

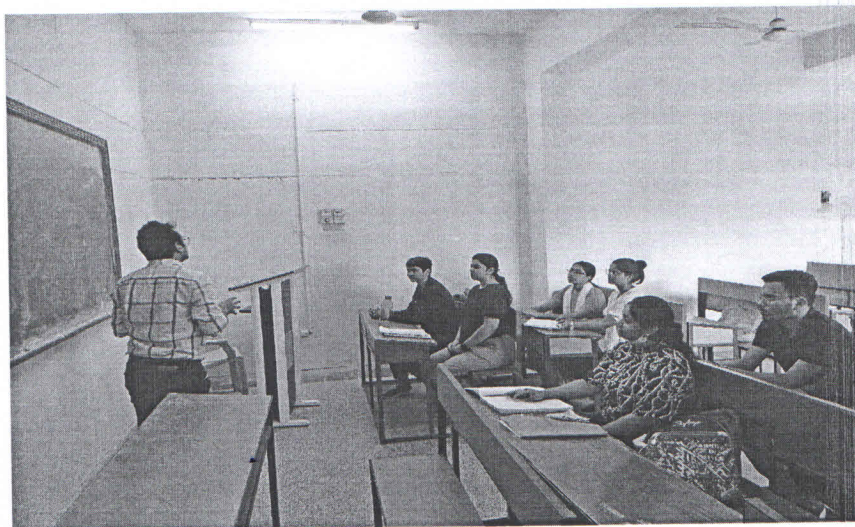
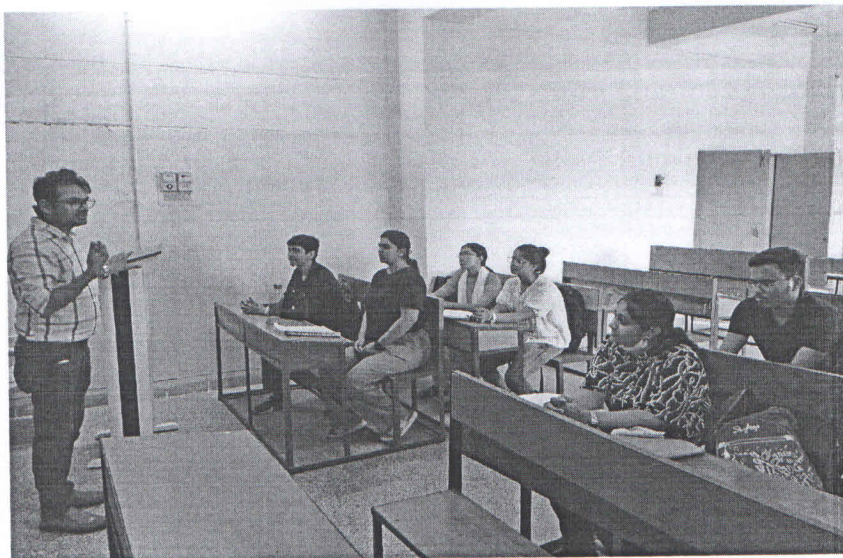


Mental Health and Career

Conducted by Department of Pharmacy

Date of Event: 12-08-2022

Venue : Classroom/Department of Pharmacy



[Signature]
Head
Department of Pharmacy
Guru Ghasidas Vishwavidyalaya
(A Central University)
Bilaspur (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.


11/11/2024

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