

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

Malkaganj, Delhi – 110007 Tel.: 011-27667458, 27667747 E-mail: principal_hrc@yahoo.com

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NAAC ACCREDITED 'A++' GRADE COLLEGE

2024-2025

Name of the Event:Brave Talks

Organised by: Women Development Cell

Date of the Event: 9th, 10th October 2023

Duration/Event Timing:

Venue of the Event: Library Auditorium

Name of Coordinator(s): Team WDC and Team Yuvva Foundation

Name of Convener: Professor Dr. Jnaneswari Malik

Brave Talks: Mental Health Awareness

The "Brave Talks" event was organized by the Women Development Cell in collaboration with Yuvva Foundation and sponsored by Maybelline. This engaging initiative focused on mental health, attracting a remarkable footfall of 1,650 students over two days.

The event featured four insightful seminars that provided a platform for experts to discuss various aspects of mental health, fostering awareness and understanding among attendees. Complementing the seminars was an exhibition organized in partnership with the Counseling Unit of Hansraj College, showcasing resources and information related to mental well-being.

One of the highlights was an open mic session, where students were encouraged to share their experiences and thoughts on mental health. This helped in reducing stigma surrounding mental health issues.

At the conclusion of each seminar, participants received Maybelline hampers and certificates. The event not only educated students but also empowered them to engage in discussions that promote emotional well-being. Overall, "Brave Talks" successfully created a supportive environment, encouraging students to prioritize mental health and seek help when needed. The collaboration of various organizations and the active participation of students underscored the importance of community in addressing mental health challenges.

हंसराज महाविद्यालय

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ATTENDANCE

- 1. Abhinav
- 2. Shreya

हंसराज महाविद्यालय

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- 3. Satyam
- 4. Prashita
- 5. Raghav
- 6. Kanav
- 7. Sushil
- 8. Rainy
- 9. Adarsh
- 10.Aditi
- 11. Aakansha
- 12.Nandini
- 13.Shalini
- 14.Vinit
- 15.Saloni
- 16.Palak
- 17.Pravesh
- 18. Ayush
- 19.Alok
- 20.Vinay
- 21.Rohit
- 22.Unnati
- 23.Rahul
- 24. Avinash
- 25. Aayurshi