## **Report on a Samwad with Hostel Inmates**

## Organized by Psychological Counselling Cell 11/11/2022

## Guru Ghasidas Vishwavidyalaya Bilaspur C.G.

## **Report of the Program**

A Talk Show Organized by Psychological Counselling Cell GGV Bilaspur ,For Hostel Inmates of Rajmohani Devi Girls Hostel GGV Bilaspur ,Dr.Rajeshwari Garg Assistant Professor Dept. Of Education and coordinator of **Psychological Counselling Cell**, She Interact With Hostel Inmates about Mental Hygiene and **How to deal with Stress** Hostel Inmates asked their queries regarding different aspects of *Mental Stress* and its effects . hostel warden Dr.Jyoti Verma Give Vote of Thanks .







