

## Press Note



### Jagat Guru Nanak Dev Punjab State Open University, Patiala

(Established by Act No.19 of 2019 of Legislature of the State of Punjab)

PSOU/PRO/2026/221

Date: 12-02-2026

#### Counselling Session on Mental Well-Being 12 February 2026

The Directorate of Student Welfare, Jagat Guru Nanak Dev Punjab State Open University, Patiala organized counselling session on Mental Well Being in the Academic Block on 11th February 2026. The objective of the event was to address key academic, emotional, and career-related challenges faced by students in the current dynamic and digital environment. Emphasizing on mental well-being as an intrinsic value and basic human right, Prof. Rattan Singh, Vice-Chancellor, observed, "The student welfare being of JGND PSOU is committed to promoting protective environment for learners and developing positive social interactions through strong community ties."

Dr. Yashpreet Singh, Assistant Professor, Government (State) College of Education, Patiala was resource person. He conducted an engaging and interactive session focusing on nurturing an attitude of gratitude, building emotional resilience, overcoming stress and anxiety, and making informed career choices aligned with one's personality and strengths. He elaborated on mental disorders, psychological disabilities and distress that could result in impairment. He encouraged the students to understand their individual traits and capabilities for shaping careers. Dr. Sulakshana Dwivedi, Dean Student Welfare, coordinated the event. Students, Faculty and staff were in attendance.

22/02/26 12/02/2026  
Director

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Photos





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