

Mental Health and Safeguards Committee

Hindu Kanya Mahavidyalaya, Jind

Event: Awareness Lecture on Mental Health

20th February, 2026

An Awareness Lecture on Mental Health for students was organized by the Mental Health and Safeguards Committee of Hindu Kanya Mahavidyalaya, Jind on 20th February, 2026. The program was inaugurated by Principal of the college Dr. Poonam Mor. The keynote speaker, Dr. Pinki, nodal officer of the Mental Health and Safeguards Committee, told the students that mental health is an important aspect of our lives and we should be aware of it. She encouraged them to adopt yoga, meditation and positive thinking. Addressing the students, Principal Dr. Poonam Mor said that mental health plays a vital role in maintaining peace and vitality. It also affects our ability to think, understand and face life's challenges. Problems like stress and anxiety have become commonplace in today's life, making it extremely important to maintain mental health. Students enthusiastically participated in the program and received answers to their questions.

Glimpses & Media Coverage of the Event

