



# Activity Report

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

### Mental Health Awareness Workshop Organized by Institution's Innovation Council in Collaboration with Mental Health Wellness Cell

#### Three-Day Workshop On Mental Health First Aid for Youths

Sri Guru Teg Bahadur Khalsa College Organizes Three-Day Workshop on Mental Health First Aid for Youths. The Institution's Innovation Council (IIC) of Sri Guru Teg Bahadur Khalsa College, Sri Anandpur Sahib, successfully organized a three-day workshop on "Mental Health First Aid for Youths" from 27th to 29th October 2025, in collaboration with Mpower. The workshop aimed to equip students with essential knowledge and practical skills to identify and manage common mental health concerns such as stress, anxiety, and emotional distress. The sessions were conducted by Ms. Kusha Mehra, an experienced psychologist, who guided and trained 30 student participants to become mental health first responders. Bhai Amarjit Singh Chawla (Member, SGPC and Member, Governing Body) graced the closing ceremony of the workshop with his presence and words of encouragement. Dr. Jasvir Singh, Principal of the college, commended the efforts of the Institution's Innovation Council for initiating such a meaningful workshop, stating that "mental health is as vital as physical health, and such initiatives help in the holistic development of our students." Dr. Gurpreet Kaur, President of IIC and Head of the Department of English, emphasized the importance of maintaining mental well-being in today's fast-paced digital era. She appreciated the enthusiasm of the participants and encouraged them to apply their learning in supporting peers and promoting mental wellness on campus. The workshop was efficiently coordinated by the Mental Health Wellness Cell of the college. Faculty members Prof. Paramjit Kaur, Prof. Jyoti Chodhary, Prof. Ramneet Kaur, and Prof. Shagunpreet Kaur ensured the smooth and successful execution of all sessions.

**No. of Participating Students:** 34

<https://www.instagram.com/p/DQKNVuVkstE/?igsh=cHB3bHp6am4wNjZp>

<https://www.instagram.com/p/DQZSo9hkheZ/?igsh=MXdxcGw0ZZZmbnN4Zg==>



**Ministry of  
Education**  
Government of India



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

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

**ORGANIZED BY**

**Institution Innovation  
Council  
Sri Guru Teg Bahadur  
Khalsa College  
Sri Anandpur Sahib  
in Collaboration with  
Mpower  
An initiative by Aditya Birla  
Education Trust**

**THREE DAY  
WORKSHOP  
ON  
Mental Health  
First Aid for  
Youth**



**October 27<sup>th</sup> to 29<sup>th</sup> , 2025**

Timings:10:00 am-3:00pm

**Speaker: Ms. Kusha Mehra**  
**Coordinated By: Mental Health and Wellness Cell**  
**Sri Guru Teg Bahadur Khalsa College**  
**Sri Anandpur Sahib**

**Dr. Gurpreet Kaur**  
IIC President

**Dr. Jasvir Singh**  
Principal







**Anandpur Sahib, Punjab, India**  
Anandpur Sahib Ropar Highway, Power Colony, Anandpur Sahib, Punjab 140118, India  
Lat 31.228939, Long 76.513636  
Monday, 27/10/2025 12:20 PM GMT+05:30  
Note : Captured by GPS Map Camera



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Monday, 27/10/2025 12:20 PM GMT+05:30  
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**Three Days Workshop on Mental Health First Aid for Youth**

S.NO	Name the student	Phone Number	Department	Class	Roll No.	Father's Name	Email Id	Semester	27-10-2025	28-10-2025	29-10-2025
1	Jasmeen kaur	8699956150	Computer science	Bsc Hons AI and DS	254647	Jatinder Singh	kaurjasmeen7890@gmail.com	First	Jasmeen kaur	Jasmeen kaur	Jasmeen kaur
2	Mansi	6280750523	Computer department	Bsc (H) AI & Ds	254627	Ajay kumar	jandaajay22@gmail.com	Sem 1	Mansi	Mansi	Mansi
3	Karanveer kaur	7681956624	Computer science	Bsc (Hons) AI & DS	254602	Budh singh garewal	grewalkaran766@gmail.com	1	Karanveer kaur	Karanveer kaur	Karanveer kaur
4	Damanpreet kaur	8699582576	Commerce	B Voc. (RM)	244106	Balveer Singh	damanpreetkaur00786@gmail.com	3rd	Damanpreet kaur	Damanpreet kaur	Damanpreet kaur
5	Vishali	9816269862	Commerce	B Voc retail management	254110	Surinder Singh	vishalihakur5590@gmail.com	1	Vishali	Vishali	Vishali
6	Radhika Sharma	7347080477	Computer science	BCA	257020	Mr.Sunil kumar	radhikasharma28062@gmail.com	1st	Radhika Sharma	Radhika Sharma	Radhika Sharma
7	Umang Sharma	9317099700	PG Department of Computer Science	BCA-1(Sec-B)	257002	Gopal Chand	umangsharma0905@gmail.com	1st	Umang	Umang	Umang
8	Amandeep kaur	8360132904	BCA	BCA	257147	Sukhdev singh	akaur84765@gmail.com	1	Amandeep kaur	Amandeep kaur	Amandeep kaur
9	Gobind uppal	9872293123	Computer department (BCA)	Bca (A)	257048	Sunil kumar	govinduppal3@gmail.com	1st	Gobind uppal	Gobind uppal	Gobind uppal
10	Arti sharma	9878337439	Computer science	BCA	257122	Pardeep kumar	aartis0216@gmail.com	First	Arti Sharma	Arti Sharma	Arti Sharma
11	Mohit Saini	8968083276	Computer department (BCA)	BCA-A	257026	Vijesh kumar	sshadevi99@gmail.com	1	Mohit Saini	Mohit Saini	Mohit Saini
12	Harsharan kaur	9877384051	English department	BA(H) in English	254804	Sarabjeet Singh	harsharankaur590@gmail.com	1st	Harsharan kaur	Harsharan kaur	Harsharan kaur
13	Preet Kamal Singh	7814067885	English	B.A hons in english	253801	Lakhvir Singh	preetkamals585@gmail.com	1st	Preet Kamal Singh	Preet Kamal Singh	Preet Kamal Singh
14	Jeevanjot kaur	9041425613	English department	B.A. school course in English	253803	Rajpal Singh	jo03004@gmail.com	Semester 1	Jeevanjot kaur	Jeevanjot kaur	Jeevanjot kaur
15	Jaspreet kaur	7087093795	Computer	B.C.A	257075	Rajinder Singh	mejaskaur09@gmail.com	1st	Jaspreet kaur	Jaspreet kaur	Jaspreet kaur
16	Kiranjeet kaur	8351890410	Computer	B.C.A	257127	Kishan Gopal	kiranranarajput758@gmail.com	First (1st)	Kiranjeet kaur	Kiranjeet kaur	Kiranjeet kaur
17	Vanshika choudhary	6283769922	English	BA hons	253802	Vijay Kumar	vanshkuc@gmail.com	1	Vanshika	Vanshika	Vanshika

