

Best Practice: - Mental Health Awareness Week

Brochure and Schedule



DEPARTMENT OF PSYCHOLOGY  
GOVT. PG. COLLEGE, SEC-1, PANCHKULA



organises MENTAL HEALTH AWARENESS WEEK (10th-15th October, 2022)  
on the occasion of *World Mental Health Day*

**Theme- Mental Health: A Global Priority**

Registration link: <https://forms.gle/EM8cjKPoM22hoh3i9>

- |            |  |
|------------|--|
| 10/10/2022 | • National Webinar on "Mental health: Overcoming the stigma of mental illness" <a href="https://meet.google.com/ier-cpam-iyx">https://meet.google.com/ier-cpam-iyx</a> |
| 11/10/2022 | • Lecture on stress management<br>• Inauguration of "Wall of Hope"   |
| 12/10/2022 | • Slogan/Poster making competition   |
| 13/10/2022 | • Community service: Raising awareness about mental health outside college premises  |
| 14/10/2022 | • Radio broadcasting: Interview with expert on mental health of youth<br>• Paper presentation on mental health issues  |
| 15/10/2022 | • Award and Valedictory function   |

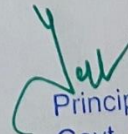
**Chief Patron**  
Ms. Babita Verma  
Principal

**Patron**  
Dr. Sajjan Kumar  
Dr. Anita Singh

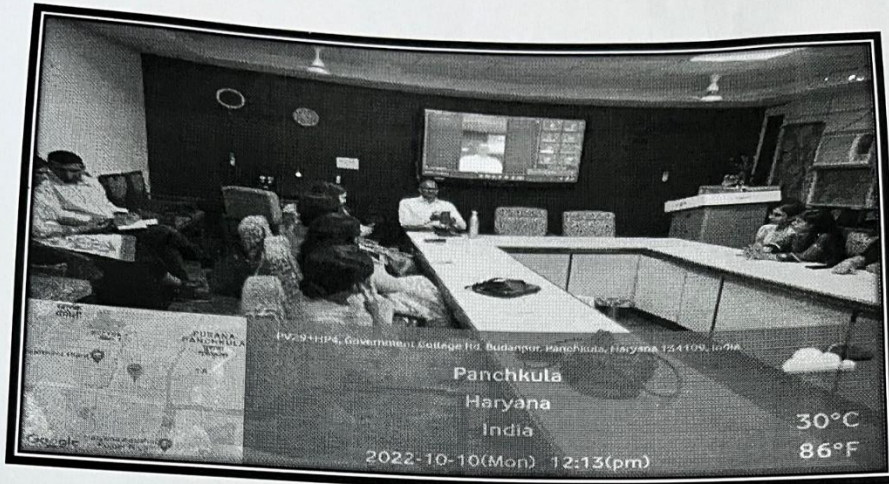
**Coordinators**  
Dr. Parvesh Kumar  
Ms. Renu  
Ms. Nayantara Chauhan

