



ST JOSEPH'S UNIVERSITY
#36, Lalbagh Road, Bengaluru – 560027
CENTRE FOR HUMAN EXCELLENCE
IGNITORS PROGRAMME



Centre for Human Excellence as part of **Ignitors Program**, organised an Invited Talk on **“Mental Health in the Age of Information and Technology”** for the first-year undergraduate students of St. Joseph's University on **24 September 2026** at the **Main Auditorium**. The session was facilitated by **Mr. Aditya Shetty Jnana**, a Research Scientist for the ICMR-NIMHANS a Student Wellbeing Initiative. The session addressed the Relevance of Mental Health for Students, Impact of Mental Health on Different Areas of Functioning, Cognitive Surrender and the Influence of Digital Devices, and Familiarizing students with available avenues and resources for seeking mental health support. The session encouraged students to view mental health as an integral part of their overall wellbeing and development.