

Extension lecture (World Suicide Prevention day, 10th Sep, 2018)

The mental health issues are growing at a faster rate. Students living with mental illness often feel distant from loved ones and find it difficult to perform to their maximum productivity in studies. The stigma that still exists around mental illness and the reluctance to discuss it openly at home or outside; keeping in view an extension lecture on **World Suicide Prevention day** was organized in Collaboration with Govt. Civil Hospital, Palwal on **10th Sep, 2018**. Dr. Dhramvir Nehra. Psychiatrist, Dr. Pradeep Sharma CMO Palwal and Dr. Rekha Singh Deputy CMO, Palwal were the speakers and counseled the students on their need, problems and issues related to their mental health. The different types of disorders mainly prevailing in students namely anxiety disorders, personality disorders, psychotic disorders especially schizophrenia, eating disorders among the adolescents age were discussed during the session. The main objective of session was to understand the impact of a mental illness on the students and employees and to develop strategies for helping themselves or others who are suffering from a mental illness. The Psychiatrists encouraged students to shatter popular myths and misconceptions about mental health and to increase their understanding of the causes and symptoms of mental illness.

Visit to special school, Kastoorba Gandhi Balika Vidyalay , Likhi Hasanpur

The girls are systematically excluded from participation in social, economic, and political life. The absence of girls in the rural areas has implications not only for the young women themselves but also for society as a whole, exacerbating poverty and perpetuating disparities in health, education, and economic achievement. Girls' exclusion is most pronounced in our country where families are extremely poor women have been historically marginalized. **Kastoorba Gandhi Balika Vidyalay, Likhi Hasanpur** established in the year 2014 for the upliftment of the socially deprived girls in rural areas and imparting them quality education was visited by the students of Advanced Institute of Education, Palwal. The students visited the school for a week from 29 April, 2019- 4th May 2019. The school was Purely Residential in nature and included 60 girls from class VI to VIII. During this period of one week they were trained regarding the special provisions made for the girl education by the state government which included areas like infrastructure, nutrition, medical facilities etc