

An Online Interactive Session on “Sadness Vs Depression”:

An online interactive session on “SADNESS vs DEPRESSION, Know the Difference” was organized on 21st October 2023 for students of engineering, pharmacy, textile and agriculture to create an awareness on “Mental Health”. The primary objective was to elucidate the distinction between sad & depressed often-misunderstood emotional states. The session aimed to help people to understand the difference between feeling sad and depressed. Dr. Gagandeep Kaur, Clinical Psychologist and Director of Unique Psychological Services, New Delhi was the spokesperson. Students and faculty interacted well in the session and resolved all their queries. The session was extremely informative, useful and interactive. The session went well and received a very good feedback from the students, faculty as well as the staff members.



Dr. Gagandeep Kaur, Creating Awareness on “Mental Health”