

Summer Camp

Mental Health



Take Charge of Your Mental Well-Being

Make your mental health a priority with our extensive array of services and resources. Explore the tools and support essential for you to flourish and maintain a balanced lifestyle.

**Any School,
College and
University
Students, Staff
Members &
Parents can
participate**

ACTIVITIES

- ★ Stress Management Workshops
- ★ Mindfulness & Meditation Sessions
- ★ Self-Esteem and Confidence Building Activities
- ★ Emotional Intelligence Training
- ★ Group Discussions and Peer Support Activities
- ★ Creative Art and Recreational Therapy
- ★ Mental Health Awareness Talks by Experts

Join Summer Camp

Organized by: Mental Health Cell

Venue: Pt. Chiranji Lal Sharma
Govt. College, Karnal (Haryana)

Date: June 22-27, 2026

Time: 10:00 am

Register yourself on this link
or QR code

<https://forms.gle/6m8Q94P18fW1Fn9A7>

Registration Deadline: June 21, 2026

Contact Number: 9466891715



Benefits

- ✓ Learn healthy coping strategies
- ✓ Improve emotional well-being
- ✓ Build positive relationships
- ✓ Enhance focus and productivity
- ✓ Develop resilience for academic and personal challenges