



DEGREE COLLEGE FOR WOMEN, KATHUA-184101

Dr. Sangita Nagari
Principal

Ph. No.01922-232647
Mob. No. 94191-63028

College Website: www.gdcwkathua.in

Email: womencollegekathua@gmail.com

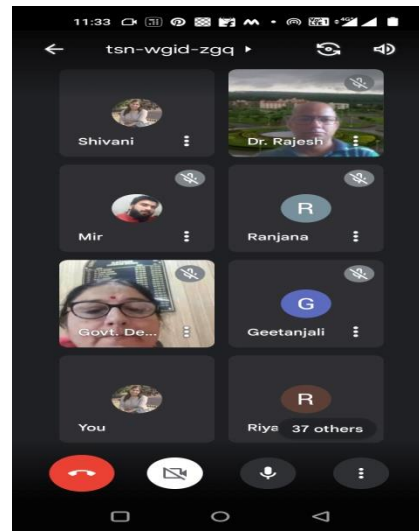
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Manodarpan, Psychological Counselling Cell GCW Kathua Organized an Online Lecture on Stress and Meditation

PRESS RELEASE

18.08.2022



Manodarpan, Psychological Counselling and Drug De-addiction Cell organized an online lecture for the faculty and students of different colleges of Jammu division on the topic: ***“Managing Stress through Meditation: Process and Benefits”*** on 18th August, 2022 at Google meet platform. The key speaker for the day was Dr. Rajesh Bhatt, Assistant Professor at Doon University, Dehradun, Uttarakhand. He is the National organizational secretary of Bhartiya Counselling Psychology Association.

Dr. Rajesh has been trained as master trainer by SAKSHAM-TISS/NACO/USACS. The whole program was conducted under the guidance and supervision of the Chief patron of the cell, Dr. Sangita Nagari, Principal of the college and Patron Prof. Shivani Sharma, Convener Psychological Counseling and Drug De-addiction Cell Manodarpan and Prof. Eisha Gohil, District coordinator, Kathua, Psychological Counseling Cell, Manodarpan.

Prof. Ravinder Kour, Convener IQAC & its members of GCW Kathua, various other faculty members and students of different colleges of Jammu Division attended the lecture.

Dr. Rajesh addressed the students about signs, symptoms, treatment and management of stress and the role of meditation in improving mental health. It was a highly interactive event wherein queries were well responded. The program ended successfully with the support and cooperation of all the members. The vote of thanks was presented by Prof. Shivani Sharma.

Principal