

Event Report: Mental Health Programme at SGTB Khalsa College

Mental Health and Wellness Cell, Sri Guru Teg Bahadur Khalsa College, Sri Anandpur Sahib successfully hosted a Mental Health Awareness Programme to promote psychological well-being among its students and staff. Organized by ****Dr. Gurpreet****, Incharge of the Cell and Head of the PG of English Department, under the guidance of Principal Dr. Jasvir Singh, the event addressed the vital importance of mental health in today's demanding academic environment. The highlight was an insightful session by renowned psychologist Dr. Neelu, who provided practical strategies for managing stress, anxiety, and emotional challenges. By sharing real-life examples and emphasizing the need to dismantle social stigmas, Dr. Neelu encouraged an open, supportive culture and empowered attendees to prioritize self-awareness and professional support. During the session, Ms. Rupali Thakur, an Alumni of the college and now a successful Founder of Mudralaya Fintech Private limited Company, were present along with Kunal Dalotra, CEO Abhishek Kumar, COO. The session was very interesting and enriching. Mental Health and Wellness Cell, Sri Guru Teg Bahadur Khalsa College, Sri Anandpur Sahib successfully hosted a Mental Health Awareness Programme to promote psychological well-being among its students and staff. Organized by Dr. Gurpreet, Incharge of the Cell and Head of the PG of English Department, under the guidance of Principal Dr. Jasvir Singh, the event addressed the vital importance of mental health in today's demanding academic environment. The highlight was an insightful session by renowned psychologist Dr. Neelu, who provided practical strategies for managing stress, anxiety, and emotional challenges. By sharing real-life examples and emphasizing the need to dismantle social stigmas. During the session, Ms. Rupali Thakur, an Alumni of the college and now a successful Founder of Mudralaya Fintech Private limited Company, were present along with Kunal Dalotra, CEO Abhishek Kumar, COO. The session was conducted successfully by Prof. Shaganpreet Kaur, Prof. Jaspreet Kaur and Prof. Sukhwinder Kaur, members of the Cell. The session was very interesting and enriching.

