



Activity Report IIC- Self Driven

Sri Guru Teg Bahadur Khalsa College, Sri Anandpur Sahib

Institution's Innovation Council

Organized

**Three Day Training Program
On**

Youth Mental Health First Aid

September 16 to 18, 2024 (9:00 am to 4:30 pm)

A three-day training program on Youth Mental Health First Aid was successfully organized by the Institution's Innovation Council (IIC) of Sri Guru Teg Bahadur Khalsa College, from September 16 to 18, 2024, in collaboration with the Aditya Birla Education Trust, Mumbai. The event saw the enthusiastic participation of 25 selected students from various departments, who gained foundational knowledge in mental health terminologies and first aid techniques. The training sessions were led by Miss Mugdha Mahesh Mhatre, a psychologist from the Aditya Birla Education Trust, who provided expert guidance throughout the program. A key focus of the training was the ALGEE action plan, a five-step mental health first aid (MHFA) course that teaches participants how to assist someone experiencing a mental health crisis or distress. The training was coordinated by Dr. Gurpreet Kaur, Head of the Department of English and President of the IIC, along with Dr. Sartaj, Prof. Paramjit Kaur, and Dr. Tejinder Kaur from the IIC team. Principal Dr. Jasvir Singh commended the IIC team for organizing such a meaningful and impactful program aimed at promoting the well-being of students. "This initiative highlights our commitment to fostering a healthy campus environment and supporting the mental well-being of our students," he remarked.

Objective: The objective of the event was to equip students with foundational knowledge and practical skills in mental health first aid, fostering their ability to support peers during mental health crises.

Benefit: The event empowered students with essential mental health first aid skills, enabling them to provide effective support to peers in crisis and promote a healthier campus environment.

No. of Participating Students: 25

No. of Faculty Participants: 4

Social Media handles:

Before event Facebook event: <https://www.facebook.com/share/hB7zMjUDZoQ5Frmd/>

After the Event

Instagram link <https://www.instagram.com/p/DADAq8DyGEm/?igsh=MTR5MG1wcXRxaG9hMA==>



**SRI GURU TEG BAHADUR
KHALSA COLLEGE**
SRI ANANDPUR SAHIB
An Autonomous (Grant-In-Aid) College



*Institution's Innovation Council in collaboration with
Aditya Birla Education Trust*

*Organize
Youth Mental Health First Aid Training program*

**Schedule
16-18-Sept-2024
Time: 11am to 4pm**

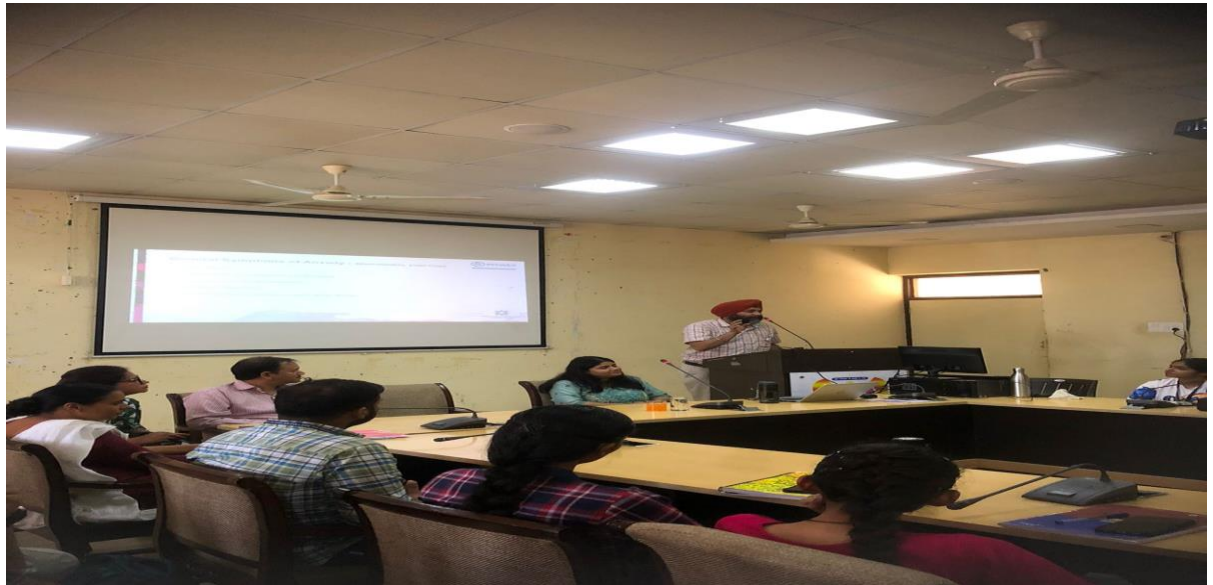


**Mugdha Mahesh Mhatre
M.A. Clinical Psychology P.G. Diploma in
Counselling Executive – Outreach & Content,
Mpower – Mumbai**

