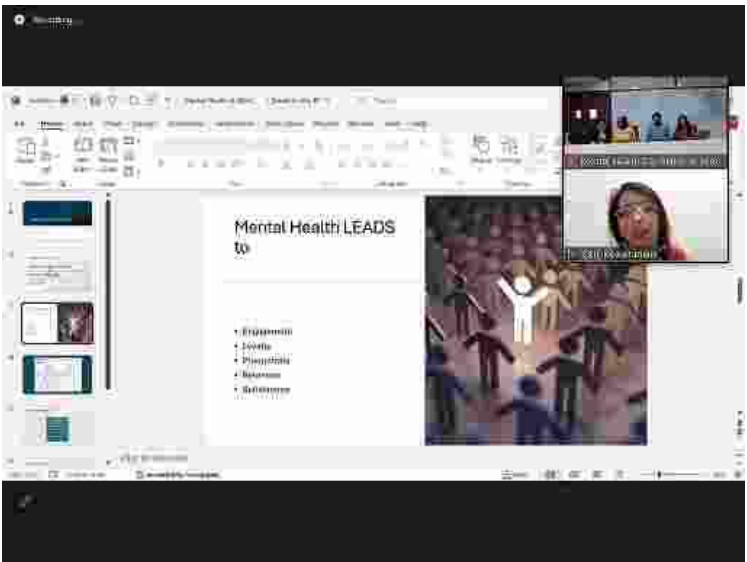
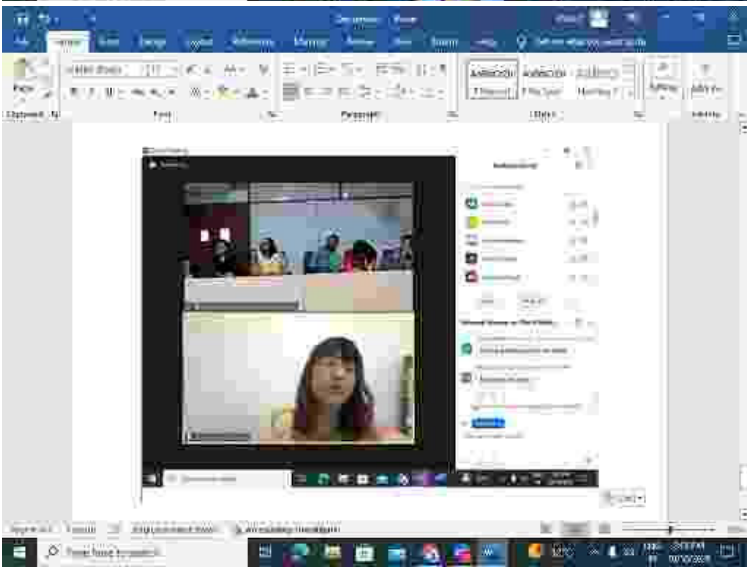
On October 10th, 2024, the Department of Humanities and Social Sciences at Integral University, Lucknow, organized a One Day Seminar on The occasion of World Mental Health Day. 10<sup>th</sup> October is celebrated as World Mental Health Day and the theme for 2024 was, "**Time to Prioritize Mental Health in the Workplace,**" It emphasizes to organizations to consider mental health as an integral component of overall well-being and business success. As mental health challenges become more common, it is crucial for workplaces to evolve and create supportive settings that encourage mental health, prevent burnout, and enhance productivity.

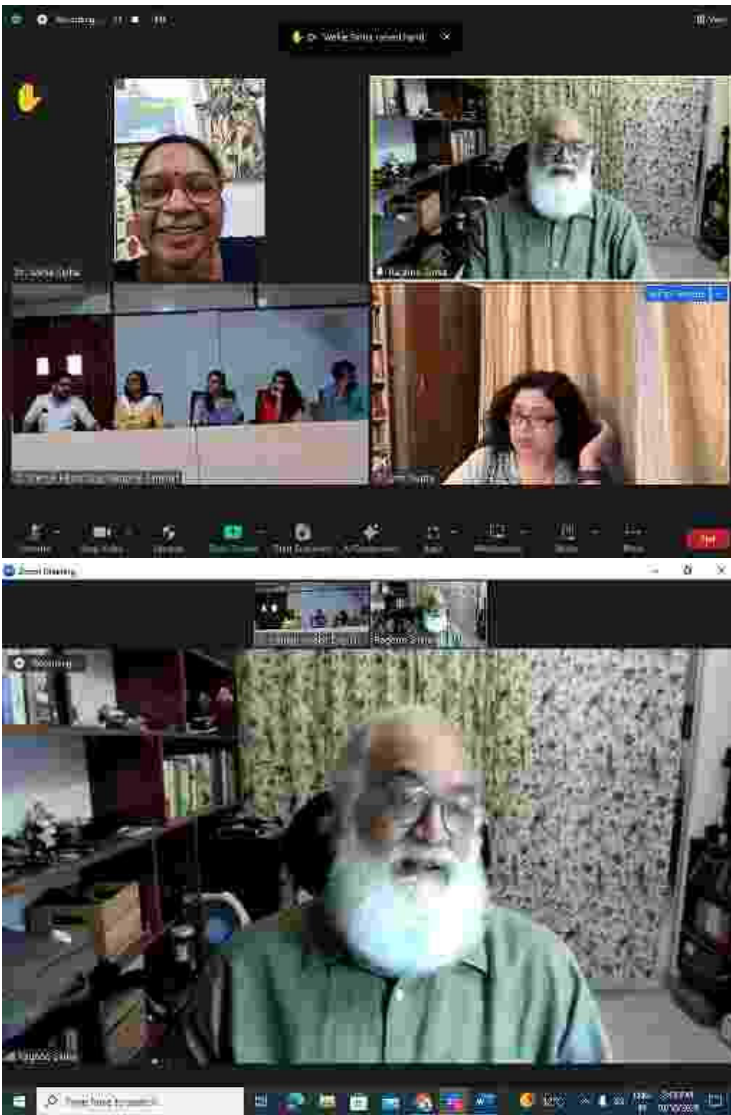
The inaugural Address & Keynote Lecture was delivered by **Prof. Girishwar Misra**, Former Vice Chancellor, MGAHV, Wardha. Welcome address was given by **Prof. (Dr.) Zeba Aqil, Dr. Shoaib Hasan** and vote of Thanks was given by **Dr. Soumya Pandey**. The second session keynote Lecture was given by **Prof. Raghoo Sinha**, Retd Professor, University of Allahabad. The welcome address was given by **Dr. Farha Shoaib**, a Vote of Thanks by **Dr. Md. Jasimuddin Khan** and Valedictory and Summarization by **Miss. Aanchal Agarwal** and **Miss. Neha Yooshing**.

In addition, Paper Presentation by the Participants (Online) was held on the theme of "Time to Prioritize Mental Health in the Workplace" acknowledging the importance of mental health for both the workforce and the enterprise.

Presentations during the event have acknowledged the importance of mental health for both the workforce and the enterprise. This was a powerful medium to raise awareness and inspire the audience with messages of positivity, resilience, and hope for positive Mental Health in the Workplace and various life aspects, encompassing work performance, job contentment, interpersonal relations, and general health. The modern workplace's fast-paced and high stress can subject employees to intense pressures, extended hours, and stringent demands, potentially leading to stress, anxiety, and depression.

**Glimpses of The Event**





Regards

**Prof. Zeba Aqil,**  
Head,  
Humanities and Social Sciences,  
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