18	Vansh Rana	8091572174	Pg department of computer science	BCA	257016	Sandeep kumar	vanshrana98169@gmail.com	1st	Vansh Rana	Vansh Rana	Vansh Rana
19	Krishika Thakur	9872595248	Computer science	BCA	257076	Rakesh kumar	krishikathakur2006@gmail.com	1	Krishika Thakur	Krishika Thakur	Krishika Thakur
20	Arshpreet kaur	9877458426	Computer science	Bca	257148	Ramesh kumar	Kramesh02051@gmail.com	1st	Arshpreet kaur	Arshpreet kaur	Arshpreet kaur
21	Janvi saini	7009481331	Computer science	Bca	257054	Subhash chander	sainijya976@gmail.com	1st	Janvi saini	Janvi saini	Janvi saini
22	Aakriti rana	7657964427	Computer science	Bca	257106	Shamsher rana	somaran1561@gmail.com	First semester	Aakriti rana	Aakriti rana	Aakriti rana
23	Upinder kaur	8427890193	English department	BA honours	253808	Inderpal singh	Upinderkaur052007	1	Upinder kaur	Upinder kaur	Upinder kaur
24	Kushalpreet kaur	9501522423	Computer department	BCA	257166	Parminder Singh	ranakushalrana7@gmail.com	Sem 1	Kushalpreet kaur	Kushalpreet kaur	Kushalpreet kaur
25	Parth Puri	6284396592	Computer	BCA	257035	Rakesh Puri	parthpuri042@gmail.com	First	Parth Puri	Parth Puri	Parth Puri
26	Ayushi	9805979153	Bsc hons AI and DS	1st year	254675	Yashpal	ayushi2603bm@gmail.com	1st	Ayushi	Ayushi	Ayushi
27	Sonia	7973204672	Commerce	B. Voc (Retail Management)	254109	Balbir Singh	soniarana2034@gmail.com	First	Sonia	Sonia	Sonia
28	Sarbjit kaur	8437972495	PG department of computer science	BCA	257145	Kamaljeet Singh	Sarbjitkaurkaur124@gmail.com	1st	Sarbjit kaur	Sarbjit kaur	Sarbjit kaur
29	Samiksha devi	9478310524	PG Department of computer	BCA	257041	Sirlaj singh	rr1803016@gmail.com	1st	Samiksha Devi	Samiksha Devi	Samiksha Devi
30	Neha katal	6284961134	Computer	B.C.A	257133	Pardeep Singh	nehakatal2008@gmail.com	First	Neha katal	Neha katal	Neha katal
31	Satwinder kaur	7986205810	PG department of computer science	BCA	257103	Sukhdev singh	Satwinderkaurkaur222	1st	Satwinder kaur	Satwinder kaur	Satwinder kaur
32	Hardeep kaur	7986205810	PG department of computer science	BCA	257102	Sukhdev singh	Hardeepkaur200800@gmail.com	1st	Hardeep kaur	Hardeep kaur	Hardeep kaur
33	Sneha	9876952386	Computer science	BSC Hons AI and DS	254614	Jyoti kapil	snehakapil2014@gmail.com	1	Sneha	Sneha	Sneha
34	Jagrati Sharma	7652826746	Computer science	BSC(H)AI/DS	254620	Manoj kumar	sharmajagrati4017@gmail.com	Sem 1	Jagrati Sharma	Jagrati Sharma	Jagrati Sharma