**Organising Committee**  
Dr. Rinki  
Dr. Jyotsna Kaushik  
Mr. Parmod  
Dr. Sumita Chahal  
Ms. Preeti Janhotra

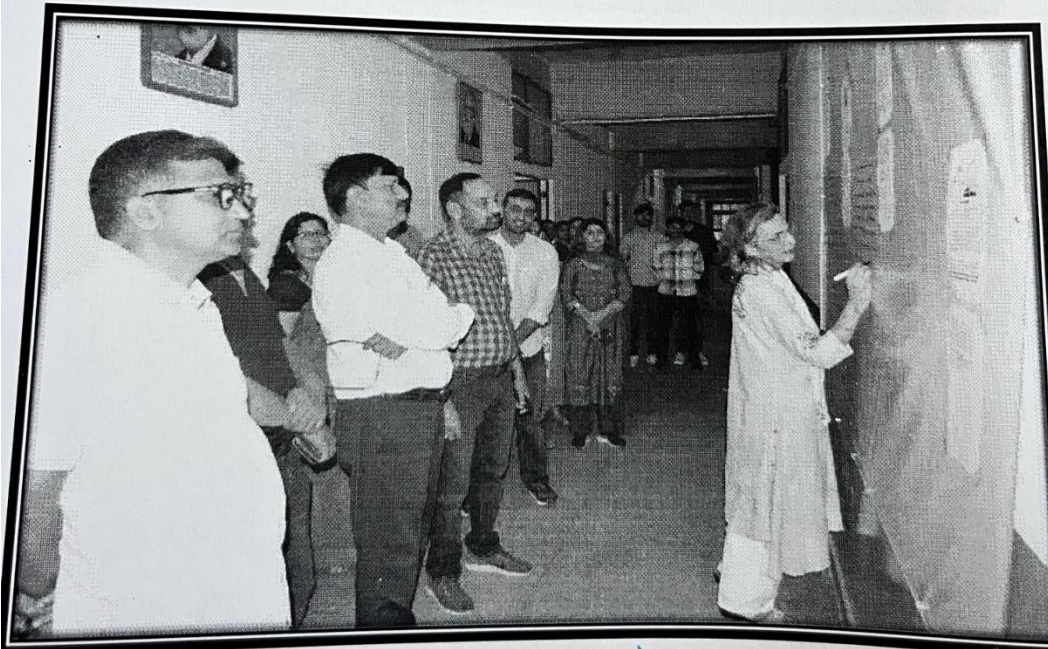
Certificates for the National Webinar will be issued only for registered candidates.

  
Principal  
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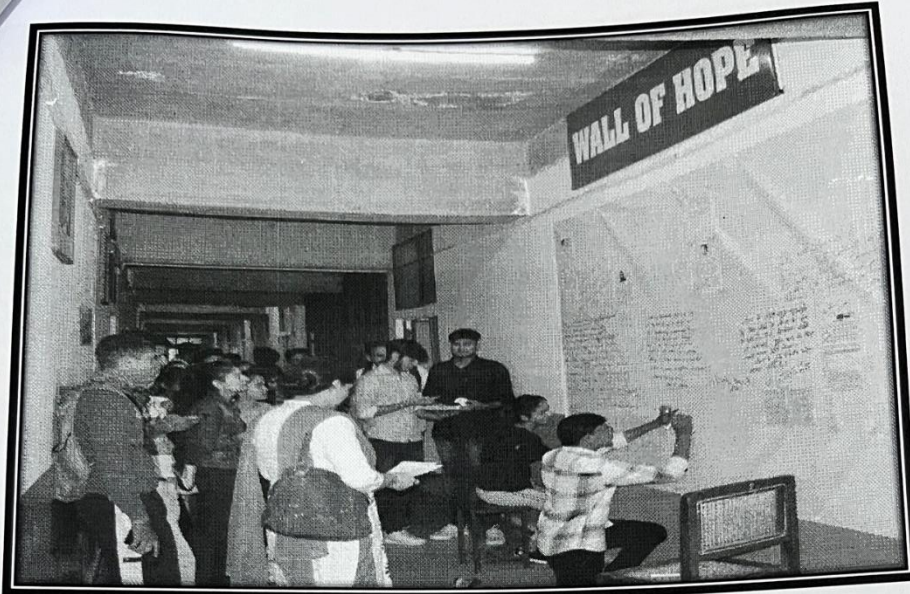
**National Webinar on Mental Health: Overcoming the Stigma of Mental illness**



