



**JAYPEE UNIVERSITY OF INFORMATION
TECHNOLOGY**
WAKNAGHAT, P.O. – WAKNAGHAT,
TEHSIL – KANDAGHAT, DISTRICT – SOLAN (H.P.)
PIN – 173234 (INDIA) Phone Number- +91-1792-257999
(Established by H.P. State Legislature vide Act No. 14 of 2002)



Mental Health Calendar -2025

Month	Event	Date & Time	Contact Person / Resource Person(s)	Objective/Outcome
September – Expression & Care	Dance Movement Therapy Sessions	Sept 15–19, 2025 7:00–7:30 PM	Ms. Aman	Enhances self-care through body awareness, emotional release, and stress management
	Expert Talk for Faculty & Staff	Sept 20, 2025 11:00AM	Dr. Tanu Sharma	Encourages open dialogue on stress, workload, and mental health literacy
	Student Counselling Committee Event	Date to be announced	Dr. Amit	Promotes peer support, belongingness, and collaborative coping
October – Mind–Body Balance & Collective Resilience	Yoga for Mental Health	Oct 6–8, 2025 7:00–7:30 PM	Ms. Aman	Teaches relaxation, resilience, and grounding practices
	World Mental Health Day Lecture	Oct 9, 2025 11:00 AM	Expert from PGI/IGMC	Strengthens community conversations on stigma reduction & early help-seeking



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	Workshop by Psychologist expert in Mindfulness from Ludhiana	Oct 28–30, 2025	Dr. Shalini Dadwal	Encourages creative participation in mental health advocacy
November – Support Systems & Contribution	Online Session for Parents/Stakeholders	Nov 10–15, 2025	Ms. Aman	Strengthens family–institution partnerships for student well-being
	Interactive Event	Nov 18–20, 2025	Dr. Ankita Sohal	Practical strategies for stress reduction and emotional regulation
	Student Counseling Committee Initiative	Date to be announced	Dr. Amit	Student-led contribution to a supportive mental health culture