

Health and Well-Being

“Make mental health and wellbeing for all a global priority”

Oct 10, 2022

Social Welfare Division of International Council for Education, Research and Training (ICERT) & State Medical College/ District Hospital Shahjhaanpur Uttar Pardesh India organized One Day International Seminar on the occasion of WHO/UN “World Mental Health Day” on

“Make mental health and wellbeing for all a global priority”

World Mental Health Day initiates awareness and global mental health education providing opportunities to re-kindle our efforts to protect and improve mental health. Adversities like the pandemic triggered stressors taking a toll on our mental health, especially on education & health fraternity. This seminar is part of UNESCO SDG 3: Good Health & Well-Being, a movement “Ensure healthy lives and promote well-being for all.

On this occasion, ICERT invited academicians, professionals from different disciplines, health professionals, educators, UG/PG Students, Research Scholars, and faculty from industries to join this program.

The sessions were conducted on the following topics:

Session 1: **Ms. R. Vasumathi, Research Scholar, Counsellor and Entrepreneur, Garden City University, Bangalore** on “Tapping your inner strength”

Session 2: **Dr. Jasbir Lohan, Mental Health Specialist/ Motivational Speaker San Francisco, California USA**

Session 3: Open house discussion and Q/A session by Dr Navneet Kaur, Executive Director ICERT

Program Participants/ Beneficiaries:

Around 1200 educators, students, health and industry professionals from Albania, Bahrain, Nigeria, Finland, India, Sri Lanka, Pakistan, Ireland, Malaysia, Vietnam, Bangladesh, Bhutan, Cambodia, Cameroon, Canada, China, Congo, Egypt, Estonia, Eswatini, Ethiopia, Fiji, Gambia, Ghana, Indonesia, Iraq, Italy, Jordan, Kenya, Kosovo, Mexico, North Macedonia, Moldova, Morocco, Myanmar, Namibia, Nepal, Oman, Philippines, Portugal, Romania, Rwanda, Saudi Arabia, Serbia, Somalia, Sudan, Sweden, United Arab Emirates, Uganda, Ukraine, UK, US, Virgin Islands and Uzbekistan

Link to access the program: [ICERT Webinar Oct 10, 2022 “Make mental health and wellbeing for all a global priority” - YouTube](#)

**International Council for Education, Research and Training
(ICERT)**



One Day International Seminar on the occasion of
WHO/UN "World Mental Health Day" on



"Make mental health and wellbeing for all a global priority"



Guest Speaker/ Keynote Speaker

Dr. Jasbir Lohan
Mental Health Specialist/
Motivational Speaker,
San Francisco, California USA



Guest Speaker/ Keynote Speaker

Ms. R. Vasumathi,
Research Scholar, Counsellor and
Entrepreneur, Garden City University,
Bangalore



**Program
Coordinator/
Moderator**

Ms. Dilpreet Kaur,
Assistant Professor,
University Business
School, Guru Nanak Dev
University,
Amritsar

Chief Patron

Dr Navneet Kaur
Executive Director,
Education ICERT



Date: Oct 10, 2022 (Monday)

Time: 5:30 pm to 07:30 pm (Indian Time)