

INVITED SPEAKER



Dr. Shailesh Srivastava
Associate Professor
Department of Zoology

ABOUT THE SEMINAR

This One Day Seminar on "Addressing the Rise of Mental Health Challenges in Today's Society: Strategies for Support and Prevention" is organized to raise awareness and provide actionable strategies to address the growing mental health issues prevalent in today's society. This seminar aims to equip participants with the knowledge and tools to identify early signs of mental health challenges, offer support to those in need, and implement preventive measures. By fostering an open dialogue and providing evidence-based information, the seminar seeks to create a supportive environment within educational institutions, promoting mental well-being and resilience among students and faculty alike.

MANAGING BOARD

- Chief Patron**
Dr. S.P. Singh
General Manager,
Lucknow Public College of Professional Studies,
Lucknow
- Patron**
Ms. Garima Singh
Director, LPCPS
- Copatron**
Prof. Anil Singh
Principal, LPCPS
- Convener**
Prof. (Dr.) Laxmi Shankar Awasthi
Dean Academics, LPCPS
- Co-Convener**
Dr. Anand Kumar Rai
Associate Professor and HOD
(Department of Computer Science)
- Organizing Secretary**
Dr. Karuna Shankar Awasthi
(Department of Computer Science)
- Dr. Abhay Shanker Pandey**
(Department of Science)
- Ms. Saloni Agrawal**
(Department of Management)
- Joint Secretary**
Ms. Rashmi Sachan
(Department of Commerce)
- Organizing Committee**
Ms. Gaurvi Shukla
(Department of Computer Science)
- Ms. Priyanka Singh**
(Department of Arts)
- Ms. Sweety Jain**
(Department of Commerce)
- Mr. Rahul Singh**
(Department of Commerce)
- Mr. Akhileshwaro Nath**
(Department of Management)
- Dr. Taru Gupta**
(Department of Commerce)
- Mr. Mohit Kumar Maurya**
(Department of Commerce)



ONE DAY SEMINAR

ON

ADDRESSING THE RISE OF MENTAL HEALTH CHALLENGES IN TODAY'S SOCIETY: STRATEGIES FOR SUPPORT AND PREVENTION

Organized by

Internal Quality Assurance Cell (IQAC)
LUCKNOW PUBLIC COLLEGE OF
PROFESSIONAL STUDIES (LPCPS)

(Affiliated to University of Lucknow,
Lucknow, U.P., India)

Vinamra Khand, (Near Kathauta Lake) Gomti
Nagar, Lucknow

Amrit
Principal
Lucknow Public College of Professional Studies
Vinamra Khand, Gomtinagar, Lucknow

Date: March 28, 2024

Time: 11:30 AM onwards

ONE DAY

SEMINAR

ON

**ADDRESSING THE RISE OF MENTAL HEALTH CHALLENGES IN TODAY'S
SOCIETY: STRATEGIES FOR SUPPORT AND PREVENTION**

Organized by

**Internal Quality Assurance Cell (IQAC) LUCKNOW PUBLIC COLLEGE OF
PROFESSIONAL STUDIES (LPCPS)**

(Affiliated to University of Lucknow, Lucknow, U.P., India)

Vinamra Khand, (Near Kathauta Lake) Gomti Nagar, Lucknow


Date: March 28, 2024 Time: 11:30 AM onwards

This one-day seminar on "Addressing the Rise of Mental Health Challenges in Today's Society: Strategies for Support and Prevention" is organized to raise awareness and provide actionable strategies to address the growing mental health issues prevalent in today's society. This seminar aims to equip participants with the knowledge and tools to identify early signs of mental health challenges, offer support to those in need, and implement preventive measures. By fostering an open dialogue and providing evidence-based information, the seminar seeks to create a supportive environment within educational institutions, promoting mental well-being and resilience among students and faculty alike.

INVITED SPEAKER



Dr. Shailesh Srivastava, Associate Professor Department of Zoology.


Principal
Lucknow Public College of Professional Studies
Vinamra Khand, Gomtinagar, Lucknow



Dr. Shailesh Srivastava was talking about Mental health promotion attempts to encourage and increase protective factors and healthy behaviors that can help prevent the onset of a diagnosable mental disorder and reduce risk factors that can lead to the development of a mental disorder.² It also involves creating living conditions and environments that support mental health and allow people to adopt and maintain healthy lifestyles or “a climate that respects and protects basic civil, political, socio-economic and cultural rights is fundamental to mental health promotion. Without the security and freedom provided by these rights, it is very difficult to maintain a high level of mental health.”³