Programme Coordinators:
Dr. Gurpreet Kaur (IIC President)
Dr. Sartaj Singh (IIC Member)
Prof. Paramjit Kaur (IIC member)
Dr. Tejinder Kaur (IIC Member)

**Dr. Jasvir Singh
Principal**







ਸ੍ਰੀ ਗੁਰੂ ਤੇਗ ਬਹਾਦਰ ਖਾਲਸਾ ਕਾਲਜ ਵਿਖੇ ਕਰਵਾਏ ਫਸਟ ਏਡ ਟ੍ਰੇਨਿੰਗ ਪ੍ਰੋਗਰਾਮ ਦੌਰਾਨ ਜੋੜਿਆਂ ਨੂੰ ਸਨਮਾਨਿਤ ਕਰਦੇ ਹੋਏ ਪ੍ਰਬੰਧਕ ਪੰਜਾਬੀ ਜਾਗਰਣ

ਖਾਲਸਾ ਕਾਲਜ ਵਿਖੇ ਫਸਟ ਏਡ ਟ੍ਰੇਨਿੰਗ ਪ੍ਰੋਗਰਾਮ ਕਰਵਾਇਆ

ਪੱਚਰ ਪ੍ਰੋਫ, ਪੰਜਾਬੀ ਜਾਗਰਣ ਸ਼੍ਰੀ ਅਨੰਦਪੁਰ ਸਾਹਿਬ : ਸ਼੍ਰੀਮਤੀ ਗੁਰਦਿਆਰਾ ਪ੍ਰਬੰਧਕ ਕਮੇਟੀ ਦੇ ਪ੍ਰਬੰਧ ਅਧੀਨ ਚੱਲ ਰਹੀ ਇਲਾਕੇ ਦੀ ਸਥਾਨਕ ਵਿਦਿਅਕ ਸੰਸਥਾ ਸ੍ਰੀ ਗੁਰੂ ਤੇਗ ਬਹਾਦਰ ਖਾਲਸਾ ਕਾਲਜ ਵਿਖੇ ਮੁਥਾਤੀ ਦੀ ਆਇਤਿਆ ਬਿਰਲਾ ਐਜੂਕੇਸ਼ਨ ਟਰੱਸਟ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਇੰਸਟੀਟਿਊਸ਼ਨਲ ਇਨੋਵੇਸ਼ਨ ਕੌਂਸਲ ਵੱਲੋਂ ਤਿੰਨ ਰੋਜ਼ਾ ਫਸਟ ਏਡ ਟ੍ਰੇਨਿੰਗ ਪ੍ਰੋਗਰਾਮ ਦਾ ਆਯੋਜਨ ਕੀਤਾ ਗਿਆ।

ਇਸ ਪ੍ਰੋਗਰਾਮ ਵਿੱਚ ਕਾਲਜ ਦੇ ਵੱਖ-ਵੱਖ ਵਿਭਾਗਾਂ ਦੇ ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਸ਼ਿਸ਼-ਉਤਸ਼ਾਹ ਨਾਲ ਹਿੱਸਾ ਲਿਆ ਤੇ ਮਾਨਸਿਕ ਸਿਹਤ ਦੀਆਂ ਬੁਨਿਆਦੀ ਟਰਮਿਨੋਲੋਜੀਜ਼ ਅਤੇ ਫਸਟ ਏਡ ਤਕਨੀਕਾਂ ਸਿੱਖੀਆਂ। ਪ੍ਰੋਗਰਾਮ ਵਿੱਚ ਮਿਸ ਮਹਾਤ ਮਹਾਤਰੇ

ਨੇ ਵਿਸ਼ੇਸ਼ ਤੌਰ 'ਤੇ ਸਿਰਕਤ ਕੀਤੀ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਫਸਟ ਏਡ ਤਕਨੀਕਾਂ ਬਾਰੇ ਬਾਬੀਕੀ ਵਿਚ ਜਾਣਕਾਰੀ ਦਿੱਤੀ।

