



SILVER OAK UNIVERSITY
EDUCATION TO INNOVATION



IEEE

Silver Oak University
IEEE Student Branch



A REPORT ON
**Brave Together: Mental Health
Awareness**

Date: 11th March, 2024

Venue: Aryabhata Auditorium, Silver Oak University

BRAVE TOGETHER
MENTAL HEALTH
AWARENESS

Breaking the Silence, Building the Strength



Introduction:

Silver Oak University IEEE Student Branch in association with Maybelline, New York organized an insightful session titled "**Brave Together: Mental Health Awareness**," intending to raise awareness about mental health issues and promote a culture of openness and support for those affected.

About the Speaker:

The session was enriched by the presence of the illustrious speaker, Ms. Dhira Rambhia, a dedicated Senior Community Manager at Yuva.

About the Session:

Date: 11th March, 2024

Time: 11:30 AM - 12:45 PM

Venue: Aryabhatta Auditorium, Silver Oak University

Participants: 474

The session commenced with a compelling opening address by Ms. Dhira Rambhia, a fervent advocate for mental health, youth empowerment, and understanding the complexities of human behaviour. Ms. Rambhia began by highlighting the poignant motivation behind her dedication to mental health awareness: The Jed Foundation. This organization, having tragically lost their son to suicide, now stands as a beacon of hope, tirelessly committed to raising awareness and preventing such heart-breaking losses in the future.

Moreover, Ms. Rambhia also expanded on the notion of Mental Health as a Continuum, outlining its four phases: Distress, Stress, Steady, and Thriving. She emphasized the concerning onset of mental health challenges during early adolescence. Introducing the "BRAVE MODEL" uniquely, she elaborated:

- B – Be present
- R – Right Setting
- A – Ask Questions
- V – Validate Feelings
- E – Encourage Action

Participants found the session to be both informative and engaging, with its interactive format including group activities fostering active engagement and connection to the subject matter. In an expression of gratitude, Prof. Digant Parmar presented a memento to Ms. Dhira Rambhia, symbolizing appreciation for her contributions.

Attendees conveyed their appreciation for the wide array of topics discussed, noting the new insights gained on mental health which inspired them to support and uplift friends and loved ones during challenging times. Ms. Rambhia concluded the session with an interactive activity relevant to everyday struggles where participants gained a deeper appreciation for mental health awareness.

Conclusion:

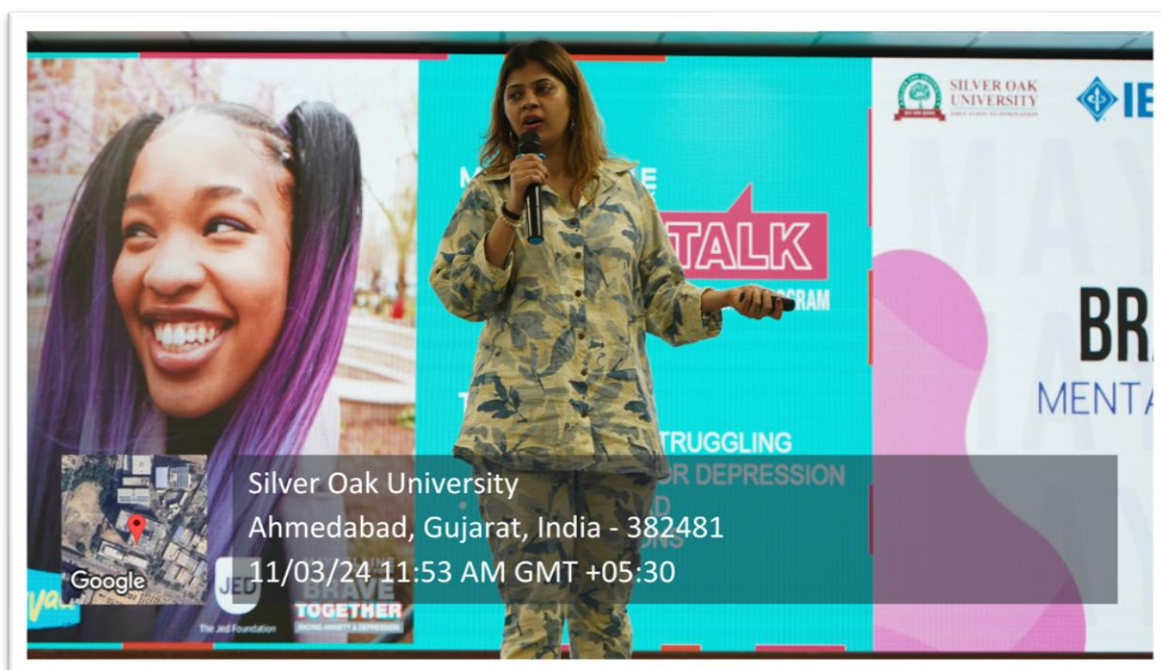
In conclusion, the event "Brave Together: Mental Health Awareness" offered a valuable and dynamic initiative, uniting individuals to break the silence, ignite conversations, and bolster mutual support towards mental well-being. The success of this gathering underscores the significance of ongoing efforts to raise awareness about mental health challenges while fostering a culture of compassion and empathy.

This event was made possible by the unwavering mentorship and steadfast dedication of Dr. Satvik Khara, Dean, Diploma Engineering, SOU; Head, Department of Computer Engineering, SOCET; IEEE Senior Member; Chairperson, SIGHT, IEEE Gujarat Section; Secretary, Computer Society, IEEE Gujarat Section as well as Founding Member, Silver Oak University IEEE Student Branch.

Glimpses of the event:



Prof. Digant Parmar graciously felicitating Ms. Dhira Rambhia



Ms. Dhira Rambhia enlightening the participants on the BRAVE model



The expert emphasizing the importance of empathy



Eloquently expounding upon the importance of mental health