

Notice

15.09.2023

This is to inform you that a guest lecture on **Mental Health and Suicide Prevention** will be held on **18/09/2023** at **11:00am** in conference hall. The speaker will be **Dr. Deepa Rathore**, a clinical psychologist and expert on mental health at **DDU SHIMLA**.

This lecture is an opportunity for you to learn more about the importance of mental health and well-being, and how to identify and deal with mental health problems. You will also learn about the signs and symptoms of suicide, and how to get help for yourself or someone you know who may be at risk.

minakshi

Nodal Officer

BB12924

Principal