

Shantilal Shah Engineering College, Bhavnagar

Report on Expert Talk

Topic : Mental Health and Stress Management at Work Place

Expert : Dr. Maitreyee Shashtri (M.B.B.S – Practicing Psychiatrist)

Date : 20/02/2024

Shantilal Shah Engineering College, Bhavnagar organized a guest lecture on Mental Health and Stress Management at Work Place on 20th February, 2024. Dr. Maitreyee Shashtri, MBBS and a practicing psychiatrist in Bhavnagar addressed staff members of the College discussing general symptoms and causes of different kinds of stress. Dr. Shashtri also discussed real life work place situations which generate anxiety and ultimately result into mental disturbance leading to various health related complains. At the end, she suggested a few behavioural changes to cope up with the stressful situations and also gave tips to get relief from such mental/physical health conditions. The session ended with questions from the staff members and Dr. Shashtri's responses helped them to solve their doubts about mental health and fitness. Around 50 staff members had participated in this event.



