

Mental Health & Wellness Committee
Hindu Kanya Mahavidyalaya, Jind
Event: Awareness Program on 'Mind Matters: Building Resilient Mental
Health and Stress Management Practices in Academia'
29th March, 2025

The Mental Health & Wellness Committee of Hindu Kanya Mahavidyalaya, Jind organised an awareness program in online Mode titled 'Mind Matters: Building Resilient Mental Health and Stress Management Practices in Academia' on March 29th, 2025. The session was presided over by College Principal Dr. Punam Mor and began with a gracious welcome address by Mrs. Kranti, the in-charge of the committee.

Dr. Urmila Panghal, Associate Professor in the Department of Psychology at Dayanand Mahila Mahavidyalaya, Kurukshetra, served as the resource person for the event. In her thorough presentation, she underscored the vital importance of mental health awareness within today's fast-paced academic landscape. Dr. Panghal outlined various strategies for managing academic stress, fostering emotional resilience, and achieving a sustainable work-life balance. She placed particular emphasis on the escalating mental health challenges faced by both students and educators. Her discussion covered topics such as the significance of positive thinking, the responsibilities of parents, students, and teachers, the promotion of self-confidence and self-care, the incorporation of physical and mental exercises, and the importance of assertive communication in learning to say no and yes. The session provided participants with valuable insights into identifying early signs of stress and anxiety, as well as effective coping mechanisms for both students and faculty.

In her address, Dr. Punam Mor congratulated the participants and highlighted the timely relevance of mental health discussions in academic institutions, noting that such awareness directly contributes to enhanced academic performance and overall well-being. She commented Dr. Panghal for her expertise and practical approach to the subject matter. The success of the program was credited to the dedicated efforts of committee members Mrs. Shivani and Mrs. Ritu. The College Management Committee praised the organizing team for facilitating such an impactful session and extended their best wishes to all participants. The event witnessed active involvement from both students and faculty members, representing a significant advancement toward fostering a mentally healthy academic environment.

Glimpses and Media Coverage of the Event

Hindu Kanya Mahavidyalaya, Jind
Mental Health & Wellness Committee
 organises
An Awareness Programme
 on the topic
'Mind Matters: Building Resilient Mental Health & Stress Management Practices in Academia'
 (Online Mode)

29th March, 2025
 Time: 11:00 A.M.
 Venue: Room No. 108

Mrs. Kranti
 In-charge, MHWC
 Convener

Keynote Speaker:
 Dr. Urmila Panghal
 Asso. Prof., Dept. of Psychology
 Dayanand Mahila
 Mahavidyalaya Kurukshetra

Dr. Punam Mor
 Principal



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महाविद्यालय में मानसिक स्वास्थ्य जागरूकता की दी जानकारी

संवाद न्यूज एजेंसी

जौद। हिंदू कन्या महाविद्यालय में जागरूकता कार्यक्रम का आयोजन प्राचार्य डॉ. पुनम मोर की अध्यक्षता में किया गया। सत्र की मुख्य वक्ता दयानंद महाविद्यालय कुरुक्षेत्र से डॉ. उर्मिला पंगवाल ने आज के तेजी से बढ़ते शैक्षणिक वातावरण में मानसिक स्वास्थ्य जागरूकता जोर दिया। उन्होंने अकादमिक तनाव प्रबंधन, भावनात्मक

शारीरिक और मानसिक व्यायाम के बारे में की चर्चा

लचीलापन बनाने की विभिन्न तकनीकों पर बात की। सकारात्मक सोच, शिक्षकों की जिम्मेदारियां, आत्म विश्वास, शारीरिक और मानसिक व्यायाम के बारे में चर्चा की। तनाव के प्रारंभिक लक्षणों को पहचानने के साथ विधियों को समझने के लिए जानकारी प्रदान की।

