

## SSIP2.0 Sensitization Sessions

### Sardar Patel University Vallabh Vidyanagar SPU-SSIP-Navadhārā & SPSEC

**Event Name:** Mental Health Awareness for Department of Police, Anand, Gujarat

**Date:** 10<sup>th</sup> October 2025

**Venue/ Mode:** Department of Police, Anand, Gujarat

**No of Participants:** 90

**Speakers Name:**

**Prof. Niranjn P. Patel** (*Honorable Vice Chancellor, SPU, Chairman - SPSEC*),

**Mo.:** (2692)-226828, **E-Mail:** [niranjn.patel20@yahoo.com](mailto:niranjn.patel20@yahoo.com)

**Dr. Megha N. Joshi** (*Psychologist, Motivational Speaker & Writer*)

**Mo.:** 98791 58257, **E-Mail:** [meghanimeshjoshi@gmail.com](mailto:meghanimeshjoshi@gmail.com)

**Ms. Sweta Prajapati**, (*Founder, CerboTech Pvt. Ltd.*)

**Mo.:** 90818 46089, **E-Mail:** [cerbotechIndia@gmail.com](mailto:cerbotechIndia@gmail.com)

**Coordinator:**

**Prof. Sunil Chaki** (*Director, SPSEC*), **Mo.:** 94264 68647, **E-Mail:** [sunil\\_chaki@spuvvn.edu](mailto:sunil_chaki@spuvvn.edu)

#### About Event:

On the occasion of **World Mental Health Day**, a special awareness program on *Mental Health Awareness* was successfully organized at the Department of Police, Anand, Gujarat. The session aimed to spread awareness about mental well-being, stress management, and emotional resilience among police personnel.

The event was hosted by the Sardar Patel Startup & Entrepreneurship Council (SPSEC), SPU-SSIP-Navadhārā, Sardar Patel University, in association with CerboTech Education Pvt. Ltd.

The program witnessed the presence of distinguished dignitaries, mental health professionals, and senior police officials.



**Prof. Niranjan P. Patel** graced the occasion as a leading dignitary. As the Honorable Vice Chancellor of Sardar Patel University and Chairman of SPSEC, he emphasized the importance of integrating mental health awareness into institutional and professional frameworks. He highlighted how mental well-being plays a crucial role in improving productivity, decision-making, and overall quality of life.



**Dr. Megha N. Joshi** delivered an insightful address focusing on psychological resilience, emotional intelligence, and coping strategies for stress. She discussed the unique mental health challenges faced by police personnel and suggested practical techniques such as mindfulness, emotional regulation, and structured communication to maintain mental balance.

Her interactive approach encouraged participants to openly discuss mental health concerns and break the stigma associated with seeking psychological help.



Ms. Sweta Prajapati, Founder of CerboTech Education Pvt. Ltd., introduced and demonstrated her mobile application **NeurOm** during the session.

She explained that **NeurOm** is designed to reduce stress and improve overall mental well-being through guided breathing exercises, mood tracking, mindfulness sessions, and quick stress-relief techniques. The app helps users identify stress patterns, manage emotional responses, and build mental resilience through daily practice.



Specifically for police officers, she highlighted that NeurOm offers short, practical modules that can be used during duty breaks, after high-pressure situations, or before shifts. The app provides a private and accessible tool to manage occupational stress, improve focus, and support emotional stability in demanding work environments.

In the absence of **Mr. Gaurav Jasani**, the motivational address was delivered by **Ms. Riddhi Gupte**, Deputy Superintendent of Police, Gujarat.

Ms. Gupte delivered an inspiring and encouraging speech emphasizing the importance of mental strength, emotional balance, and self-care in the policing profession. She acknowledged the demanding and high-pressure nature of police duties and motivated officers to prioritize their mental well-being alongside their professional responsibilities.

She also appreciated the initiative taken by Sardar Patel Startup & Entrepreneurship Council and CerboTech Education Pvt. Ltd. for organizing a meaningful program dedicated to mental health awareness for police personnel.

