

The world is running behind fitness of the body, and over the years, the importance of physical health has increased as physical health has a direct proportion to your age. But the, mental health has more contribution to your health. For example, there was no race for money or anything in the past because people used to stay mentally healthy. But, in the current race of the world, people have left mental health in the worst condition. Therefore, staying physically and mentally fit is essential.

What is mental health?

Mental health is deeply involved everywhere. The method of dealing with your problems determines how much mentally strong you are. This defines your mental condition as well. For example, if you have an exam and prepare well for the exam but have anxiety issues during the paper . This means your results in exams are directly affected due to exam results. Your mental problems can also cause the downfall of your confidence, so mental strength affects everything, and when you figure out how to deal with mental issues, you can stay strong against them. Helping you to remain confident as well stay healthy. And no one is going to help you do that.

And This mental health webinar was one of the initiatives to keep students out of anxiety issues, peer pressure and other mental health issues. We learnt from this webinar that staying mentally strong can help you deal with any problems. This webinar has taught us the importance, significance, and implementation of methods to remain mentally healthy. Unfortunately, mental issues are so severe that you can't share them or deal with them quickly. In the olden days, the problems were less as well the solutions were limited, but now we have options

like Netflix, gaming and many others. But now, the issues have also grown to a severe extent. And staying mentally healthy has become complicated since we need a mentor or someone to guide us or help us stay out of mental problems. And This webinar has been an exemplary one as well as informative, and Dr Captain Sunaina Singh's effort in this webinar for students as a mentor to help to stay healthy has brought changes in our way of dealing with problems as well and never taking up any mental damage to the body.