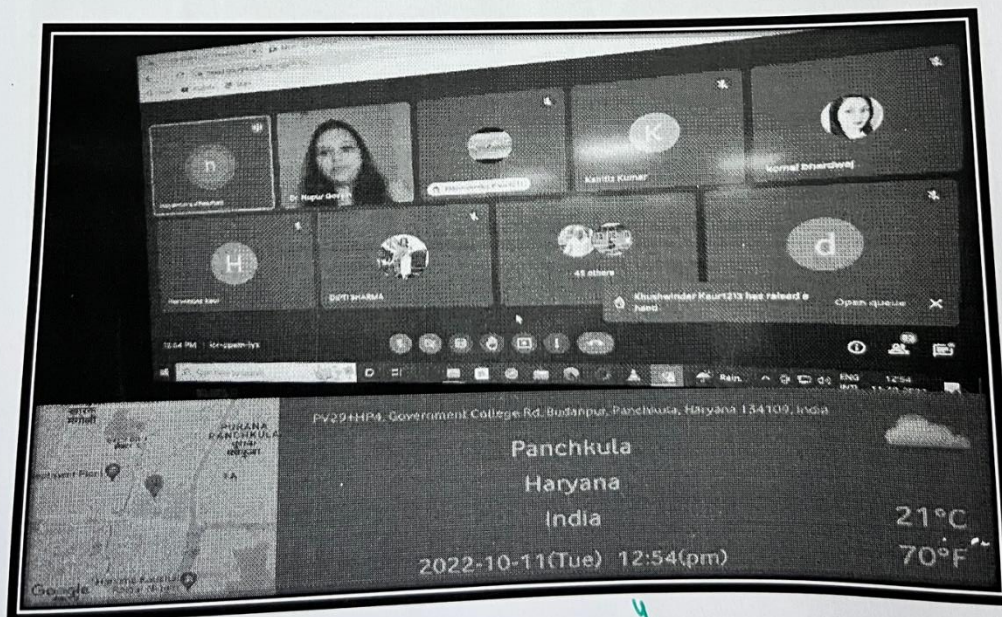
**The Wall of Hope**



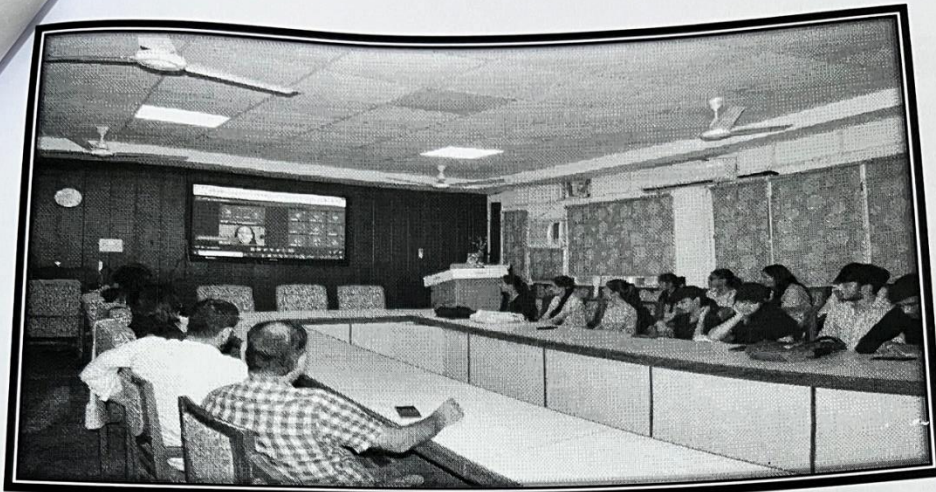
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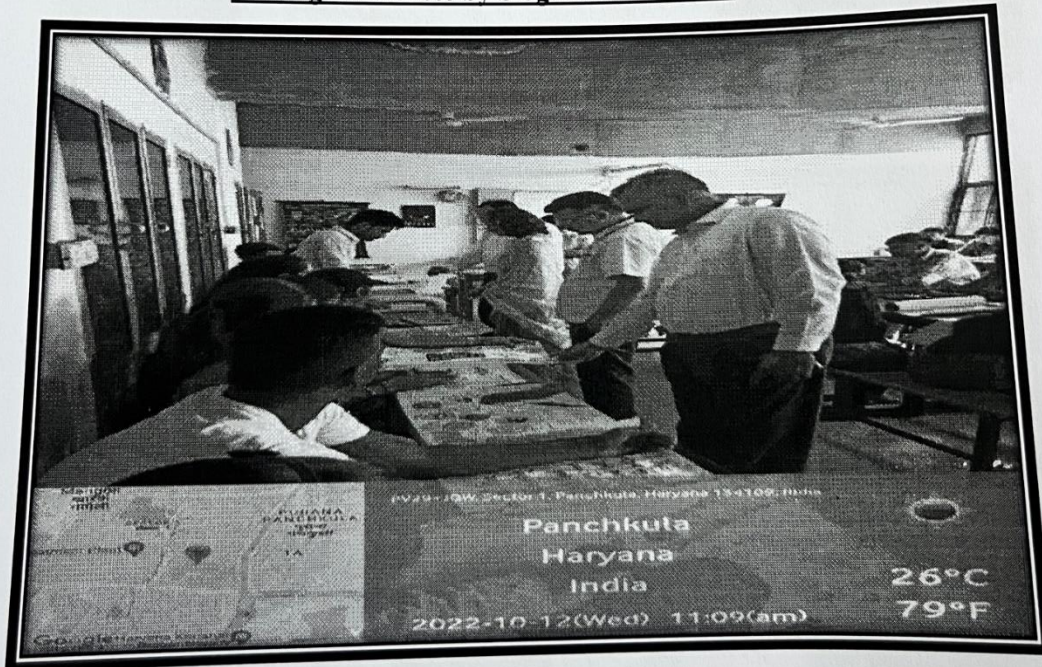
**Expert Lecture on Stress Management**

