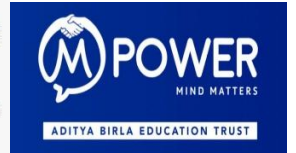


MoE's
INNOVATION CELL
(GOVERNMENT OF INDIA)



Activity Report

Sri Guru Teg Bahadur Khalsa College, Sri Anandpur Sahib (An Autonomous College)

**Mental Health Awareness Lecture Organized by Institution's Innovation Council in
Collaboration with P.G. Department of Computer Science
Mental Health Wellness Cell
Guest Lecture
On
Mental Health Awareness
On
January 19th, 2026 in Hybrid Mode**

The Mental Health Wellness Cell of Sri Guru Teg Bahadur Khalsa College, Sri Anandpur Sahib, in collaboration with the Institution's Innovation Council (IIC) and MPower, organized a guest lecture on Mental Health Awareness for students, teachers, and parents. The session was delivered by Ms. Malika Arora, Psychologist from MPower, Mohali, who highlighted various mental health support mechanisms and coping strategies to help individuals heal from mental health challenges. Principal Dr. Jasvir Singh motivated the students by emphasizing the importance of a positive attitude and mental well-being in personal and professional life. The program was organized under the guidance of Dr. Gurpreet Kaur, President, IIC, and was successfully coordinated by Prof. Paramjit Kaur and Prof. Jyoti Chodhary, Assistant Professors, P.G. Department of Computer Science.

Objective: The objective of the event was to raise awareness about the importance of mental health in the digital age and encourage students to protect themselves from digital addiction.

Benefit: The event helped students understand the impact of digital addiction on mental health, promoting healthier online habits and fostering a balanced approach to technology use.

No. of Participating Students: 120

<https://www.facebook.com/share/p/19goT9WaP/>

<https://www.instagram.com/p/DTxibFpEsZ4/?igsh=MTNwZ2t2bXAxMmJ4Nw>



Ministry of
Education
Government of India



INSTITUTION'S
INNOVATION
COUNCIL
(Ministry of Education Initiative)

**Sri Guru Teg Bahadur Khalsa College
Sri Anandpur Sahib**



Speaker:
Ms. Malika Arora
(Psychologist)

