



## **GOVT. COLLEGE FOR GIRLS SECTOR-52, GURUGRAM**

**is organizing**

### **Three Days College Workshop**

**on**

### **Mental Health Awareness and Help Seeking**

**6th - 8th January, 2026**

**Venue: Lecture Hall**

**Time: 10:00 am - 1:00 pm**

**Speaker 1: Dr. Urvashi, Prof.  
of Psychology, Govt. P. G.  
College Sec.-1, Panchkula**

**Speaker 2: Tanu Shree,  
Assistant Lecturer, Higher  
Education Dept. of Haryana**

**6<sup>th</sup> January**

**Session 1: Mental Health 101: It's More  
Than Just Stress**  
**Session 2: Inside the College Mind:  
Pressure, Emotions & Identity**

**7<sup>th</sup> January**

**Session 1: When Is It More Than  
a Bad Day?**  
**Session 2: Therapy Demystified:  
What Really Happens in the Room**

**8<sup>th</sup> January**

**Session 1: Asking for Help Is Strength**  
**Session 2: Caring for Your Mental Health:  
Now and Ahead**