



# **Symbiosis Institute of Business Management, Hyderabad**



**Symbiosis International (Deemed University), Pune**

**Guest Lecture Report**

**Mrs. Anuja Kapur**

**Topic:- “Mental Health”**

**September 29, 2020**

A guest lecture on “**Mental Health**” was arranged on September 29, 2020 for the students of batch 2019-21 and 2020-22. It was organized by Shakti in collaboration with PR and Web Committee with the objective of raising awareness for mental health issues and increasing efforts in support of better mental health. The lecture was conducted by Mrs. Anuja Kapur on a virtual platform of Microsoft Teams.

The guest was welcomed heartily for the lecture by Dr. Ridhi Rani and the students of SIBM, Hyderabad.

Mrs. Anuja Kapur is a well-renowned Criminal Psychologist and Social Activist who has won several accolades in her years of experience within the fields of Advocacy and Psychology. She has actively voiced her thoughts and opinions about various social issues on news channels like CNN, BBC, and Republic TV.

Mrs. Anuja began the lecture by underlining the importance of psychology and its application in various fields including criminology. She told how professionals can take better decisions by deep diving into the field of psychology. Anxiety is a characteristic of today’s society. Mrs. Anuja helped students to understand the various stages and progression of the said concern. She then lead the discussion towards the grave problems today’s society faces because of lack of empathy and understanding towards seemingly trivial problems. She stressed on the need to gain more awareness about mental health issues and ways to support better mental health.

The speaker then discussed various symptoms associated with depression. She also discussed concepts such as toxic positivity, ethical standards and identity crisis. Some students shared their personal experiences and sought advice for dealing with certain issues they were facing.

The session helped the students to learn more about mental health and communication around it. It was found to be very useful and insightful because of the interactive style of conversation of Mrs. Anuja Kapur. Overall experience of the guest lecture was excellent.

