

**Guru Nanak Khalsa Girls College
(Baba Sang Dhesian)**

Jalandhar, Punjab – 144409

Popular Talk cum Discussion

On

MENTAL HEALTH AND HYGIENE FOR GIRLS



(Date: Tuesday 15th June, 2021); Time – 4.00 to 5.00 PM

Resource Person

Dr. Sudipta Chakraborty

Assistant Professor

Department of Education

The Sibsagar College, Joysagar

Sivasagar, Assam, India

Pin – 785665

Email ID: sudiptachakraborty75@gmail.com

Patron

Principal

Co-Ordinator

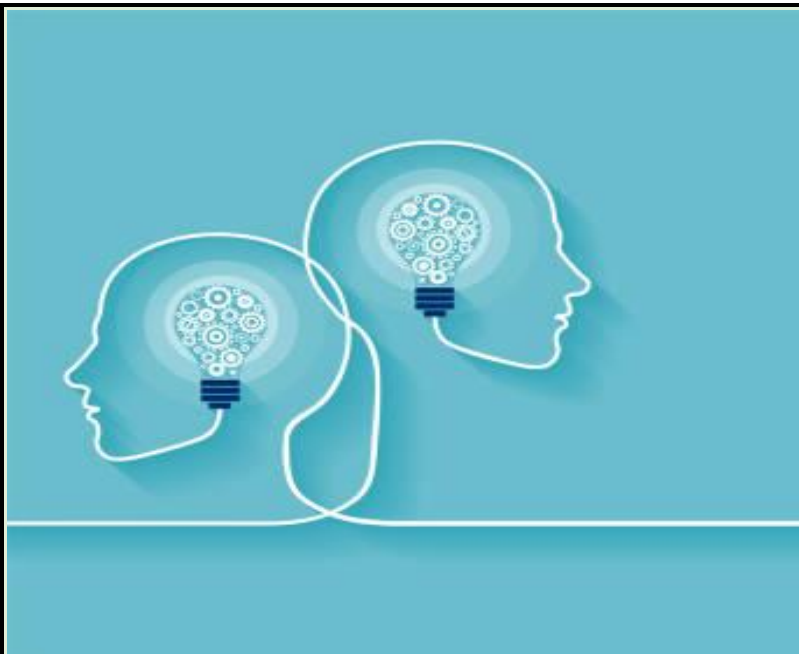
Riti Mangoch, Dr. Maninder Kaur and Dr. Baljinder Kaur

Convener

Prof. Gurpreet Kaur Bhogal, Dr. Lalita and Dr. Jyoti Bhandari

Co-Convener

Prof. Nisha and Prof. Shaina Bhandari



Concept Note:

Mental health and hygiene is a dynamic and most significant concept for girls to know. It is the knowledge of sound mental health and hygiene which can make a girl free from all frustration, worry, tension, conflict easily and can help her in her all-round personality development. A mind which is free from all sort of mental abnormalities and disorders can be termed as the mental health of an individual.

(FIRST STEP) KINDLY CLICK IN THIS REGISTRATION LINK AND REGISTER YOURSELF:

<https://forms.gle/jZNfE5Npg9CUWtfH9>



Main points of the Event:

The mission of this popular talk cum discussion is to give chance to young girls to come up with their inner problems, inner wishes and desires which help them to rethink their actual vision of life through discussion about mental health and hygiene. Another vision of this popular talk cum discussion is to develop self-confidence in the minds of the girls to see things from wider perspectives of life so that they can understand what individual difference is and how to deal with it for achieving self-satisfaction in life.

(SECOND STEP) JOIN THIS WHATSAPP GROUP TO AFTER REGISTRATION IN THIS TALK CUM DISCUSSION

<https://chat.whatsapp.com/JK6BorUhrs5DhOURr33Qqb>

Who can participate?

This is an open platform for girls. Those girls who will fill the registration form on first cum first basis can join this popular talk cum discussion forum.

How to participate?

One **Registration Link** is shared above in this brochure. After clicking that registration link, one **Google meet form** will appear. The girl needs to click in that registration link first and need to fill that Google form. After registration, girls will get a Google Meet link to join this particular event.

Whom to Contact?

For any queries/clarifications
Kindly contact
Dr. Lalita k Sharma
Mobile – 6280440947
Email ID: lalita099@yahoo.com

(THIRD AND FINAL STEP) FOR ATTENDING THE PROGRAAME ON GOOGLE MEET DATED 15TH JUNE 2021 (TIME- 4.00 TO 5.00 PM) KINDLY CLICK ON THE LINK

meet.google.com/kry-ugqe-gag