

New Horizon College of Engineering
Dept. of Counselling
World Mental Health Day Celebration

Date: 12.10.2021

Venue: Open Stage, New Horizon College of Engineering

Time: 1:00 PM

New Horizon College of Engineering celebrated Mental Health Day on 12th of October 2021. The Event was conducted by the Department of Counselling at 1:00 PM at the Open stage in the New Horizon College of Engineering Campus. The event was inaugurated by HOD Chemistry and HOD EEE and commenced with Dr. Reena Jain, Clinical Psychologist and Chief Counsellor of NHCE, addressing students on the significance of mental health and well-being, how awareness about mental health can remove stigmas or stereotypes around mental health issues and bring people to be more open to reach out for help and support. This was followed by the skit on the importance of Mental Health by students counselling support cell, NHCE. Students came forward to share with the audience their experiences and opinions on mental health and seeking help. Students also came forward to share written messages about mental health on a White board which was displayed on the college campus.



Dr Reena Jain

Chief Counsellor