

Thanks to

GCW UDHAMPUR
(JAMMU AND KASHMIR)

for conducting a webinar on

**MENTAL WELLNESS
FOR COLLEGE STUDENTS & STAFF**

on
17th June 2020

Keynote speaker : **Dr RK Sharma**
MD, Psychiatry (NIMHANS, Bangalore)



 **TRIVANTA**
MEDICAL & NEURO-PSYCHIATRY
HOSPITAL & RESEARCH CENTER

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Centrum, G-1, Near Mangalam arts, Behind Shivam Optical, Sukhadia Circle, New Fatehpura, Udaipur (Raj)

Estd. 1986



OFFICE OF THE PRINCIPAL
GOVT. COLLEGE FOR WOMEN UDHAMPUR
NAAC ACCREDITED

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DO YOU KNOW HOW TO BREATHE??

Mr. Mandeep Singh a renowned wellness Expert and a corporate trainer is a firm believer that conscious and proper breathing is a powerful tool for physical and mental health.

Mr. Singh will be holding a one hour session on "BREATHING TECHNIQUES" on June 20, 2020 at 4:00 PM.

- Platform to be used: Google Meet
- Join with Google Meet: <https://meet.google.com/bxg-nuzo-ppt>

Organising Committee

NSS Volunteers

Dharni Verma

Manvi Sharma and Team



Prof. Minu Mahajan

Principal

GCW Udhampur

For any Queries

Contact: Prof. Paramjit Singh(9797550021)



Govt. College for Women
Udhampur
NAAC ACCREDITED

Stop the abuse.

Achieve freedom by walking away from drugs.

26 June 2020 is "International Drug Abuse and illicit trafficking Day"

NO DRUGS

SAVE LIFE, LOVE LIFE



A webinar session on "International Day against Drug Abuse and Illicit Trafficking" by Dr Rakesh Bahl, MBBS, MD, Dp Resp Medicine & Aerospace Medicine Expert will be conducted on 26/6/2020 at 11:00 AM.

Govt. College for Women, Udhampur in collaboration with J&K AIDS control society is organising following activities on "International Day against Drug Abuse and illicit trafficking"

Activities

- ❖ Webinar on International Day against Drug Abuse and Illicit Trafficking on 26 June at 11:00 AM to 12:00 PM
➢ Join with Google Meet: <https://meet.google.com/vxf-sozr-nwf>
- ❖ Online Quiz competition on Drug Abuse on 26 June at 1:00 PM to 2:00 PM
➢ <https://forms.gle/fVvLLz1Gf2RypoPQ8>
- ❖ Slogan competition on Drug Abuse
➢ Entries can be send to WhatsApp group name "Red Ribbon club, GCW Udha" -Number (9797581860)

Red Ribbon Club

Dr. Kewal Kumar
Prof. Sumita Rao
Prof. Sanjay Kumar
Prof. Sanjeev Upadhyay

Prof. Minu Mahajan
Principal
GCW Udhampur

Contact: Prof. Paramjit Singh (9797550021)