SCAN HERE

To Join



**GUEST LECTURE
ON
Mental Health
Awareness
for
Teachers, Students
and Parents**

19th January, 2026

Timings: 11:00 am-12:00pm

Link to Join: meet.google.com/dam-hzks-ged

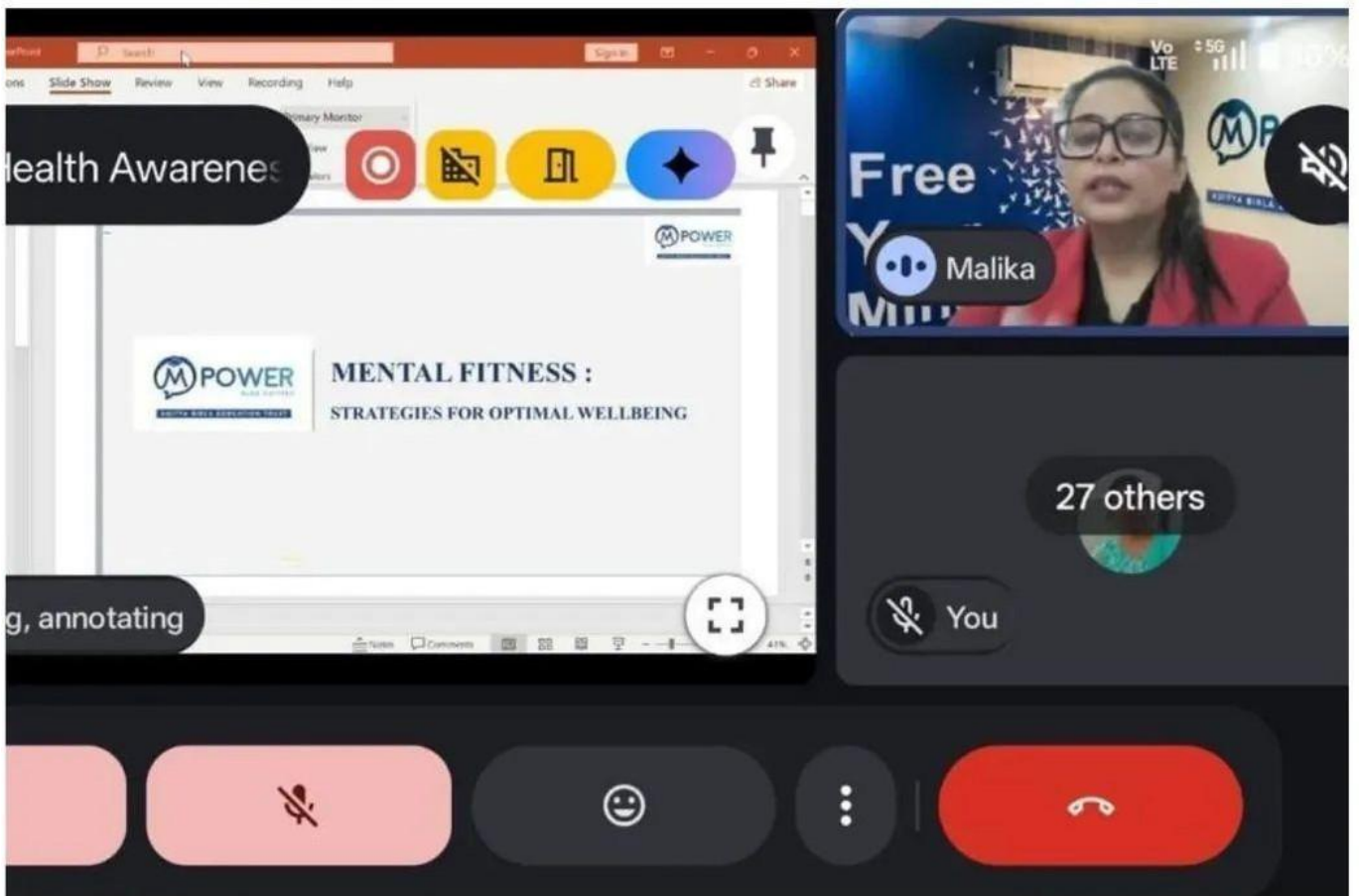
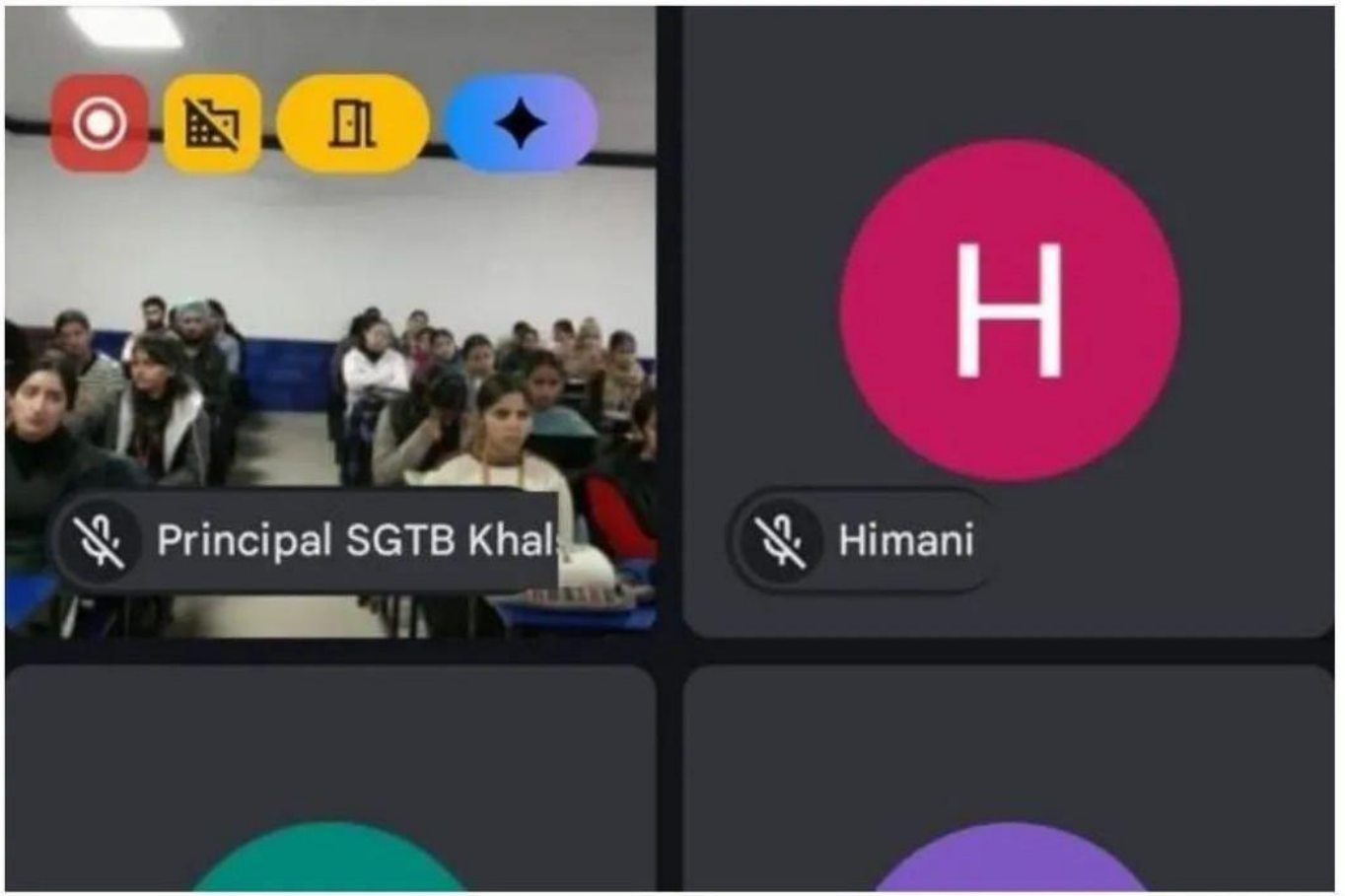
Coordinated By:

