

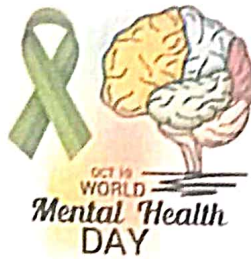
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**MANODARPAN  
PSYCHOLOGY CUM CAREER COUNSELLING CELL  
GOVT. SPMR COLLEGE OF COMMERCE, JAMMU**

(A CONSTITUENT COLLEGE OF CLUSTER UNIVERSITY OF JAMMU)

# CELEBRATES



## Webinar on

# Understanding Mental Health

Keynote Speaker

Prof. Bal Krishen

Assistant Professor Zoology

GDC Ramban

**6 OCTOBER, 2021 @ 3:00 PM**

Join using the code: <http://meet.google.com/ppn-gwgp-ary>.



Patron  
Prof. R S Jamwal  
Principal

### Organising Committee:

1. Prof Archana Kaul (Convenor)
2. Prof. Ashu Manhas
2. Prof. Rita Menia
3. Dr. Jagmeet Kour
4. Prof Shreya Sharma
5. Prof Rajni Bala
6. Dr. Sakshi Sharma
7. Dr. Deepak Pathania

## Govt. SPMR College of Commerce conducts weeklong awareness activities on Mental Health



JAMMU: The Govt. SPMR College of Commerce Jammu began its weeklong programmes for spreading awareness on Mental Health under 'Manodarpan' an Initiative of Ministry of Human Resource Development, Govt. of India under the guidance of Prof Ranjeet Singh Jamwal, Principal of the College.

The valedictory programme began with introductory note by Coordinator of Manodarpan Reeta Menia. The formal welcome address was given by the Principal of the College. He expressed his happiness that the team Manodarpan was doing a lot in spreading awareness about Mental Health. It is important for all students to keep themselves focused and for that a healthy body and mind is required. Youngsters are doing a lot to keep their body fit by going to Gyms but equal and more importance is to be given for keeping a healthy mind. The Team Manodarpan has taken great initiative in organizing a weeklong programme on Mental Health.

On the first day there was an online session of 'Meri Ankahi Kahani': My Untold Story in this students narrated their stories of depression, low sad times especially the effect of COVID-19 on every one's mind and body.

Pooja Devi, Senior Nurse in SMGS hospital talked about the struggles of doctors and nurses during COVID-19 and how they are coping with it. Second day Dr. Bal Krishen, Asst. Prof. in Zoology in Govt. Degree College, Ramban talked at length in the Webinar on Understanding Mental Health, he talked about the body and mind closely working together and how we can increase levels of happiness.

On the third and fourth Day an online Poster and Painting day was organized with the theme 'Checkmate Problems: My lows, My ways (creative Expression). Students

On fourth day the students were shown motivational and inspirational video clips. After every video there was a detailed discussion to understand and also get inspired from it. On the fifth day Dr. Romesh Sharma, Head Counseling Cell, Directorate of School Education, Jammu had an interactive session with the students.

