



SYMBIOSIS LAW SCHOOL, NAGPUR

Constituent of Symbiosis International (DEEMED UNIVERSITY)

Established under Section 3 of the UGC Act 1956

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WEBINAR - GUEST LECTURE ON

“First Responders and Challenges to Mental Health Maintenance”

13th May, 2020

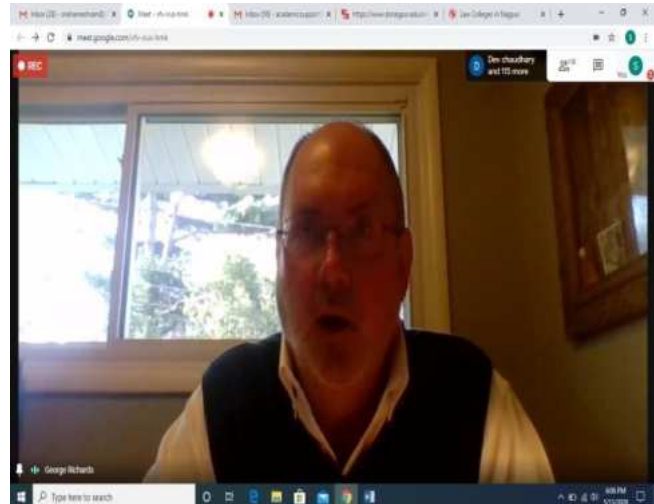
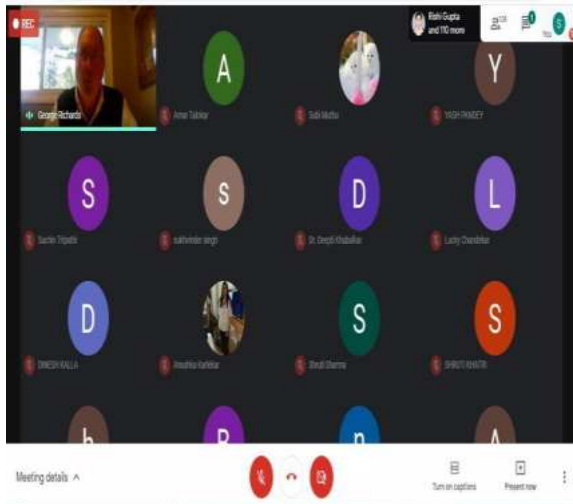
The Placement Cell, Symbiosis Law School, Nagpur organized a Webinar on “**First Responders and Challenges to Mental Health Maintenance**” on 13th May, 2020 addresses by Prof. George E. Richards from University of Pennsylvania.

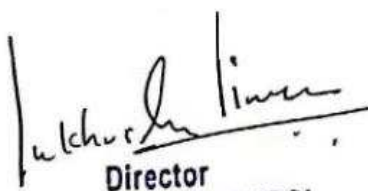
Prof. George E. Richards from University of Pennsylvania was introduced by Prof. (Dr.) Sachin Tripathi, Assistant Professor at Symbiosis Law School, Nagpur. The Welcome Address was given by Dr. Sukhvinder Singh Dari, Director – Symbiosis Law School, Nagpur. Dr. George Richards, is an Associate Professor in the Criminal Justice, Anthropology and Forensic Science Department. He was recently named as Edinboro University’s 2017 Advisor of the Year. Dr. Richards was recognized for his advising skills and prolific contributions to campus programs, events and committees.

Dr. George E. Richards highlighted for maintaining mental health and how to overcome the challenges associated with it. He further pointed out that positive mental health handling enables an individual to function well, have meaningful social connections, positive self-esteem and be better able to cope with life's ups and downs. He covered the various subject during the lecture such as - addressed the stress related endemic in organizations that deal with crisis situations, how stress is affecting organizations, culture of reason and techniques of self-help for respondents and what can be done to self-alleviate stressful situations.

The comprehensive session for **Challenges to Mental Health Maintenance** and instances relating to it were discussed and they were particularly helpful in driving home the point with the students and thought-provoking as well.

The session was followed by a Question & Answer session. The event was moderated by Prof. (Dr.) Sachin Tripathi and the Vote of Thanks was proposed by Prof. (Dr.) Deepti Khubalkar, Faculty, Symbiosis Law School, Nagpur.




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