

हंसराज महाविद्यालय

दिल्ली विश्वविद्यालय

महात्मा हंसराज मार्ग,

मलकागंज, दिल्ली - 110007

दूरभाष : 011-27667458, 27667747

ई-मेल : principal_hrc@yahoo.com

वेबसाइट : www.hansrajcollege.ac.in



HANSRAJ COLLEGE

UNIVERSITY OF DELHI

Mahatma Hansraj Marg

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NAAC ACCREDITED 'A++ GRADE COLLEGE

2023-2024

Name of the Event: Promotion of Mental Health and Well Being Among Young Adults

Organised by: UDAAN: The Motivational Society

Date of the Event: 6th December 2023

Duration/Event Timing: 1pm to 3pm

Venue of the Event: Old Seminar Room, C-Block

Name of Coordinator(s): Palak Chauhan (President) and Keshav Sharma (Organizing Head)

Name of Convener: Mr Vikash Singh

Event Description (About 250 Words)

A profound and offline interactive session was held on December 6 by the motivational society Udaan. The theme of the event was "Promotion of mental health and well-being among young adults." The event started with positive affirmations, aimed to address the growing concerns surrounding the mental health of young adults, and also taught students to cope with stress during examinations. The event was held in collaboration with the Centre of Community Medicines, AIIMS, Delhi. A survey was conducted by the community, where students filled out their responses on menti.com according to their preferences and awareness about mental health. Our special guest was Dr. Sumit Malhotra, who is a well-known doctor in AIIMS, Delhi, and also a professor. He tried to make the students comfortable so they could feel that the session was a safe space where they could share their problems related to mental health. The event began with informative topics highlighting the importance of mental health and dispelling common misconceptions. The prevalence of mental health issues among young adults and the significance of early intervention. A major focus was on reducing the stigma associated with mental health. Personal stories were shared, emphasising that mental health challenges are common and seeking help is a sign of strength. This contributed to an environment where attendees felt comfortable

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discussing their own experiences. The data collected from the survey of November 26 was shared, and Mrs. Aman Dua made participants understand how well aware a person should be about mental health disorders. Many important and sensitive topics were discussed with the students, like: Factors affecting mental health, common mental disorders among young adults, impacts of mental disorders, symptoms indicating possible mental health problems, impact of mental health during a pandemic. Also, practical tips were given on coping with academic stress, like using the Pomodoro technique, dedicating attention to studies without any distractions or disruptions, and avoiding multitasking. At the end of the event, our convenor, Mr. Vikash, concluded the event and shared his gratitude towards the speaker and the UDAAN team. Later, a feedback session provided a platform for individuals to share their experiences, suggestions, and concerns related to mental health initiatives within the community. A group photo session was organized, capturing the memorable moments of the event. Conclusion: The "Promotion of Mental Health and Well-Being Among Young Adults" event successfully achieved its objectives by creating a space for open dialogue, reducing stigma, and providing valuable resources. As a result, it contributed to building a more supportive community for young adults navigating the challenges of mental health. Ongoing efforts are crucial to sustaining this positive impact and ensuring that mental health remains a priority in the community.

Five Geo-tagged Pictures:

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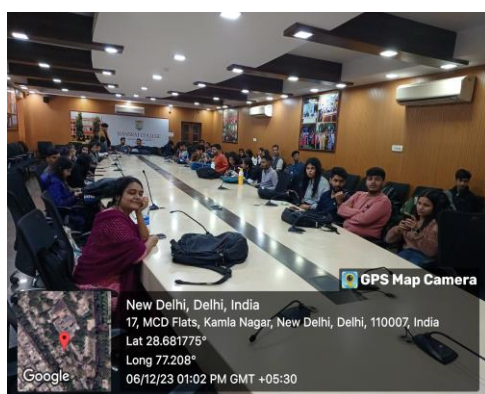
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Poster

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UDAAN

The Motivational Society
Hansraj College, University of Delhi

in collaboration with

Centre for Community Medicines, AIIMS, Delhi

An Interactive Session with

THEME: PROMOTION OF MENTAL HEALTH AND WELL BEING AMONG YOUNG ADULTS

 6 Dec 2023  12:40 p.m.

 Old Seminar Room



SCAN TO REGISTER

and join us for this exam busting session



Dr. Sumit Malhotra
Professor, AIIMS

 Gifting Partner

Prof. (Dr.) RAMA
Principal

Mr. VIKASH SINGH
Convener

For Queries, Contact: Palak Chauhan (President) - 9354188355
Keshav (Organising Head) - 9905288751

Attach Attendance Sheet

Serial No.	Name	Course	Year	Institution
1.	Palak Chauhan	Ba Program	3 rd	Hansraj College
2.	Shivaansh Mehra	Ba Program	3 rd	Hansraj College
3.	Sandhya Kohli	Ba Program	3 rd	Hansraj College

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4.	Arpit Yadav	Bsc(H) Mathematics	2 nd	Hansraj College
5.	Ashi Verma	Bsc(H) Botany	2 nd	Hansraj College
6.	Keshav Sharma	BA(H) Economics	2 nd	Hansraj College
7.	Tanuj	Bcom(H)	2 nd	Hansraj College
8.	Rocky Singh	BA program	2 nd	Hansraj College
9.	Anushka Dhar	Bsc(H) Mathematics	1 st	Hansraj College
10.	Anushka Jaiswal	BA Program	1 st	Hansraj College
11.	Shubhangi Srivastav	Bsc Life Science	1 st	Hansraj College
12.	Shachi	Bsc Botany (H)	2 nd	Hansraj College
13.	Himangii	BA(H) English	1 st	Hansraj College
14.	Rashi	Bsc(H) Zoology	1 st	Hansraj College
15.	Lavisha	Bsc Physical Science	1 st	