

19/06/2016

## NOTICE

### The Placement Cell Dyal Singh College (M)

#### *An Orientation Workshop on:* ***Mental health and well-being for college students***

A workshop will be held by Psychologists from Manas Foundation, an organization working in the field of mental health and wellness since 2000. This **workshop will be open to all students**, and will take us through the transitions we're all facing, how these affect us internally, manifest in our lives and relationships, and how we can feel better. As a partner of Delhi University's colleges, Manas Foundation's psychologists have been working intensively with adolescents and young adults for several years. Through the **weekly counselling unit at Dyal Singh College, over 100 counselling sessions have been held here** towards addressing individual concerns of students and enabling them to lead more rewarding lives.

The workshop will take place as per the following schedule:

**Venue: Auditorium**

**Date: August 23, 2016**

**Timing: 1:30pm – 2:30pm**



Dr. Neetu Bhattacharya  
(Placement Coordinator)



Dr. I.S. Bakshi  
(Principal)

- College website
- Student N/B