

GOVERNMENT DEGREE COLLEGE SHIVNAGAR

District Kangra, Himachal Pradesh
(Affiliated to Himachal Pradesh University, Shimla)
Student Mental Health and Well-Being Cell

Date: 15.07.2026

No: 64.

NOTICE

Subject: Workshop on "Building and Strengthening Mental Health and Well-Being"

All students of the college are hereby informed that the Student Mental Health and Well-Being Cell is organizing a workshop titled "Building and Strengthening Mental Health and Well-Being", aimed at helping students understand and manage stress, build emotional resilience, and support their overall psychological well-being.

Details of the workshop are as follows:

Date	17th July 2026 (Friday)
Time	11:00 A.M.
Venue	Room No. 3
Organized by	Student Mental Health and Well-Being Cell, GDC Shrivnagar
Presided over by	Dr. Sangeeta Singh (Principal)
Convener	Dr. Neetika Sharma (Assistant Professor)

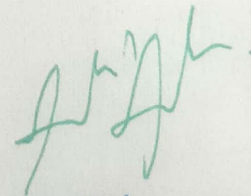
All students are advised to attend the workshop in large numbers, as the session will be beneficial for their mental and emotional well-being.



Sd/-
Dr. Neetika Sharma
Assistant Professor & Convener
Student Mental Health and Well-Being Cell
GDC Shrivnagar

Copy to:

1. Principal, GDC Shrivnagar – for kind information
2. Notice Board
3. All Heads of Departments, with the request to inform students of their respective classes
4. College Website / Official Social Media Page
5. Office File



Principal
Govt. College Shrivnagar
Dist. Kangra (H.P.)-176086
DDO Code 230