

Women Cell Government Degree College, Theog

A Report on Mental Health and Wellness

Activity: 3.5

A Workshop on Mental Health and Wellness was organised by Women Cell of Government Degree College, Theog on 12th March 2025. The main objective of the workshop was to educate students about mental health, stress management and general well-being. The workshop featured a lecture on *Mental Health and Coping Strategies*, Practical demonstration of coping strategies, Documentary Presentation and Interactive Session. The Resource Person for the occasion was Dr. Raksha Kalta, Assistant Professor, Department of English, Govt. Degree College, Theog. Addressing the students, the resource person explained mental health issues such as stress, anxiety, depression (especially in Adolescent and Young Adult age) along with their symptoms and coping methods.

Video documentaries on Stress Management (by Sister Shivani) and Emotional Wellness were played for the students. The documentaries covered the key aspects like fear, anxiety, loneliness and depression-its causes and its impact on emotional, mental and physical health. It highlighted effective coping methods such as time management, deep breathing exercises, inculcating hobbies and maintaining healthy life style.

The screening was followed by an elaborate discussion where participants shared their thoughts and experiences with the Panel for discussion. Dr. Nidhi Dhatwalia, Dr. Raksha Kalta and Dr. Anamika Ramchaik were in the panel for discussion. The convener Women Cell Dr. Nidhi Dhatwalia, concluded the session by asserting the need for open discussions on mental well-being issues and also the importance of seeking help when needed. The workshop was attended by 50 students. The workshop concluded with the prayer session “Hum Ko Man Ki Shakti Dena”- spreading the message of wellness and positivity around.







Dr. Nidhi Dhatwali
Convener Women Cell

Principal
Govt. Degree College, Theog