REPORT
WORLD MENTAL HEALTH DAY CELEBRATION-2021
DEPARTMENT OF PSYCHOLOGY
S.D.M.GOVERNMENT P.G.COLLEGE
DOIWALA

An expert lecture on 'Mental Health in Abnormal World' was organized under MoU signed by H.R.M.S Swami Ram Himalayan University to celebrate World Mental Health Day-2021. The lecture was conducted under the chairmanship of Dr. D.C. Nainwal, Principal, S.D.M.Govt.P.G.College, Doiwala. The expert speaker Dr. Malini Srivastava, Clinical Psychologist, Swami Ram Himalayan University of Medical Science, where she explained mental health and discussed various techniques which can play a pivotal role in maintaining mental health. The queries related to the lecture were answered by the expert. Total 50 students participated in the lecture.

The program was conducted by Dr. Vandana Gaur, Incharge of the department, Dept. of Psychology, S.D.M.Govt.P.G.College, Doiwala and then Association of psychology conducted poster presentation competition and quiz related to psychological concepts. The judges of the competitions were Dr. Malini Srivastava(Clinical Psychologist, Swami Ram Himalayan University of Medical Science), Dr. Kanchan Singh(Associate Professor, Dept. of Geography, S.D.M.Govt.P.G.College, Doiwala) and Dr. Pallavi Misra(Assistant Professor, Dept. of English, S.D.M.Govt.P.G.College, Doiwala). The winners of poster competition were Manisha Rawat (I prize), Surekha Rana(II prize) and Laxmi Negi(III prize). The winners of the quiz compettion were Manisha Rawat (I prize) and Om Prakash Kala(IIprize).

The program concluded with the motivational speech by Dr. D.C. Nainwal, Principal, S.D.M.Govt.P.G.College, Doiwala and then, vote of thanks was extended by Dr. Vandana Gaur to the expert, head of the Institution, all the faculty members, all the student participants and previous students of the Department of Psychology.

PHOTOGRAPHS
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