

Workshop on Mental Health at Work

CMS Business School, Jain (Deemed-to-be University) student guidance and counseling center under the aegis of the central unit - JU Vishwas organized a workshop on the topic “Mental Health @ Work on the occasion of “World Mental Health Day” on October 10, 2017



The keynote speaker for the event was Ms. Purnima Ganesh, a Freelance Trainer, Mentor, and counselor.

She initiated the workshop by explaining the importance of understanding mental health which, should be seen as a positive concept emphasizing social and emotional wellbeing. She also highlighted the misconceptions and taboos surrounded mental health and how it

stops people from openly expressing their emotions due to the fear of being judged or ostracized.

Ms. Purnima elaborated on creating a work environment where discussing mental health should not be taboo. She shared solutions on how workplaces should design, plan, and strategize to support a positive work environment and segregate between mental health and mental illness. A workplace must be thriving, and the role of employers, employees, and all stakeholders are necessary for creating positivity and productivity.

