

Mental Health & Safeguards Committee
Hindu Kanya Mahavidyalaya, Jind
Event: Lecture on 'Creating a Safe and Supportive Environment
for Mental Well Being'
10th March, 2026

The Mental Health and Safeguards Committee of Hindu Kanya Mahavidyalaya, Jind organized a lecture on the topic 'Creating a Safe and Supportive Environment for Mental Well Being' on 10th March, 2026. The program was inaugurated by Principal Dr. Poonam Mor. The main objective of the lecture was to raise awareness among students about the importance of mental health and provide them with the necessary information to maintain mental health. Keynote speaker Dr. Meena, Assistant Professor of Physical Education explained that mental health is crucial and to maintain it, we must maintain balance in our lives, encompassing physical health, mental health and social health. Speaking on the occasion, Dr. Pinki, Nodal Officer of the Mental Health and Safeguard Committee, advised the students that to improve mental health, we should promote positive thinking and reduce stress. We should practice yoga, meditation and pranayama daily. Addressing the students, college Principal Dr. Poonam Mor emphasized that maintaining mental health requires strengthening relationships and spending time with friends and family. In the end, the principal emphasized that the college will organize such types of programs in future also so that the students can become aware about mental health.

Glimpses and Media Coverage of the Event

