



**WORLD MENTAL HEALTH DAY OBSERVED
AT
SRI GURU TEG BAHADUR KHALSA COLLEGE Sri Anandpur Sahib,
October 11th, 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.

In observance of World Mental Health Day, a motivational movie session was organized for students on 11th October 2025. The film *The Secret* was screened, and around 30 students participated in the session, gaining inspiration and motivation.

Social media link:

<https://www.instagram.com/reel/DPpzwEDklhM/?igsh=MXN0cjE2anlnY3g3eg==>



Ministry of Education
Government of India



**INSTITUTION'S
INNOVATION
COUNCIL**
(Ministry of HRD Initiative)

Sri Guru Teg Bahadur Khalsa College Sri Anandpur Sahib

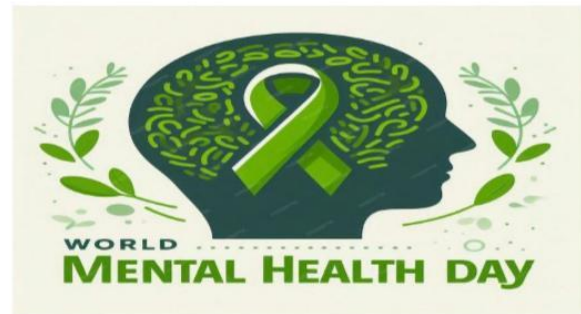
**Organized by Mental Health
Cell and Institution
Innovation Council, Sri Guru
Teg Bahadur Khalsa college
Sri Anandpur Sahib**

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**