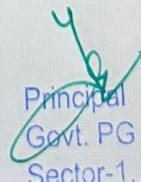


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Raising Awareness by Slogans and Posters



  
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Community Service: Raising Awareness outside the College Campus

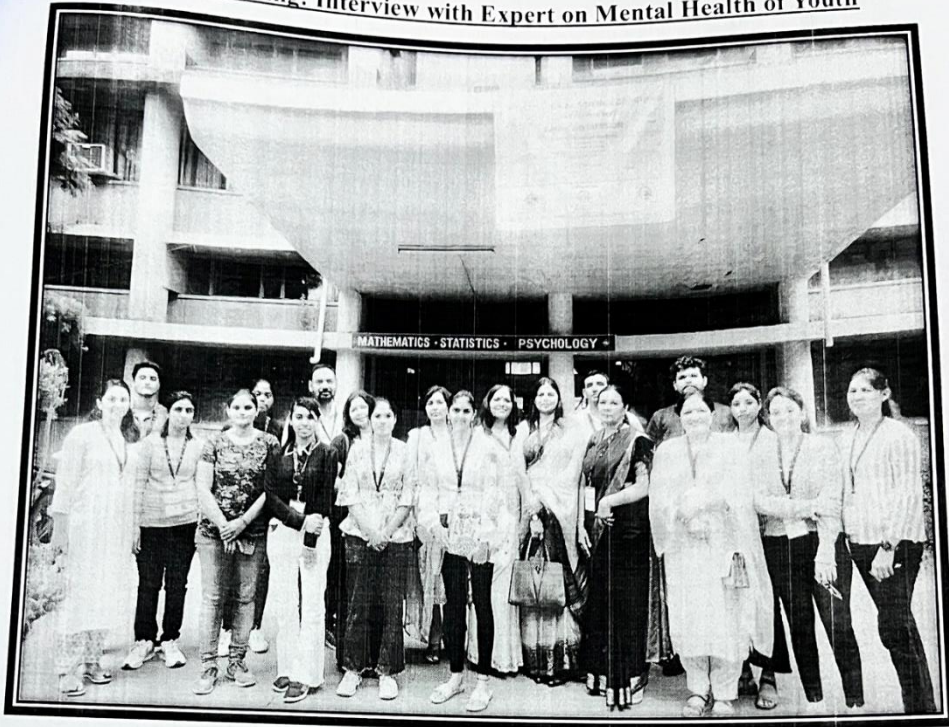


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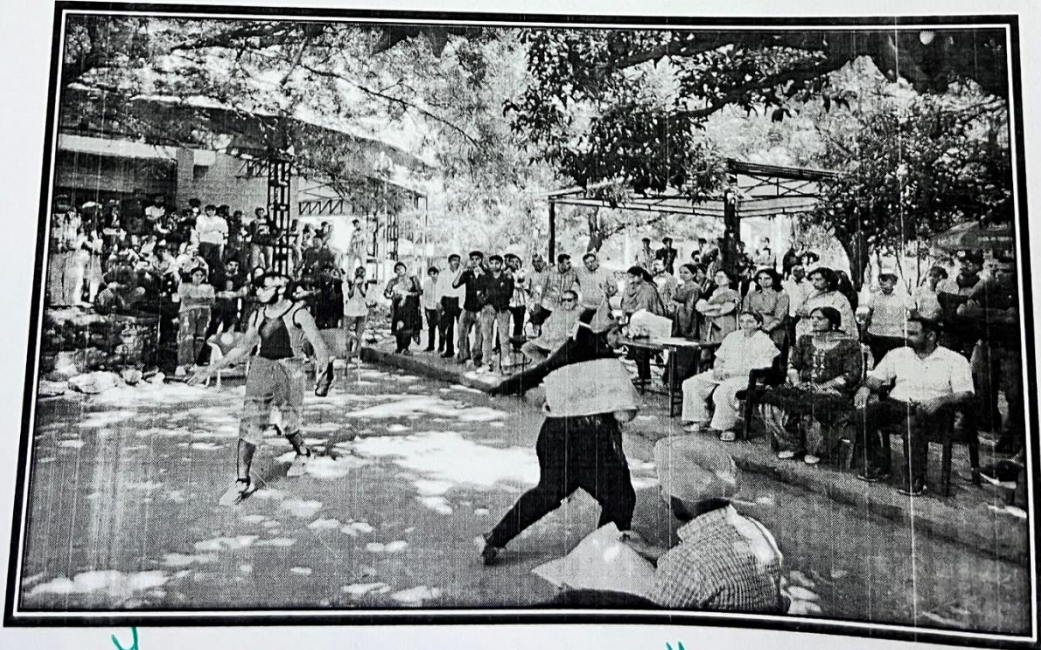


