

Mental Health Workshop for Students

12th Aug 2026.

Report on Mental Health Workshop for Final-Year Students

The Mental Health and Counselling Cell, GC Panarsa, organised a Mental Health Workshop for final-year students with the objective of creating awareness about stress, anxiety and other mental health concerns and providing students with appropriate guidance and support.

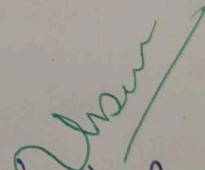
The session was conducted by Dr Satyavrat Vaidya, who spoke extensively about stress and anxiety-related problems. He explained the four major types of stress—acute stress, chronic stress, episodic stress and eustress—and discussed their causes, effects and ways of managing them. The session also sensitised students about depression, phobias, anxiety and suicide, encouraging them to recognise warning signs and seek timely professional help.

Following the awareness session, Psychologist Toshiba Acharya and Psychiatric Social Worker Aditya Thakur assessed students for anxiety, stress and related concerns using the DASS (Depression, Anxiety and Stress Scales) as a technical screening tool. Around 15 students underwent the assessment.

Students showing mild symptoms were provided brief counselling and intervention, while those exhibiting moderate symptoms were advised and referred to a higher centre for further professional support.

A total of 44 final-year students attended the workshop. The programme served as a valuable initiative towards promoting mental health awareness, early identification of psychological concerns and timely support among students.

Kandya
(Convener MH&CC)


Principal
Principal
Govt. Degree College
Panarsa, Dist. Mandla (H.P.)

Sr. No.	Name	R.N.	Class	Signature
1	Anurag	10011	3rd	Anurag
2	Giteshwar	10015	3rd	Giteshwar
3	ANUJ	10006	3rd	Anurag
4	Chirag	10008	3rd	Chirag
5	Shreyas	10067	3rd	Shreyas
6	Khushbu	10037	3rd	Khushbu
7	Shivani	10065	3rd	Shivani
8	Kanika Thakur	10030	3rd	Kanika
9	Shree Singh	2516037	2nd	Shree Singh
10	Uamila Kumari	2510055	2nd	Uamila
11	Peena Chauhan	2510092	2nd	Peena
12	Dhameshvari	20078	2nd	Dhameshvari
13	Anita	2637022	1st	Anita
14	Heena Thakur	2626003	1st	Heena
15	Simran	2627003	1st	Simran
16	Anjali	10003	3rd	Anjali
17	Shriya	10059	3rd	Shriya
18	Pooja Thakur	10046	3rd	Pooja
19	Seema Thakur	10061	3rd	Seema
20	Suhani	10091	3rd	Suhani
21	Pooja Dhimani	10064	3rd	Pooja
22	Chandni	10017	3rd	Chandni
23	Chandni Sharma	2626014	1st	Chandni
24	Chandni	2637002	1st	Chandni
25	Hansika	2627003	1st	Hansika
26	Kum Kum	10032	3rd	Kum Kum
27	Kavita	10035	3rd	Kavita
28	Alviya Chauhan	10019	3rd	Alviya
29	Manisha	10099	3rd	Manisha

31	Chandani		Bcom III	
32	Chandrapika	40003	Bcom IIIrd	Sant.
33	Sonal	40008	B.A. III	Sant.
34	Ishwar	10033	B.A. III rd	<u>Lalit</u>
35	Lalit Kumar	10034	B.A. III rd	<u>Lalit</u>
36	Harsh Thakur	10027	B.A. III rd	<u>Harsh</u>
37	Chand Kishor	10001	B.A. III rd	chand
38	G. Jitender	10036	B.A. III rd	Gdce
39	Dalip Chandel	10018	"	<u>Dalip</u>
40	Jasvish	2516056	B.A. 2 nd	Jasvish
41	Robini Dhimran	2516020	BA 2 nd	<u>Robini</u>
42	Kanika	2626009	BA 1 st	Kanika
43	Padma	2637012	BA 1 st	Padma
44	Suresh	—	Asst Teacher	<u>S</u>

on dated 12.8.26 a workshop on mental health was held in GC Panarea. An interactive session of students took place and topics discussed were stress, anxiety, depression & suicide. This was followed by students getting assessed for the above mentioned problems by psychologist & psychiatric social worker using DASS 21 scale. Students with mild symptoms were counselled by Brief Intervention & those with moderate symptoms were referred to higher centre.

Dr. Satyansat Vardya
DPO Mental Health
& Addiction
RM Kullu.

Principal
Govt. V.
Panarea

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Date

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