ਇਸ ਸੌਕੇ ਖਾਲਸਾ ਕਾਲਜ ਦੇ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਜਸਵੀਰ ਸਿੰਘ ਨੇ ਇਹ ਟਰੇਨਿੰਗ ਪ੍ਰੋਗਰਾਮ ਦਾ ਆਯੋਜਨ ਕਰਨ ਲਈ ਅੰਗਰੇਜ਼ੀ ਵਿਭਾਗ ਦੇ ਮੁਖੀ ਅਤੇ ਆਈਆਈਸੀ ਦੇ ਪ੍ਰਧਾਨ ਡਾ. ਗੁਰਮੀਤ ਕੌਰ, ਡਾ. ਸਰਤਾਜ ਸਿੰਘ, ਡਾ. ਪਰਮਜੀਤ ਕੌਰ ਅਤੇ ਡਾ. ਤਜਿੰਦਰ ਕੌਰ ਦੇ ਕਾਰਜਾਂ ਦੀ ਸਲਾਖਾ ਕੀਤੀ ਅਤੇ ਕਿਹਾ ਕਿ ਇਹ ਉਪਰਾਲਾ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਭਲਾਈ ਅਤੇ ਕੈਂਪਸ ਵਿੱਚ ਸਿਹਤਮੰਦ ਮਾਹੌਲ ਬਣਾਉਣ ਲਈ ਫਾਇਦੇਮੰਦ ਸਾਬਿਤ ਹੋਵੇਗਾ। ਇਸ ਸੌਕੇ ਵੱਡੀ ਗਿਣਤੀ ਵਿੱਚ ਵਿਦਿਆਰਥੀ ਹਾਜ਼ਰ ਸਨ।

Khalsa College Hosts 3-Day First Aid Training Program



CHANNA

KIRATPUR SAHIB: Sri Guru Teg Bahadur Khalsa College recently organized a three-day first aid training program in collaboration with the Aditya Birla Education Trust, Mumbai. The Institution Innovation Council (IIC) of the college spearheaded the initiative, which saw enthusiastic participation from students across various departments. The program focused on basic mental health terminologies and first aid techniques.

Miss Mugdha Mahesh Mahatre, a specialized trainer, conducted the sessions, providing in-depth information on first aid techniques. Principal Dr. Jasvir Singh admired the efforts of the Head of English Department and President of IIC Dr. Gurpreet Kaur, Dr. Sartaj, Dr. Paramjit Kaur and Prof. Tejinder Kaur for organising this wonderful program. A large number of students attended the program, which aimed to equip them with essential life-saving skills.

Khalsa College Hosts 3-Day First Aid Training Program

Sri Anandpur Sahib, September 18 (CHANNA)

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Sri Guru Teg Bahadur Khalsa College, Sri Anandpur Sahib
(An Autonomous College)

"Youth Mental Health First Aid Training Program"

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Attendance (16th to 18th September, 2024)

Sr. No.	Participant's Name	Class	Roll No	Contact No.	16-09-2024	17-09-2024	18-09-2024
1.	Jayprakash Singh	BA 1st	240036	8847652437	Jayprakash Singh	- Absent -	
2.	Harkirat	BA (1)H	240127	9463019246	Harkirat	Harkirat	Harkirat
3.	Rishita	BCAIS ^{MI}	221654	62393-5992	Rishita	Rishita	Rishita
4.	Harshit Kaur	BSc Phys 1st	243609	6230940230	Harshit Kaur	Harshit Kaur	Harshit Kaur
5.	Harman Shillon	BSc (PHY) 1st	243603	7807186999	Harman Shillon	Harman Shillon	Harman Shillon
6.	Dilpreet	MA (Eng)	242607	79733-1008	Dilpreet	Dilpreet	Dilpreet
7.	Jaswinder	MA (Eng)	242613	797370-4235	Jaswinder	Jaswinder	Jaswinder
8.	Himani Sharma	BCA 3rd	237067	6283271817	Himani	Himani	Himani
9.	Karan Singh	BSc (H) AI FOS Sem-5	224645	836035169	Karan	Karan	Karan
10.	Sukhpreet Singh	BSc (H) AI FOS Sem-5	224653	8091153242	Sukhpreet	Sukhpreet Singh	Sukhpreet Singh
11.	Sumit	BSc (H) AI FOS Sem-5	224602	7717363752	Sumit	Sumit	
12.	Damanpreet Singh	BSc (H) AI FOS Sem-5	224629	7340702100	Damanpreet	Damanpreet	Damanpreet
13.	Saurav	BSc (H) AI FOS Sem-8	230815	94591-3874	Saurav	Saurav	Saurav
14.	Jatinder Kumar	BSc (H) AI FOS Sem-5	224612	5968148375	Jatinder Kumar	Jatinder Kumar	Jatinder Kumar
15.	Sushil Kumar	BSc (H) AI FOS Sem-5	224643	827874679	Sushil	Sushil	Sushil
16.	Anurag Singh	(BA)-1A	240044	7686-9995	Anurag Singh	Anurag Singh	Anurag Singh
17.	Surabhi Thakur	BSc (H) AI FOS Sem-III	230822	9317134402	Surabhi	Surabhi	Surabhi Thakur
18.	Dharmraj Kaur	BSc (H) AI FOS Sem-III	224627	9041589490	Dharmraj Kaur	Dharmraj Kaur	Dharmraj Kaur
19.	Amandeep Kaur	BSc (H) AI FOS Sem-III	224647	7657931121	Amandeep Kaur	Amandeep Kaur	Amandeep Kaur
20.	Tamni	BSc (H) AI FOS Sem-5	224636	9878890680	Tamni	- Absent -	Tamni
21.	Prabhnoor Kaur	BSc (H) AI FOS-5	224615	9041793156	Prabhnoor Kaur	Prabhnoor Kaur	Prabhnoor Kaur
22.	Diksha	BSc Med 1st	240537	8264608383	Diksha	Diksha	Diksha
23.	Manisha Dhiman	B.Voc Food Processing	233114	7341121520	Manisha Dhiman	Manisha Dhiman	Manisha Dhiman
24.	Kampriya	M.Sc BOTANY	243301	8278744937	Kampriya		
25.	Soniya Devi	BA First year	240018	7018958900	Soniya	Soniya	Soniya
26.	Manya	BA First year	240068	8699242668	Manya	Manya	