Specifically, mental health can be promoted through-

- Early childhood interventions (e.g., home visits for pregnant women, pre-school psychosocial activities);
- providing support for children (e.g., skills-building programs, child and youth development programs);
- programs targeted at vulnerable groups, including minorities, indigenous people, migrants, and people affected by conflicts and disasters (e.g., psychosocial interventions after disasters);
- incorporating mental health promotional activities in schools (e.g., programs supporting ecological changes in schools and child-friendly schools);
- violence prevention programs; and, among others,
- community development programs.⁴

Asrigh

Principal
Lucknow Public College of Professional Studies
Vinamra Khand, Gomtinagar, Lucknow



Dr. Shailesh Srivastava was talking about Positive youth development is defined by the Interagency Working Group on Youth Programs as an intentional, pro-social approach that

- engages youth within their communities, schools, organizations, peer groups, and families in a manner that is productive and constructive;
- recognizes, utilizes, and enhances youths' strengths; and
- promotes positive outcomes for young people by providing opportunities, fostering positive relationships, and furnishing the support needed to build on their leadership strengths.

It provides a lens for promoting the mental health of youth by focusing on protective factors in a young person's environment, and on how these factors could influence one's ability to overcome adversity. Learn more about positive youth development.

Asingh
Principal
Lucknow Public College of Professional Studies
Vinamra Khand, Gomtinagar, Lucknow



LPCPS
LUCKNOW PUBLIC COLLEGE
OF PROFESSIONAL STUDIES

LUCKNOW PUBLIC COLLEGE OF PROFESSIONAL STUDIES

**ONE DAY SEMINAR
ON
ADDRESSING THE RISE OF MENTAL HEALTH CHALLENGES IN TODAY'S SOCIETY: STRATEGIES FOR
SUPPORT AND PREVENTION**

Attendance Sheet

Date : 28 March 2024

S.No	Name of Participant	Course	Semester	Signature
1	Aditya Singh	B.Com	II	Aditya Singh
2	Mayank Singh	B.COM (H)	II nd	Mayank Singh
3	Suryansh Rai	B.Com (H)	II nd	Suryansh Rai
4	Barthak Jaiswal	B.Com (H)	II nd	Barthak Jaiswal
5	Utkarsh Tiwari	B.Com (H)	II nd	Utkarsh Tiwari
6	Devraj Agrawal	B.Com (H)	II nd	Devraj Agrawal
7	Dhyanesh Bansal	B.Com (H)	II nd	Dhyanesh Bansal
8	Harsh Kumar Singh	B.Com (H)	II nd	Harsh Kumar Singh
9	Harsh Srivastava	B.Com (H)	II nd	Harsh Srivastava
10	Samad Mehdi Zaidi	BA-J.M.C	II nd	Samad Mehdi Zaidi
11	Sushil Kumar Singh	BAJMC	IV th	Sushil Kumar Singh
12	Arunika Saini	BAJMC	IV	Arunika Saini
13	Vaishnavi Singh	BA-JMC	IV	Vaishnavi Singh
14	Shambhavi Gupta	BA-JMC	IV	Shambhavi Gupta
15	Harshik Shukla	BA-JMC	IV	Harshik Shukla
16	Tripti Nigam	BAJMC	IV	Tripti Nigam
17	Shashank Singh Tomar	BAJMC	II	Shashank Singh Tomar
18	Kanya Tripathi	BAJMC	II	Kanya Tripathi

Principal
Principal
Lucknow Public College of Professional Studies
Vinamra Khand, Gontinagar, Lucknow



LPCPS
LUCKNOW PUBLIC COLLEGE
OF PROFESSIONAL STUDIES

LUCKNOW PUBLIC COLLEGE OF PROFESSIONAL STUDIES

ONE DAY SEMINAR
ON
ADDRESSING THE RISE OF MENTAL HEALTH CHALLENGES IN TODAY'S SOCIETY: STRATEGIES FOR
SUPPORT AND PREVENTION

Attendance Sheet

Date : 28 March 2024

S.No	Name of Participant	Course	Semester	Signature
19	Ajeet Kumar Mishra	B-AJMC	III	Ajeet Mishra
20	Harshita	B-AJMC	VI	Harshita
21	Shivi Singh	B.AJMC	IV	Shivi Singh
22	Ishika Jaiswal	B.Com	IV	Ishika Jaiswal
23	Farusa Rizvi	B.Com	IV	Farusa
24	Afreen Siddiqui	B.Com	IV	Afreen
25	Dheeraj Sohni	B.Com	IV	Dheeraj
26	Amyah Rastogi	B.Com	IV	Amyah
27	Kushi Srivastava	B.Com	IV	Kushi
28	Rachit Srivastava	B.Com	IV	Rachit
29	Ujjwal Tandan	B.Com	IV	Ujjwal
30	Aryan Rastogi	B.Com	IV	Aryan
31	Mohd Faisal Ansari	B.Com	II	Faisal Ansari
32	Mohd Saad Ansari	B.Com	II	Mohd Saad
33	Sachin Jaiswal	B.Com	II	Sachin
34	Saansukh Yadav	B.Com	II	Saansukh
35	Aditya Kushwaha	B.Com	II	Aditya
36				

