



Smt. P.D. Hinduja Trust's

K.P.B. HINDUJA COLLEGE OF COMMERCE

Sindhi Linguistic Minority Institution: (Autonomous)

(Affiliated to University of Mumbai) : NAAC Re-Accredited With "A+" Grade: CGPA: 3.59

Current Address (Temporary): Sadhana House, 570, Pandurang Budhkar Marg,
Behind Mahindra Towers, Worli, Mumbai – 400018. Contact Details Tel: 022-4098-9000.

Email: info@hindujacollege.com : Website: www.hindujacollege.edu.in

Prin. Dr. Navin M. Punjabi

Ref. No. :

REPORT ON ORIENTATION LECTURE ON

"MENTAL HEALTH & WELL-BEING"

Organized by: Suicide Prevention Cell

Date: 10 September 2026

Time: 10:30 a.m.

Venue: Room No. 24

Resource Person: Dr. Asha Ambani, College Counsellor

On the occasion of **World Suicide Prevention Day – 10 September 2026**, the Suicide Prevention Cell of **K.P.B. Hinduja College of Commerce** organised an Orientation Lecture on "Mental Health & Well-Being" for students. The session was conducted by **Dr. Asha Ambani, College Counsellor**, who shared practical insights on maintaining positive mental health, emotional well-being and resilience.

The programme aimed to create awareness about mental health and sensitise students towards stress, anxiety, academic pressure and other emotional challenges. It encouraged students to develop healthy coping mechanisms, emotional intelligence and resilience, and to seek timely professional support whenever required.

Dr. Asha Ambani highlighted that while people pay considerable attention to physical health and appearance, mental health deserves equal importance. Using the analogy of a car, its engine and its driver, she explained that an individual's progress depends not only on external appearance, qualifications and achievements, but also on the strength of the mind and the ability to make thoughtful decisions.

Students were encouraged to understand the distinction between aptitude, attitude and altitude. While aptitude refers to abilities and qualifications, attitude reflects one's approach towards situations, people and challenges. A positive attitude can contribute significantly to personal growth and achievement.

The session emphasised that mental health influences our thoughts, emotions, communication, relationships and behaviour. Special emphasis was placed on Emotional Intelligence (EQ), including understanding and managing emotions, developing empathy, practising self-control and building healthy relationships. Students were also encouraged to recognise that thoughts are not necessarily facts and that developing a balanced perspective can help in managing difficult situations.

The role of social media was discussed, with students advised to use it moderately and responsibly and to avoid unhealthy comparisons with the carefully presented lives of others online.



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The resource person highlighted the importance of resilience in managing academic, career, relationship and personal challenges. Students were encouraged to strengthen resilience through yoga, meditation and pranayama, regular physical activity, adequate sleep, positive relationships, hobbies, effective time management, open communication and professional counselling when required.

Students were reminded that failure and setbacks can be opportunities for learning and growth. A key message of the session was that seeking help is a sign of strength and self-awareness, not weakness. Students were encouraged to reach out to family, friends, teachers, mentors or the college counsellor whenever they experience emotional difficulties.

The session reinforced the message: "Reach Out. Talk. Seek Support. You Matter."

The programme strengthened the objectives of the Suicide Prevention Cell by promoting mental-health awareness, timely help-seeking, resilience and a supportive and empathetic college environment. The session concluded with the message: "Your life is precious. You have inner strength. Cultivate it, nurture it and reach out for support whenever you need it."

Dr. Shehnaz Nazkani

Co- Convenor

Suicide Prevention Cell

Dr. Sarita Mahadik

Convenor

Suicide Prevention Cell