

ਸਰਕਾਰੀ ਕਾਲਜ (ਲੜਕੀਆਂ), ਲੁਧਿਆਣਾ

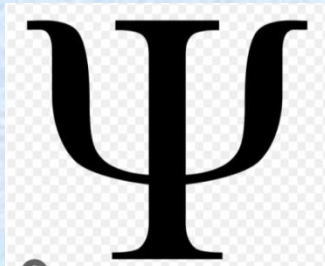
# Government College for Girls, Ludhiana

Near Rakh Bagh, Bharat Nagar Chowk, Civil Lines, Ludhiana



## Manojigyasa-A Society of Psychology Students

(Session: 2022-2023)



### Committee Members:

Dr. Rajeev Sehgal (Incharge)

Mrs. Umang Bharti

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## Poster Making Competition

The activity was conducted on the theme "Make Mental Health and Well-Being for all a Global Priority" to sensitize the students with various mental health issues and how to handle them effectively.

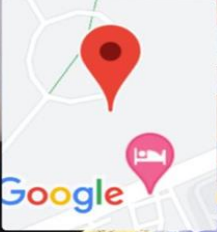
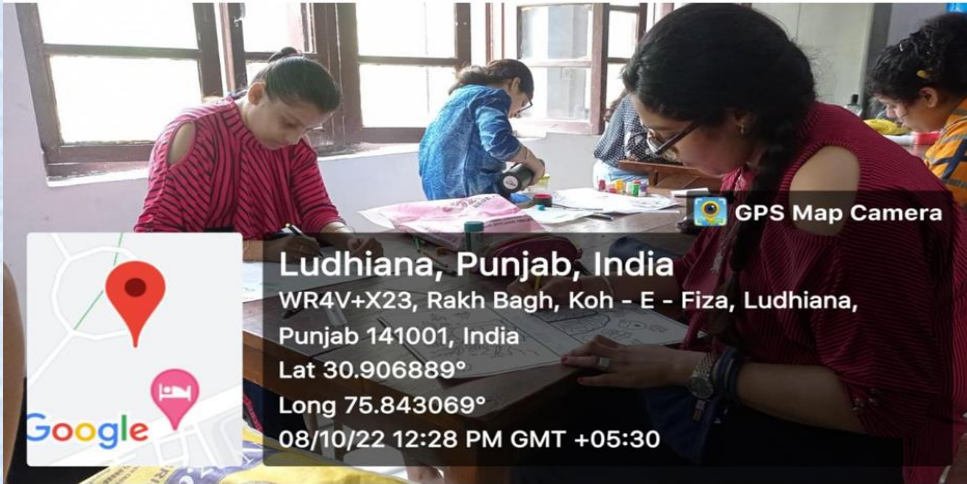
Occasion : World Mental Health Day

Date : 8-Oct-22

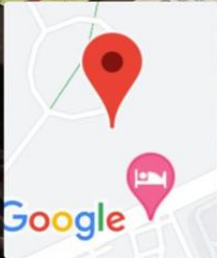
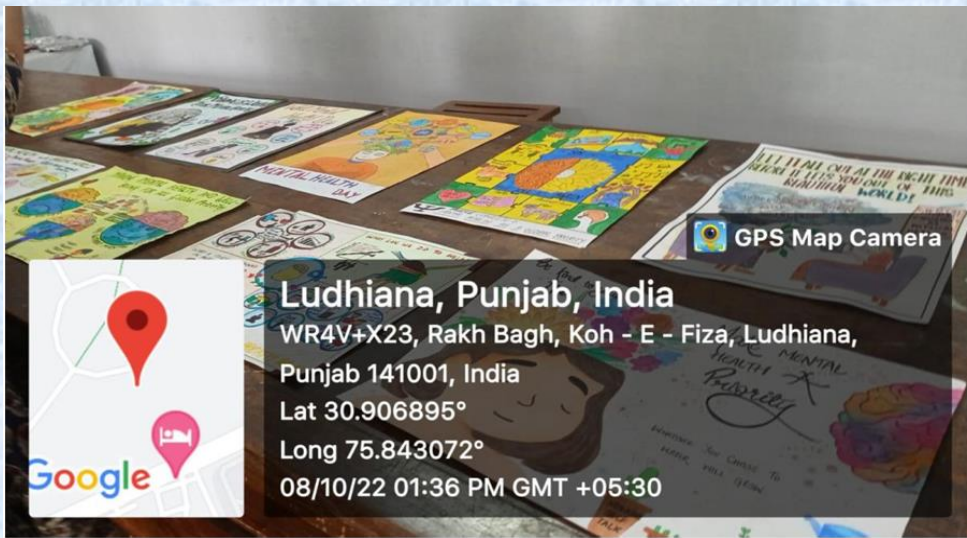
No. of Teachers : 14

No. of Students : 30

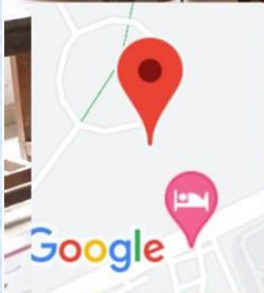




**Ludhiana, Punjab, India**  
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Punjab 141001, India  
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Long 75.843069°  
08/10/22 12:28 PM GMT +05:30



**Ludhiana, Punjab, India**  
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Punjab 141001, India  
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**Ludhiana, Punjab, India**  
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Punjab 141001, India  
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08/10/22 01:59 PM GMT +05:30



## Rally and Nukkad Natak

A rally and nukkad natak "Zaroori Behad, Mansik Sehat" was organised to sensitize the students with various mental health problems and to understand the importance of having good mental health especially during stressful times.

Occasion : World Mental Health Day

Date : 10-Oct-22

No. of Teachers : 13

No. of Students : 95







## Shark Tank: The Mental Health Edition

The event, based on reality TV business show Shark Tank, was organised where students presented their innovative business models to cater the need of mental health of the society. The Chief Guest for the event was Dr. (Mrs.) Shilpa Modi, Psychologist at KK Hospital Ludhiana, gave an informative lecture regarding the working of Suicide Prevention Helpline being run in the state of Punjab.

Date : 10-Feb-22

No. of Teachers : 17

No. of Students : 120



## Motivation - A class activity

This activity was organized to motivate the students with various problems and to encourage them for driving force that implies them individually into an action.

Date : 11-Feb-22

No. of Teachers: 5

No. of Students: 50

