

Internal Complaint Committee Govt. College, Theog

A Report on Mental Health and Wellness

A Workshop on Mental Health and Wellness was organised by ICC in collaboration with Women Cell of Government Degree College, Theog on 12th March 2025. The main objective of the workshop was to sensitise participants about the importance of mental health, stress management and self care particularly in academic and social settings. It also highlighted the role of ICC in ensuring a safe, inclusive and harassment free environment, recognising that mental wellness is closely linked with dignity, safety and mutual respect. 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 session 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 comprised of Dr. Nidhi Dhatwalia, Dr. Raksha Kalta and Dr. Anamika Ramchaik. The panellist shared their insights and addressed the participant's concerns related to mental wellness and institutional support mechanism. 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. Raksha Kalta
Internal Complaint Committee



Principal
Govt. Degree College, Theog