



GANGA DEVI MAHILA MAHAVIDYALAYA

NAAC accredited grade 'B'
Lohiya Nagar, Kankarbagh, Patna
A constituent unit of Patliputra University, Patna



Title: Stress management in adolescence by Dr Binda Singh Seminar-cum-counseling Date: 27.07.21

Under the aegis of IQAC, GDMM; Sehat Kendra and EBSB committee of the college organized a seminar-cum-counseling session was organized for young girls in association with Inner Wheel Club of Shivalja.

Guest speaker Dr. Binda Singh (famous psychiatrist) talked on the topic "Stress management in adolescence" and counseled the girls who approached her with some dilemma. Guest speaker Dr. Nidhi Singh (consultant Obs & Gyn) talked about Menstruation problems and how to handle it. Students freely discussed their problems with her.

IWC conducted a follow-up quiz session and rewarded the students with sanitary napkins for correct answers. Students enthusiastically listened to the speaker and interacted with them about their doubts/problems.

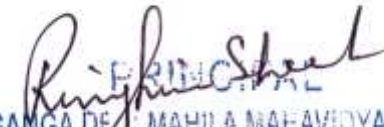
INNER WHEEL CLUB OF PATNA SHIVALJA
An awareness programme in Association with
Ganga Devi Mahila Mahavidyalaya
Organizing seminar on "How to handle Mensuration problems"
"stress management in adolescence". You all are invited to attend the seminar...

Guest Speaker:-
Dr. Nidhi Singh (Consultant Obs & Gyn)
Dr. Bindha Singh (Famous Psychiatrist)
Initiative by:-
Sehat Kendra

Venue:- Conference Hall, GDMM, PPU
Date:- 27/07/21
Time:- 1:40 pm

Chairperson :-
Dr. Prof. Manibala '
Principal of GDMM
College

President
Nupur Prasad
(IWC SHIVALJA)


GANGA DEVI MAHILA MAHAVIDYALAYA
KANKARBAGH, PATNA-20



Rinika Shree
PRINCIPAL
GANGA DEVI MAHILA MAHAVIDYALAYA
KANKARBAGH, PATNA-20