(Signature)

Principal
Lucknow Public College of Professional Studies
Vinamra Khand, Gominagar, Lucknow

LUCKNOW PUBLIC COLLEGE OF PROFESSIONAL STUDIES
**ONE DAY SEMINAR ON ADDRESSING THE RISE OF MENTAL HEALTH CHALLENGES IN
 TODAY'S SOCIETY: STRATEGIES FOR SUPPORT AND PREVENTION**

97

Attendance Sheet

Date-28 March, 2024

S.No	Name of Participant	Signature
1	Akshat Khare	[Signature]
2	Ayush Yadav	[Signature]
3	Sachin Soni	[Signature]
4	Satwick Kumar	[Signature]
5	Agrima Pandey	[Signature]
6	Sanskriti Sh. Shukla	[Signature]
7	Sankalp Kasoundhan	[Signature]
8	Narindra Singh	[Signature]
9	Himanshu Sharma	[Signature]
10	Shambhavi Chauhan	[Signature]
11	Ritika Chauhan	[Signature]
12	Kabir Jaiswal	[Signature]
13	Krish Patel	[Signature]
14	Naitik Pandey	[Signature]
15	Pragya Verma	[Signature]
16	Aditya Singh	[Signature]
17	Akshay Maurya	[Signature]
18	Shri Dayal Verma	[Signature]
19		
20	Anshika Chauhan	[Signature]
21	Rupesh Kumar Yadav	[Signature]
22	Subhashini Maurya	[Signature]
23	Tripathi Niyam	[Signature]
24	Shreyansh Mishra	[Signature]
25	Shreyanshi Gupta	[Signature]
26	Arijun Tiwari	[Signature]
27	Arijun Tiwari	[Signature]
28	Shreyanshi Sinha	[Signature]
29	Akshat Vaish	[Signature]
30	Priyanshi Raj	[Signature]
31	Sarthak Chauhan	[Signature]
32	Spandan Gantam	[Signature]

 Principal
 Lucknow Public College of Professional Studies
 Vinamra Khand, Gomtinagar, Lucknow

Singh

LUCKNOW PUBLIC COLLEGE OF PROFESSIONAL STUDIES

**ONE DAY SEMINAR ON ADDRESSING THE RISE OF MENTAL HEALTH CHALLENGES IN TODAY'S SOCIETY:
STRATEGIES FOR SUPPORT AND PREVENTION**

Attendance Sheet

Date-28 March, 2024

S.No	Name of Participant	Designation	Signature
1	Vaibhav Jaiswal	Scholar	Vaibhav
2	Kanya Bipathi	Scholar	Kanya
3	Tejas Srivastav	Scholar	Tejas
4	Kesh Patel	Scholar	Kesh
5	Naitic Pandey	Scholar	Naitic
6	Pragya Verma	Scholar	Pragya
7	Aditya Singh	Student	Aditya
8	Akash Prajapati	Student	Akash
9	Shrii Dayal Verma	Student	D. Verma
10	Mayank Singh	Student	Mayank
11	Akshat Khase	Student	Akshat
12	Ayush Kadam	Student	Ayush
13	Rachin Soni	Student	Rachin
14	Satwick Kumar	Scholar	Satwick
15	Ayush Tiwari	Scholar	Ayush
16	Ayush Tewari	Scholar	Ayush
17	Shreyansh Sinha	Student	Shreyansh
18	Akshat Vaish	Scholar	Akshat
19	Priyanshi Raj	Student	Priyanshi
20	Vansh Gupta	Scholar	Vansh
21	Siddharth Gautam	Scholar	Siddharth
22	Shreya Shukla	Student	Shreya
23	Navya Srivastava	Scholar	Navya
24	Prince Vishwakarma	Student	Prince
25	Ishita Mishra	Student	Ishita
26	Manaya Srivastava	Student	Manaya
27	Dr. Shailesh Srivastava	Asst. Professor	Shrii
28	Ms. Anchal Nigam Verma	Scholar	Ms. Anchal
29	Dr. Nidhi Soni	Asst. Professor	Nidhi
30	Dr. Sameer Kumar	Scholar	Sameer
31	Dr. Akhilesh	Scholar	Akhilesh

Principal
 Lucknow Public College of Professional Studies
 Vinamra Khand, Gomtinagar, Lucknow