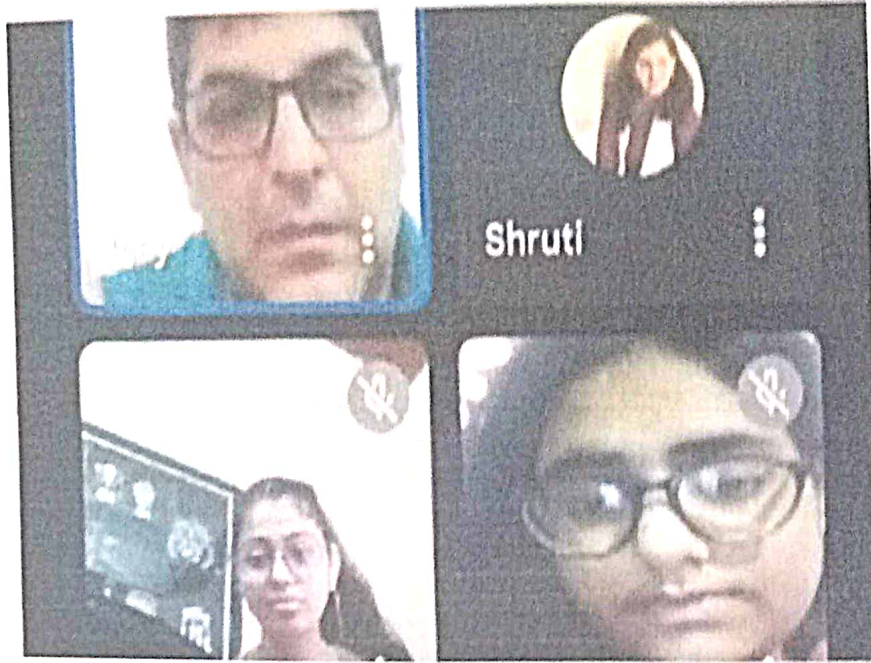
Mental health is important at every stage of life, from childhood and adolescence through adulthood. On the sixth Day a two hour session on 'The Surprising Science of Happiness: Art of Living' understanding mind through meditation was held. The session was conduct by Varun Upadhaya and Shruti Dhiman Faculty from Art of Living, Bangalore alongwith Ajay Kapoor, State Coordinator, Bureau of Communications, DDC and Projects Art of living J&K Chapter.

Varun Upadhaya kindled a spirit of joy among the students by simply awakening in them consciousness of their mind and establishment of its link with our breath.

He made them understand the simple techniques of meditation. Shruti took half an hour session of meditation bringing in the much required peace of mind. Ajay Kapoor talked about the effort made by Art of Living for bringing peace and happiness among the society as a whole. He gave example from his life and how meditation changed his perspective of life altogether.

The weeklong programme was conceptualized by Prof. Archana Kaul (Convenor, Manodarpan: Psychological cum Career Counselling Cell) and coordinated by Reeta Menia and Ashu Manhas (Coordinators, Pyshology and Career Counselling Cell), conducted by Deepak Pathania, Jagmeet Kour, Shreya Sharma, Rajni Bala and Dr. Sakshi Sharma. The formal vote of thanks was presented by Deepak Pathania.

## 'Manodarpan' Psychological cum Career Counselling Cell of Govt.SPMR College of Commerce, Jammu conducts Week long Awareness Activities on Mental Health



Jammu : Govt. SPMR College of Commerce Jammu began its week long programmes for spreading awareness of Mental Health under 'Manodarpan' an Initiative of Ministry of Human Resource Development, Govt. of India

Under the guidance of Prof Ranjeet Singh Jamwal, Principal of the College, Manodarpan: Psychological cum Career Counselling Cell of the college conducted a series of weeklong activities. The Valedictory programme began with introductory note by Coordinator of Manodarpan Ms. Reeta Menia. The Formal welcome address was given by the Principal of the College. He expressed his happiness that the team Manodarpan is doing a lot in spreading awareness about Mental Health. It is important for all students to keep themselves focused and for that a healthy body and mind is required. Youngsters are doing a lot to keep their body fit by going to Gyms but equal and more importance is to be given for keeping a healthy mind. The Team Manodarpan has taken great initiative in organizing a week long programme on Mental Health.

On the first day there was a online session of 'Meri Ankahi Kahani': My Untold Story in this students narrated their stories of depression, low sad times especially the effect of COVID-19 on every one's mind and body. Ms. Pooja Devi, Senior Nurse in SMGS hospital talked about the struggles of doctors and nurses during COVID-19 and how they are coping with it. Second day Dr. Bal Krishen, Asst. Prof. in Zoology in Govt. Degree College, Ramban talked at length in the Webinar on Understanding Mental Health, he talked about the body and mind closely working together and how we can increase levels of happiness.