Prof. Paramjit Kaur & Prof. Jyoti Chodhary
(Mental Health and Wellness Cell in Collaboration with
Institution Innovation Council
Sri Guru Teg Bahadur Khalsa College
Sri Anandpur Sahib and Mpower)

Dr. Gurpreet Kaur
IIC President

Dr. Jasvir Singh
Principal





Sri Guru Teg Bahadur Khalsa College, Sri Anandpur Sahib
(An Autonomous College)

Mental Health Awareness Lecture
Organized by
Institution's Innovation Council
in collaboration with
Mental Health Wellness Cell
On 19th January 2026 in Hybrid Mode
Attendance cum Feedback Sheet

Sr. No.	Participant's Name	Class	Contact No.	Signature	You learned something valuable from this event? (Yes/ No)	Are you satisfied with this event? (Yes/No)
1	Aspit Kumar	BSc(H)AI & DS	90561-45067	Aspit Kumar	Yes	Yes
2	Ayush	BSc(H)AI & DS	7973224291	Ayush	Yes	Yes
3	Manpreet Singh	BSc(H)AI and DS	6239012527	Manpreet Singh	Yes	Yes
4	Sahil	BSc(H)AI and DS	869855369	Sahil	Yes	Yes
5	Mubesh Kumar	BSc(H)AI & DS	94639-68275	Mubesh K	Yes	Yes
6	Yuvraj Sharma	BSc(H)AI & DS	9056150329	Yuvraj Sharma	Yes	Yes
7	Gurawinder Singh	BSc(H)AI & DS	97776-0815	Gurawinder Singh	Yes	Yes
8	Manpreet Kaur	BSc NP Sem-VI	7528938144	Manpreet	Yes	Yes
9	Tanvi Sharma	BSc N-H Sem-VI	7876176332	Tanvi	Yes	Yes
10	Harshdeep Singh	BSc N-M Sem-II	94174-65959	Harsh	Yes	Yes
11	Varun Kumar Bali	BSc N-M Sem-II	98774-54403	Varun	Yes	Yes
12	Tanpreet Singh Sam	BSc(NM) II	7589688305	Tanpreet	Yes	Yes
13	Karanveer Kaur	BSc AI & DS II	7681956624	Karan	Yes	Yes
14	Sneha	BSc AI & DS II	9876952386	Sneha	Yes	Yes
15	Priyanka Rani	BCA VI th	9056801328	Priyanka	Yes	Yes
16	Nidhi Devi	BCA VII th	7347322758	Nidhi	Yes	Yes
17	Sonali Thakur	BCA VII th	8195865453	Sonali Thakur	Yes	Yes
18	Nandni Rana	BSc(H)AI & DS	62305-28105	Nandni Rana	Yes	Yes
19	Simranjit Kaur	BSc(H)AI & DS	9041701187	Simran	Yes	Yes

Sr. No.	Participant's Name	Class	Contact No.	Signature	You learned something valuable from this event? (Yes/ No)	Are you satisfied with this event? (Yes/No)
20	Riya	BCA [6 th sem]	8146175461	Riya	Yes	Yes
21	Himani Sharma	BCA (6 th sem)	6283271817	Himani	Yes	Yes
22	Manjeet Kaur	MA(HIS) 2 nd Sem	6214755977	Manjeet Kaur	Yes	Yes
23	Manjeet Kaur	MACHIS 2 nd Sem	9779598092	Manjeet Kaur	Yes	Yes
24	Mehak	B.Sc(N.M)	9914064638	Mehak	Yes	Yes
25	Pushpa devi	B.Sc(N.M)	9805852075	Pushpa devi	Yes	Yes
26	Tania	B.Sc(N.M)	6284471148	Tania	Yes	Yes
27	Sneha	BSC(N.M)	81466-92454	Sneha	Yes	Yes
28	Ritika Dhiman	BSc(H) AI&DS	70094-32277	Ritika Dhiman	Yes	Yes
29	Japneet Kaur	BSc(H) AI&DS	7710230813	Japneet Kaur	Yes	Yes
30	Parvinder Dhiman	BSc(H) AI&DS	9876641280	Parvinder Dhiman	Yes	Yes
31	Pupinder Kaur	BSc(N.M) Sem II	7973251170	Pupinder Kaur	Yes	Yes
32	Maninder Kaur	BCA 6 th Sem	8437659352	Maninder	Yes	Yes
33	Simeen Kaur	BCA 6 th Sem	9478307276	Simeen	Yes	Yes
34	Vanshika	BSc(N.M) Sem II	7087784350	Vanshika	Yes	Yes
35	Khushbu	BSc(N.M) Sem II	8284925459	Khushbu	Yes	Yes
36	Kajal Kaur	BSc(N.M) Sem II	70299-27340	Kajal Kaur	Yes	Yes
37	Riya	BSc(N.M) (Sem II)	62835-19352	Riya	Yes	Yes
38	Dipika	BSc(N.M) (Sem II)	8146337099	Dipika	Yes	Yes
39	Sarita Minhas	BSc(N.M) Sem II	8544299279	Sarita Minhas	Yes	Yes
40	Rachna Kumari	BSc(N.M) Sem II	6284961697	Rachna	Yes	Yes
41	Bani	BCA Sem-4	6239420446	Bani	Yes	Yes.
42	Diya Sharma	BCA Sem-4	6239991997	Diya Sharma	Yes	Yes.
43	Khushbu Sharma	BCA Sem-4	9876232630	Khushbu	Yes	Yes
44	Manpreet Kaur	BCA Sem-4	9056652797	Manpreet Kaur	Yes	Yes
45	Taranveer	BCA Sem-4	9779622512	Taranveer	Yes	Yes
46	Yashika Sharma	BCA Sem-IV	797386438	Yashika Sharma	Yes	Yes
47	Karanpreet Kaur	BCA Sem IV	6239714597	Karanpreet Kaur	Yes	Yes
48	Yashika Sharma	BCA Sem-IV	7973861438	Yashika Sha	Yes	Yes
49	Jaspreet Kaur	BCA IV	6284055728	Jaspreet Kaur	Yes	Yes
50	Diya	BCA IV	9530076018	Diya	Yes	Yes
51	Dalbir Singh	BCA IV	7814265249	Dalbir Singh	Yes	Yes

