



Activity Report IIC-Self Driven

Sri Guru Teg Bahadur Khalsa College, Sri Anandpur Sahib

Institution's Innovation Council in Collaboration with P.G. Department of Computer Science

Celebrated

World Mental Health Day
on
October 10th, 2024

The Postgraduate Department of Computer Science, in collaboration with the Institution's Innovation Council, celebrated World Mental Health Day on October 10, 2024. The event aimed to raise awareness about the significance of mental health in the digital age, encouraging students to safeguard themselves from stress-inducing digital addiction. A pledge-taking ceremony was held to mark the occasion, coordinated by Assistant Professors Prof. Paramjit Kaur, Prof. Payal, Dr. Amanpreet Kaur, and Prof. Gurmeet Kaur, under the guidance of Dr. Surender Kumar, Head of the Department and IIC Convenor Dr. Gurpreet Kaur. Principal Dr. Jasvir Singh commended the Department and IIC for their efforts and recommended organizing similar well-being events for students in the future.

Objective: The objective of the event was to raise awareness about the importance of mental health in the digital age and encourage students to protect themselves from digital addiction.

Benefit: The event helped students understand the impact of digital addiction on mental health, promoting healthier online habits and fostering a balanced approach to technology use.

No. of Participating Students: 60

No. of Faculty Participants: 4

Social Media handles:

After the Event

Facebook event

<https://www.instagram.com/p/DA8OEsZyQ0f/?igsh=MXFjMHM4eHg5NG03bA==>