On the third and fourth Day online Poster and Painting day was organized with the theme 'Checkmate Problems: My lows, My ways (creative Expression). Students contributed by giving expression to their inner most emotions through painting and poster making. On fourth day students were shown motivational and inspirational video clips. After every video there was a detailed discussio to understand and also get inspired from it. On the fifth day Dr. Romesh Sharma, Head Counseling Cell, Directorate of School Education, Jammu had an interactive session with the students. He guided them that mental health is equally important as physical health. According to

WHO, 'if you are not suffering from depression or anxiety, it doesn't mean that you are mentally healthy'. It was also discussed that Mental Health includes our emotional, psychological, and social well-being. Emotions that are freely experienced and expressed without judgment or attachment tend to flow fluidly without impacting our health. On the other hand, repressed emotions (especially fearful or negative ones) can zap mental energy, negatively affect the body, and lead to health problems. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. On the sixth Day a two hour session 'The Surprising Science of Happiness: Art of Living' understanding mind through meditation. The session was conducted by Mr. Varun Upadhaya and Shruti Dhiman Faculty from Art of Living, Bangalore along with Mr. Ajay Kapoor, State Coordinator. Bureau of communications, DDC and Projects Art of living J&k chapter.

Mr. Varun Upadhaya kindled a spirit of joy among the students by simply awakening in them consciousness of their mind and establishment of its link with our breath. He made them understand the simple techniques of meditation. Ms. Shruti took half an hour session of meditation bringing in the much required peace of mind. Mr. Ajay Kapoor talked about the effort made by Art of Living for bringing peace and happiness among the society as a whole. He gave example from his life and how meditation changed his perspective of life altogether.

The week long programme was conceptualized by Prof. Archana Kaul (Convenor, Manodarpan: Psychological cum Career Counselling Cell) and coordinated by Ms. Reeta Menia and Ashu Manhas (Coordinators, Psychology and Career Counselling Cell), conducted by Ms. Deepak Pathania, Ms. Jagmeet Kour, Ms. Shreya Sharma, Ms. Rajni Bala and Dr. Sakshi Sharma. The formal vote of thanks were presented by Ms. Deepak Pathania.

## Commerce College Jammu conducts awareness activities on mental health

JAMMU, Oct 10: Government SPMR College of Commerce Jammu began its week long programmes for spreading awareness of mental health under 'Manodarpan' an initiative of Ministry of Human Resource Development, Govt. of India.

The programmes began under the guidance of Prof Ranjeet Singh Jamwal, Principal of the College. Manodarpan: Psychological-cum-Career Counselling Cell of the college conducted a series of weeklong activities.

The valedictory programme began with introductory note by Coordinator of Manodarpan Reeta Menia. The formal welcome address was given by the Principal of the College. He expressed his happiness that the team Manodarpan is doing a lot in spreading awareness about mental health. It is important for all students to keep themselves focused and for that a healthy body and mind is required.

On the first day there was an online session of 'Meri Ankahi Kahani: My Untold Story' in which students narrated their stories of depression, low sad times especially the effect of COVID-19 on every one's mind and body.

Pooja Devi, Senior Nurse in SMGS hospital talked about the struggles of doctors and nurses during COVID-19 and how they are coping with it. Second day Dr Bal Krishen, Asst Prof in Zoology in Govt. Degree College, Ramban talked at length in the webinar on 'Understanding Mental Health'.

On the third and fourth day, online poster and painting day was organized with the theme 'Checkmate Problems: My lows, My ways (Creative Expression)'. Students contributed by giving expression to their inner most emotions through painting and poster making. On fourth day students were shown motivational and inspirational video clips.

On the fifth day, Dr Romesh Sharma, Head Counseling Cell, Directorate of School Education, Jammu had an interactive session with the students. He guided them that mental health is equally important as physical health.

On the sixth day, a two hour session 'The Surprising Science of Happiness: Art of Living' understanding mind through meditation. The session was conduct by Varun Upadhaya and Shruti Dhiman, Faculties from Art of Living, Bangalore along with Ajay Kapoor, State Coordinator, Bureau of Communications, DDC and Projects Art of Living J&K Chapter.

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