Sr. No.	Participant's Name	Class	Contact No.	Signature	You learned something valuable from this event? (Yes/ No)	Are you satisfied with this event? (Yes/No)
52	Abhishek Kaushal	BCA 3 rd year	889092630	A Kaushal	Yes	Yes.
53	Vansh Rana	BCA 1 st year	6280731046	V R	Yes	Yes.
54	Sarwan Kumar	B.A 3 rd year	7876860214	Sarwan	Yes	Yes
55	Iqbal-ud-din	BCA 3 rd year	6284391457	Iqbal	Yes	Yes.
56	Ashpreet Singh	BCA 1 st year	9478774474	Ashpreet	Yes	Yes
57	Harpreet Singh	BCA 1 st year	9877300786	Harpreet	Yes	Yes
58	Donia	BSc (NM)	94087-0501	Donia	Yes	Yes
59	Khushi Rana	BSc (NM)	26328-0550	Khushi Rana	Yes	Yes
60	Ompreet Kaur	BA Sem II	9041745971	Ompreet	Yes	Yes
61	Aparna	BA Sem VI	9878291375	Aparna	Yes	Yes
62	Puravanshi	BA Sem VI	8968045749	Puravanshi	Yes	Yes
63	Sarabjeet Kaur	BA Sem VI	8699316541	Sarabjeet	Yes	Yes
64	Komal	B.A Sem VI	9530648759	Komal	Yes	Yes
65	Lorepreet Kaur	B.A Sem VI	6239555299	Lorepreet Kaur	Yes	Yes
66	Gagandeep Kaur	B.Sc (NM)	6930913113	Gagandeep	Yes	Yes.
67	Diksha	"	9915829160	Diksha	Yes	Yes
68	Ankita Rani	B.Sc (NM)	8968254128	Ankita	Yes	Yes.
69	Komal	BSc (NM)-II	8427945917	Komal	Yes	Yes
70	Tshpreet Kaur	B-SC (NM)-II	836022564	Tshpreet	Yes	Yes
71	Helakpreet Kaur	B-SC (NM)-II	8264303836	Helakpreet	Yes	Yes.
72	Ektal sharma	BCA (Sem-IV)	9056116452	Ektal	Yes	Yes
73	Rajwinder Kaur	BCA (Sem-IV)	7986850612	Rajwinder	Yes	Yes
74	Sameer Saini	BCA (Sem-IV)	8427955968	Sameer	Yes	Yes
75	MUSKAN	BCA (Sem-IV)	7347061015	Muskan	Yes	Yes
76	Khushi	BCA (Sem-IV)	9418792511	Khushi	Yes	Yes
77	Navjot	BCA (Sem-IV)	9317656328	Navjot	Yes	Yes
78	Karanraj	BCA (Sem-IV)	8146107015	Karanraj	Yes	Yes
79	Bhupinder Singh	BCA (Sem-IV)	9696132914	Bhupinder Singh	Yes	Yes.
80	DePaak Sani	BCA (Sem-IV)	7650401333	DePaak Sani	Yes	Yes
81	Hardeep Singh	BCA (Sem-IV)	195025549	Hardeep	Yes	Yes
82	Taranyit Kaur	BCA Sem IV	9779079672	Taranyit Kaur	Yes	Yes
83	Anamjot Kaur	BCA Sem IV	8427349743	Anamjot Kaur	Yes	Yes