## Notice

## World Mental Health Day Celebration

In regard to celebration of World Mental Health Day 2024, Psychology Department are pleased to inform all students that a special lecture on the "Importance of Mental Health Awareness" will be organized on 10th October at 10:00 am in Edusat Hall (Room No 102). This session aims to raise awareness about mental well-being, stress management, and maintaining a healthy balance between academic and personal life. The lecture will be delivered by Dr. Nirmal Kaushik, Assistant Professor, Bhoria Khera, Fatehabad. This lecture is open to all students. Attendance is highly encouraged.

Psychology Department is also organize Psycho/acupressure checkup camp by Holistic Health Healing, A Body + Mind Healing Clinic on 10th October (Thursday) at 10:00 am onwards in room no. 116.

Principal Govt. College for Women

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