Session - II

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1	Jaspreet Singh	BA Sem I	240036	8847652837	Jaspreet Singh	Absent	
2	Harkirat	BA(1)A	240127	9463619246	Harkirat	Harkirat	
3	Rishita	BCA(S)	221654	62393-5992	Absent	Rishita	
4	Harshit Kaur	BSc(Phy)	243609	623094930	Harshit	Harshit	
5	Harman Dhillon	BSc(Phy)	243603	7807186559	Dhillon	Dhillon	
6	Ritpreet	MA(Int)	242607	7973310069	Ritpreet	Ritpreet	
7	Jaswinder	MA(Int)	242613	7973704235	Jaswinder	Jaswinder	
8	Himani Sharma	BCA 3rd	237067	6283271817	Himani	Himani	
9	Karan Singh	BSc(AIIS)	224645	8360351609	Karan	Karan	
10	Sukhpreet Singh	BSc(CH) AIIS Sem-5	224653	8091153242	Sukhpreet	Sukhpreet	
11	Sumit	B.Sc(CH) AIIS Sem-5	224602	7717363858	Sumit	Sumit	
12	Damanpreet Singh	BSc(CH) AIIS Sem-5	224629	7340702100	Damanpreet	Damanpreet	
13	Saurav Thakur	BA(1)A	230815	9459132741	Saurav	Saurav	
14	Jatinder Kumar	BSc(CH) AIIS Sem-5	224612	8968148325	Jatinder	Jatinder	
15	Sushil Kumar	BSc(CH) AIIS OS Sem-5	224643	827874249	Sushil	Sushil	
16	Amanpreet Singh	BA(1)A	240049	7696099105	Amanpreet Singh	Amanpreet Singh	
17	Sumakshi Thakur	BSc(CH) AIIS Sem-III	230822	9317134402	Sumakshi	Sumakshi	
18	Damanpreet Kaur	BSc(CH) AIIS OS Sem-V	224627	9041569490	Damanpreet Kaur	Damanpreet Kaur	
19	Amandeep Kaur	BSc(CH) AIIS OS Sem-V	224647	7657931131	Amandeep Kaur	Amandeep Kaur	
20	Tanvi	BSc(CH) AIIS OS -5	224636	9878890680	Tanvi		
21	Prabhat Kaur	BSc(CH) AIIS -5	224615	9041793156	Prabhat Kaur	Prabhat Kaur	
22	Diksha	BSc Med. 1st Year	240537	8264608383	Diksha	Diksha	
23	Manisha Dhillon	Bvoc Food Processing	233114	7341121520	Manisha Dhillon	Manisha Dhillon	
24	Kanshi Priya	MSc (Sem) (Bot)	243301	8278744937	Kanshi Priya		
25	Soniya Devi	BA(1st Year)	240078	7018958909	Soniya	Soniya	
26	Manya	BA(1st Year)	240063	8699242668	Manya	Manya	