



**WORLD MENTAL HEALTH DAY OBSERVED
AT
SRI GURU TEG BAHADUR KHALSA COLLEGE Sri Anandpur Sahib,
October 9, 2025**

Sri Guru Teg Bahadur Khalsa College, Sri Anandpur Sahib, marked World Mental Health Day with a meaningful awareness activity aimed at promoting mental well-being among students.

The program was organized under the guidance of Principal **Dr. Jasvir Singh** and Chairperson **Dr. Gurpreet Kaur**, who emphasized the importance of mental health in today's fast-paced life. Addressing the students, they highlighted the need to break the stigma surrounding mental health issues and encouraged open discussions on emotional well-being.

A key highlight of the event was a **pledge-taking ceremony**, in which around **30 students actively participated**. The students pledged to take care of their mental health, support others facing emotional challenges, and spread awareness to create a positive and inclusive environment.

The initiative was appreciated by both faculty and students for its relevance and impact. The event concluded with a message reinforcing that mental health is as important as physical health and requires equal attention and care. Such activities reflect the institution's commitment to the holistic development of students and fostering a supportive academic atmosphere.



Ministry of Education
Government of India



INSTITUTION'S
INNOVATION
COUNCIL
(Ministry of HRD Initiative)

Sri Guru Teg Bahadur Khalsa College Sri Anandpur Sahib

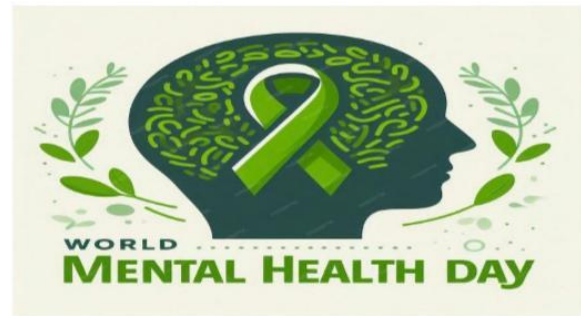
Organized by **Mental Health
Cell and Institution
Innovation Council, Sri Guru
Teg Bahadur Khalsa college
Sri Anandpur Sahib**

October 10th - 11th 2025

Day 1 - 10th October 2025: **Mental
Health Oath Ceremony**

Day 2: 11th October 2025: **Motivational
Movie: The Secret**

Celebrates World Mental Health Day



**IIC President
Dr. Gurpreet Kaur**

**Principal
Dr. Jasvir Singh**



We pledge

to prioritize our mental well-being and create a safe, supportive environment for open conversations and mental health care for all.

What's your
#PledgeforMentalHealth

24x7 Free Mental Health Crisis Helpline
1800 120 820 050

Privacy Policy & Terms and Condition Apply. Visit mpower10n1.abet.co.in



Sri Guru Teg Bahadur Khalsa College

Sri Anandpur Sahib

Attendance/ Feedback form

Activity: Pledge Taking Ceremony

Date: Oct 9, 2025

Sr no	Name	Class/ Designation	Roll No.	Feedback	Signature
1	Khushi Kaur	M.A Punjabi IV	249311	v good	Khushi
2	AMANDEEP	M.A Punjabi IV	249307	v Good	AK
3	ZARBA SINGH	B.Sc IV	232201	Good	ZARBA
4	KIRNJOY KAN	M.A History III	242307	Good	Kiran
5	Harpreet Kaur	M.A Punjabi	242312	v Good	Harpreet
6	Reena	M.A Punjabi IV	242303	GOOD	Reena
7	Satwinder Kaur	MA Punjabi IV	252419	Good	Sandhu
8	Lakha Kaur	M.A Punjabi II	242414	Good	Lakha Kaur
9	Tahil Singh	M.A Punjabi IV	242313	v Good	Tahil
10	Harshu Kaur	MA Punjabi II	242314	v Good	Harshu
11	Gurjit Kaur	M.A Punjabi	242308	Good	GK
12	Noora	M.A Pun II	242309	v Good	Noora
13	MANDIEP	MA Pun IV	242310	Good	Mandeeep
14	Diljit Kaur	M.A Pun IV	242314	v Good	Diljit
15	Gurpreet Kaur	M.A Pun	242315	Good	Gurpreet
16	Baljit Kaur	M.A Punjabi	252316	Good	BKAUR
17	MANPREET	B.A IV	222311	v good	Manpreet
18	Gurpreet Kaur	B.A IV	212319	v Good	Gurpreet
19	Sukwinder Singh	B.Sc IV	222309	GOOD	SKAUR
20	Babankaur	B.A IV	222420	Good	BKAUR
21	Ajay	B.A I	242301	v GOOD	Ajay
22	Satwinder	M.A IV	231101	GOOD	Satwinder
23	Gagandeep	B.A II Sem	250043	Excellent	Gagandeep
24	Karanvir	BA II Sem	250054	Excellent	Karanvir
25	Deepak Kaur	BA IV Sem		Excellent	Deepak Kaur
26	Gurpreet Singh	B.A II Sem	250120	Excellent	Gurpreet Singh
27	RAGHVI	BA I SEM	250056	good	RAGHVI
28	MANJEET	B.A IV SEM	240001	good	MANJEET
29	BHAVNA	B.A II SEM	240008	good	BHAVNA
30	INDER	B.A II SEM	240058	good	INDER