गुरु घासीदास विश्वविद्यालय (केत्रीय विश्वविद्याल अधिनम 2009 क. 25 के अंतर्गत स्थापित केत्रीय विश्वविद्यालय) कोनी, बिलासपुर – 495009 (छ.ग.)



Guru Ghasidas Vishwavidyalaya (A Central University Established by the Central Universities Act 2009 No. 25 of 2009) Koni, Bilaspur – 495009 (C.G.)

Mental Health and Career

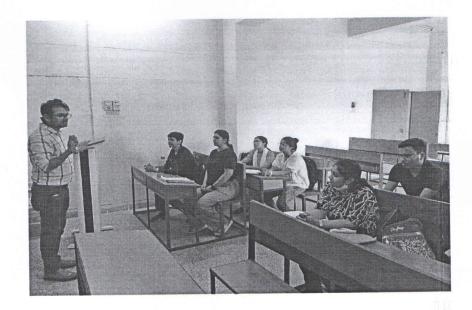
Conducted by Department of Pharmacy

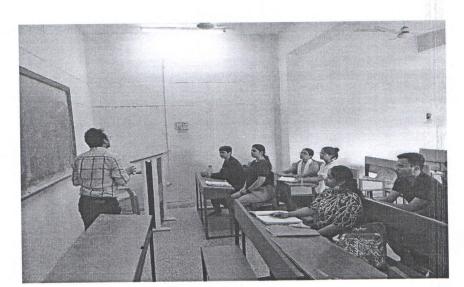
Date of Event:

12-08-20224

Venue

: Classroom/Department of Pharmacy





Department of Pharmacy

Guru Ghasides Vishwavio) (A Central University) Bilaspur (C.G.) गुरु घासीदास विश्वविद्यालय (कंद्रीय विश्वविद्यालय अधिनयम 2009 क्र. 25 के अंतर्गत स्थारित कंद्रीय विश्वविद्यालय) कोनी, बिलासपुर - 495009 (छ.ग.)



Guru Ghasidas Vishwavidyalaya (A Central University Established by the Central Universities Act 2009 No. 25 of 2009) Koni, Bilaspur – 495009 (C.G.)

A Brief Abstract of the Event:

One day workshop on topic "Mental Health and Career" was conducted on 12-08-2024. Total 25 student participated in the workshop. Hariom Rai associated from Ramkrishna Mission taken session on mental health and career and explored connection between career and mental health. He elaborated that in today's highly demanding world, we actively chase career success through passion, skills-building, and relentless hard work. However, in this relentless pursuit, nurturing our emotional and mental well-being often takes a backseat. The truth is that prioritizing self-care and mental health is not just about feeling good but can profoundly impact how you perform and thrive in your career over the long run.

Head

Department of Pharmacy Guru Ghasidas Vishwavidyalaya (A Central University)

Bilaspur (C.G.)