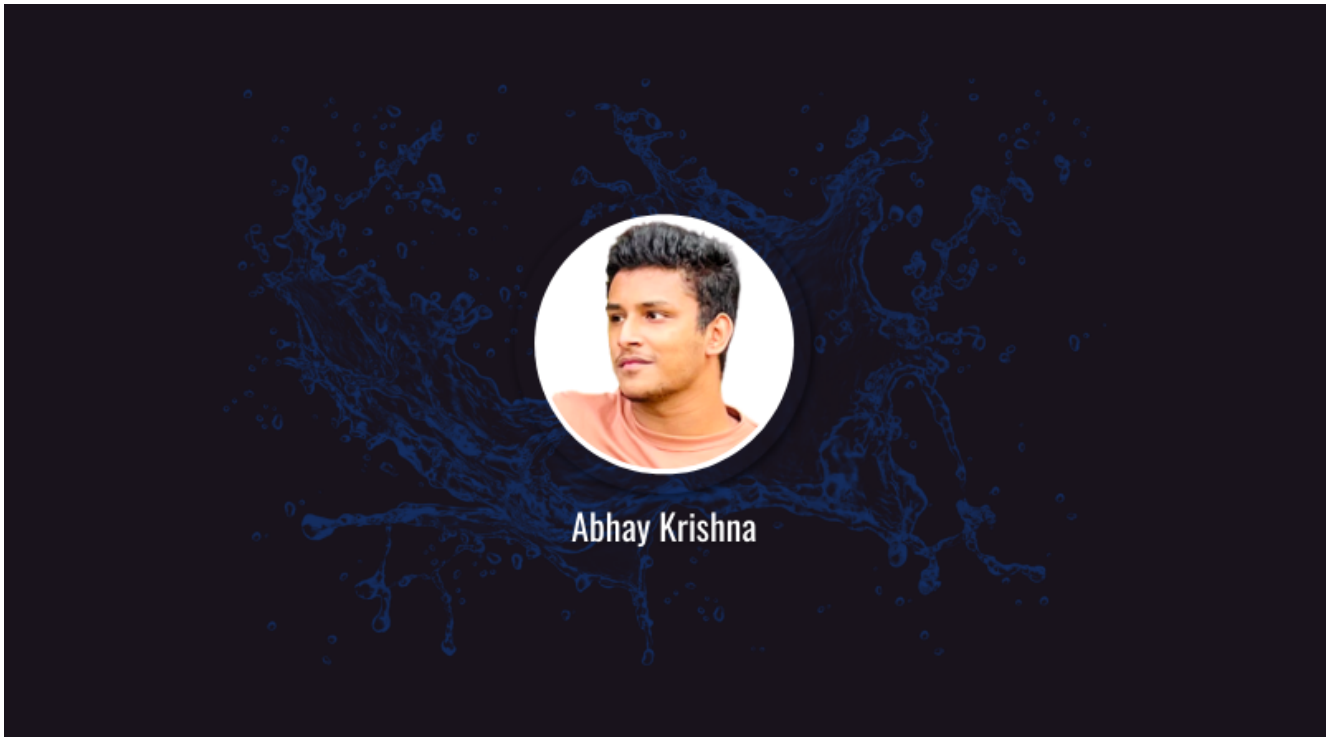


# IEDC conducts online session on mental health and understanding people



The IEDC of Vidya organised an online session on “*Mental health and understanding people*” via Google Meet on 23 January 2022. The Resource person of the programme was Abhay Krishna (B Tech Student).

*Dear stranger, I know how you feel.*

*“Mental health and understanding people”, underrated yet very important topic to be discussed. Most of us don't know how a person sitting next to us feel or what they go through, why is she/he sad? Yet we judge them too quickly without understanding.*

*So its important for us to understand and educate people about mental health. Let's understand the importance of people with mental illness, show them right path, help them fight it. The truth is you are at war with yourself that's why you find yourself at war with others.”*

