



**Government College for Women, Hisar**



**National Service Scheme**

**Report**

**Activity: Celebration of Poshan Maah Date: 21-09-2022**

**Seminar on Mental Health: 10-09-2022**

Suicide is among the top three causes of death among youth worldwide. For suicide there are many more people who attempt suicide. To guide and counsel the youth so that they do not take this extreme step, National Service Scheme and Psychology Department in collaboration with team of psychiatrists organised a seminar to guide students on how to deal with mental trauma and not take this extreme step.

A team of Dr. Navneet Aggarwal, Dr. Poonam Dahiya, Dr. Parshant, Dr. Shallu Dhanda had an extensive talk with students. Dr. Navneet Aggarwal said that we should see positivity in every situation. Dr. Shallu Dhanda asked students to have patience in life and not to get depressed when life does not go according to our wishes. Dr. Poonam Dahiya explained that depression is main reason of suicide and depression is sort of disease which can be cured with proper treatment.

A Speech Competition on the topic of "Suicide – Different perspectives" was also organised. In this Soni Garg got first position, Reenu rani got second position and Bhawna was awarded with "Special Prize".

At the end of seminar, an Open interactive session was organised, in which students asked different questions on different perspectives which were satisfactorily answered by doctors.

So it was very fruitful and much needed seminar in today's scenario. Students were very happy and relaxed after the seminar.

Ms. Parveen Rani  
NSS PO Unit I

Dr. Asha Saharan  
Principal

Ms. Shaina Tehria  
NSS PO Unit II



### Health Check Up Camp: 20-09-2022

It is generally observed that young girls are suffering with nutrient deficiency and their timely health check-up is essential. So, in PoshanMaah a health check up camp was also organised by NSS to get their health check-up done. In this camp, blood samples of teachers and students collected for their CBC, testing of malaria, dengue, HIV, Hepatitis C and COVID. Along with this, corona vaccination camp was also organised. Total 80 blood samples of teachers and students were collected in this camp.



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