



**MPOWER CELL**

**BITS PILANI**

**Pilani Campus**

## *According to the World Health Organization (WHO):*

### **“Mental health is**

- a state of well-being in which an individual realizes his or her own abilities,
- can cope with the normal stresses of life,
- can work productively,
- and is able to make a contribution to his or her community.”

**“Our emotions, thoughts and things we do have a direct effect on our energy, productivity and overall health“.**

***Experiencing one or more of the following feelings or behaviors can be an early warning sign of a problem***

- **Eating or sleeping** too much or too little
- **Pulling away** from people and usual activities
- Having low or **no energy**
- Feeling numb or like **nothing matters**
- Having unexplained **aches and pains**
- Feeling **helpless** or hopeless
- Smoking, drinking, or **using drugs** more than usual
- Feeling unusually confused, forgetful, on edge, angry, **upset, worried, or scared**

# Symptoms

- Yelling or **fighting** with family and friends
- Experiencing **severe mood swings** that cause problems in relationships
- Having **persistent thoughts** and memories you can't get out of your head
- **Hearing voices or believing** things that are not true
- Thinking of **harming yourself** or others
- **Inability to perform daily tasks** like taking care of your kids or getting to work or school

# Professional support

Empathic & No  
judgment

Safe & Confidential  
space

Trained  
professionals



# **Services- Psychological & Psychiatric**

- Relationship issues
- Feeling anxious over maintaining perfect health for self and family
- Anxiety and Stress
- Family conflicts
- Overthinking and Sleeplessness
- Addiction
- Self Esteem Issues
- Stress related to Career
- Phobia
- OCD
- LGBTQ

# **Clinical Working Hours**

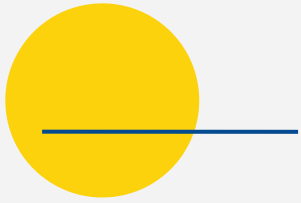
**Clinical Psychologist-** Shikha Joshi & Gaurav Verma

- Counselling
- Workshop
- Seminar/ Webinars

**Visiting Psychiatrist-** Dr Sandeep Dudy- Wednesday- 2.00 – 6.00 pm

## ❖ **Office timing and working hours**

- Timing :- 11:00 am to 6:00 pm
- Working hours :- 7 hours
- Open for BITS Faculty, BITS Students, BITS Staff and family members of BITS Employees





# ***THANK YOU***

Pilani

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