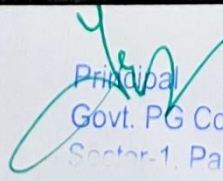
  
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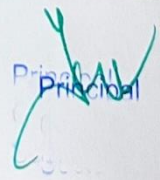
Radio Broadcasting: Interview with Expert on Mental Health of Youth

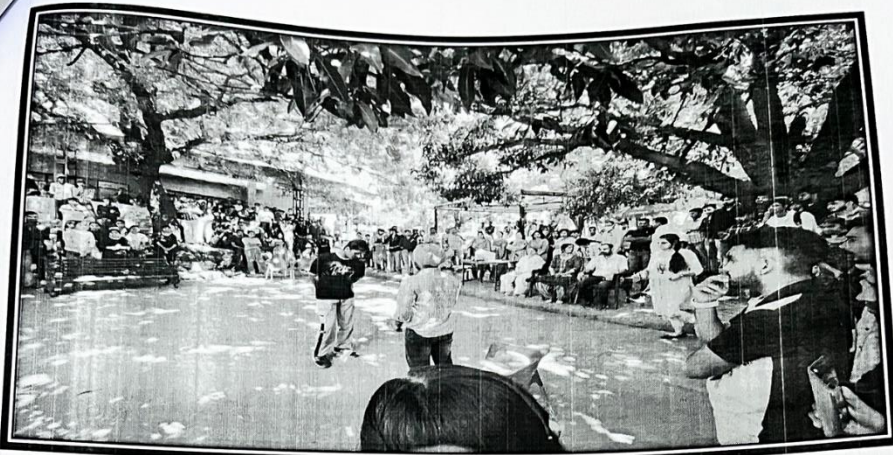


Nukkad Natak and Valedictory Ceremony



  
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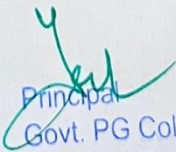
  
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