

**World Mental Health Day**  
*Department of Zoology*  
N.S.C.B.M. Govt College Hamirpur

10<sup>th</sup> Oct 2024;

An event was organised on the occasion of World Mental Health Day in N.S.C.B.M. Govt College Hamirpur on 10<sup>th</sup> October 2024. The event was organised by the Department of Zoology. The venue for the event was room no. - 242, in the Zoology Department.

Program was managed by Prof. Krishan Lal and Prof. Sandeep Kumar. The program starts at 10:30 a.m.

At first Dr. Krishan Lal, put the light on the topic of the program and shared his views on the concerned topic. He gave a presentation on mental health. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act, and helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Prof. Sandeep Kumar also shared his views with the students. About 90 students were present in the event. Ankita, a student of M.Sc Zoology 3rd Sem gave a speech on mental health. Refreshments were distributed to the students. Event ended at 11:40 am.

*Department of Zoology*

