

हंसराज महाविद्यालय

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NAAC ACCREDITED 'A++' GRADE COLLEGE

2023-2024

Name of the Event: Vyakhyan Mala, 2023

Organised by: Nishtha - The Civil Services Society of Hansraj College

Date of the Event: 10th October, 2023

Duration/Event Timing: 11:45 AM-01:15 PM

Venue of the Event: Library Auditorium, Hansraj College

Name of Convener: Dr. Prabhansu Ojha

Description of the Event:

Nishtha, in association with HRCAA and Mind Therapy Trust NGO, organised a speaker session event on October 10, 2023, to commemorate World Mental Health Awareness Day. The event was a collaborative effort between Nishtha, HRCAA, and the Mind Therapy Trust NGO. The occasion was graced by distinguished individuals who shared their valuable insights on mental health and personal growth such as Mr. Anil Swarup (Retired IAS), Mr. Himanshu Gupta (IAS), Dr. Ritu Sharma, (Psychologist). The event was not just a one-way exchange of knowledge; it encouraged interaction and engagement.

To promote the curiosity of the students, each speaker took questions from the audience, providing an opportunity for students to seek answers to their inquiries. Anil Swarup, in a generous gesture, presented books authored by him to two students who asked the most thought-provoking questions among all attendees.

The event was a significant step in championing the cause of mental health awareness. It not only shed light on the importance of maintaining a healthy work-life balance but also inspired students to explore their potential and excel in their chosen paths. By addressing stress management and the need for human connections, it expanded new avenues for students to enhance their overall well-being. This speaker session was a commendable effort in promoting mental health awareness and fostering a culture of open dialogue, personal growth, and knowledge exchange among students. The event was concluded with a vote of thanks by the President of Nishtha, Ashwamegh Singh.

Photos:



Attendance:

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