

**F.NO. 36(01)(11)/DSW/2024/843**

**Date: 19.12.2025**

**CIRCULAR**

**Sub: Invitation for- Panel Discussion on Mental Health "Life is a journey, Not a Mission" on 21st December, 2025**

All the Students of GGSIP University are hereby informed that the Jaagriti K Kadam, an initiative by Greenecolink Private Limited dedicated to spreading awareness in society **is organizing Panel Discussion on Mental Health titled "Life is a Journey, Not a Mission." on 21<sup>st</sup> December, 2025 at 03:00 PM through Online Mode.** The session aims to promote awareness about mental well-being, emotional balance, and personal growth amongst students.

The Students who wants to avail the above opportunity may register themselves through the link <https://forms.gle/nQQcqfhZ9svwrM8u7> and given QR in attachment.

All Deans/ Directors of USS/Center and Principals/Directors of Affiliated Institutes are requested to kindly disseminate the above information amongst all the students of their respective USS/ Center and Affiliated Institutes.

**Encl: As above**

  
(Prof. Manpreet Kaur Kang)  
Director, Students' Welfare

**Copy to:**

1. All Deans/Director, USS/Centre, GGSIPU
2. All Principals/Directors of Affiliated Institution, GGSIPU
3. Project Director, UITS- with the request to kindly upload the Circular on the University Website under the link of Directorate of Students' Welfare
4. AR to VC for kind information of the Hon'ble Vice Chancellor
5. AR to Registrar for kind information of the Registrar.
6. Guard file.

  
(Surinder Singh)  
Section Officer, SW

# JAAGRITI K KADAM

presents

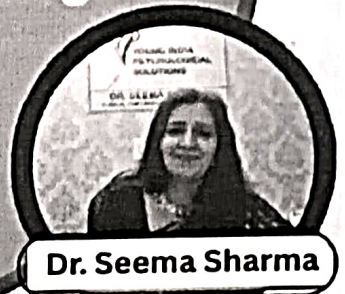
**"LIFE IS A JOURNEY, NOT A MISSION"**

A Panel discussion  
on  
Mental Health



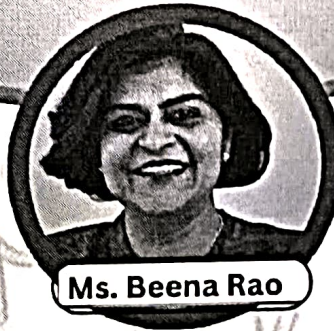
**Dr. Unnati Kapoor**

Counselling Psychologist  
and Researcher



**Dr. Seema Sharma**

Counselling Psychologist  
and Researcher



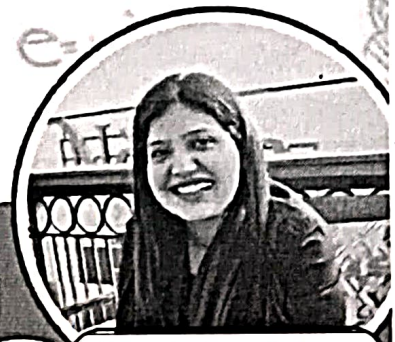
**Ms. Beena Rao**

Senior Education  
Consultant



**Ms. Annu Arora**

Executive Director- Sustainability  
CSR & Awareness  
GreenEcoLink



**Ms. Nikita Kuhar**

Moderator

## REPRESENTATIVES

**JOIN**



Join us for an  
insightful  
conversation on  
mental well-being  
and awareness

Your presence will add great  
value to the event.



**Date**  
**21 December 2025**



**Time**  
**3 PM**



**Online**

**SCAN HERE**



**TO REGISTER**