

Mental Health and Wellness Committee
Hindu Kanya Mahavidyalaya, Jind
Event: Awareness Rally on ‘Importance of Mental Health’
12th April, 2025

On April 12th, 2025 Hindu Kanya Mahavidyalaya's Jind Mental Health and Wellness Committee organised a noteworthy awareness rally in Khokhari Village, focusing on the ‘Importance of Mental Health’. The event was gracefully inaugurated by Dr. Punam Mor, Principal of Hindu Kanya Mahavidyalaya, Jind by waving the green flag to signal the commencement of the rally. In her address, she emphasised the relevance of mental health awareness in contemporary society, highlighting its importance in helping individuals navigate personal and academic challenges. Mrs. Kranti, the Convenor of the Mental Health and Wellness Committee, played a pivotal role in coordinating the event. This initiative aimed to educate and support the youth, acknowledging that mental well-being is crucial for their overall development and success. In today’s fast-paced world, where stress and anxiety are prevalent, fostering an environment that prioritizes mental health is essential for empowering the younger generation. The rally provided a platform for open discussions on mental health issues, aiming to destigmatise them and encourage villagers to seek help when needed. Almost 30 Students participated in the event enthusiastically. The college management expressed their admiration for the efforts of the committee and the student. This initiative not only fosters awareness among villagers but also promotes a supportive community that encourages mental wellness among youth.

Glimpses and Media Coverage of the Event

