

# Mental Health & Safeguards Committee

## Hindu Kanya Mahavidyalaya, Jind

### Event: Workshop on 'Awareness about Mental Health'

#### 9<sup>th</sup> April, 2026

The Mental Health and Safeguards Committee organized a workshop on 'Awareness about Mental Health' at Hindu Kanya Mahavidyalaya, Jind on 9<sup>th</sup> April, 2026. The program was inaugurated by Principal Dr. Poonam Mor. The keynote speaker, Mrs. Praveen Kumari, ATF counselor from Civil Hospital, Jind raised awareness among the students about mental health. Addressing the students, Mrs. Praveen Kumari stated that mental health plays a vital role at every stage of life. Understanding mental health conditions and recognizing their impact on daily life helps us navigate various challenges. It determines our thoughts, feelings and behaviour. Mental health encompasses various aspects, including emotional balance, stress management and self-awareness. Mrs. Praveen Kumari also counselled the students during the workshop. The college principal explained that behavioural and psychological changes are symptoms of mental health problems, disrupting a person's daily activities. Dr. Pinki, nodal officer of the Mental Health and Safeguards Committee stated in her address that mental health can include various symptoms, such as isolation, self-harm and suicidal thoughts. For this, we should share our thoughts with others. To be mentally strong, it is very important to have courage and self-confidence. At the end of the program, Mrs. Praveen Kumari distributed prizes and stationery as an incentive to the students who took active part in the program. Dr. Rashmi, Mrs. Neelam, Dr. Seema, Mrs. Arti Saini, Dr. Jyoti Jaglan, Dr. Rachna Dalal and Ms. Surbhi were present in the workshop. 100 students participated in this workshop with great enthusiasm.

### Glimpses & Media Coverage of the Event

