



MHAW 2024 REPORT

SRIJAN : THE DEPARTMENT OF PSYCHOLOGY

ARYABHATTA COLLEGE


UNIVERSITY OF DELHI



INDEX

SR NO.	EVENTS	PAGE NO.
1.	Schedule- Day 1 and Day 2	2
2.	Inaugural Ceremony	3
3.	Speaker Session - Dr. Vibhuti Gupta	4
4.	SKIT	5
5.	Speaker Session by Ananya Sengupta	6
6.	Listening Circle	7
7.	Open Mic	8
8.	Speaker Session by Mahika Sharma	9
9.	Art Therapy Workshop	10
10.	Saath Nibhana Sathiya	11
11.	KBC by ABC	12
12.	Background activities	13-14
13.	Attendance report	15-16

SCHEDULE


ARYABHATTA COLLEGE
 (UNIVERSITY OF DELHI)
 

SRIJAN, DEPARTMENT OF PSYCHOLOGY

MENTAL HEALTH AWARENESS WEEK 2024

DAY 1 (8TH OCT)

INAUGURATION

Time: 10:30 AM
Venue: Student Activity Center

KEYNOTE ADDRESS
BY
DR. VIBHUTI GUPTA

Time: 11 AM - 12 PM
Venue: Student Activity Center

SKIT

Time: 12:45 PM - 1:15 PM
Venue: Student Activity Center

STUDENT INTERACTIVE SESSION
BY
DR. ANANYA SENGUPTA

Time: 1:30 PM- 2:30 PM
Venue: Student Activity Center

REFLECTIQUE



Time: 12 PM
Venue: Seminar Hall

OPEN MIC

Time: 2:30 PM
Venue: Lawn Area

LISTENING CIRCLE

Time: 2:30 PM- 3:30 PM
Venue: Student Activity Center


ARYABHATTA COLLEGE
 (UNIVERSITY OF DELHI)
 

SRIJAN, DEPARTMENT OF PSYCHOLOGY

MENTAL HEALTH AWARENESS WEEK 2024

DAY 2 (9TH OCT)

WORKSHOP: MENTAL HEALTH AT WORKPLACE
BY **MS. MAHIKA SHARMA**

Time: 10:30 AM- 11:30 AM
Venue: Student Activity Center

ART WORKSHOP

Time: 11:45 AM - 1 PM
Venue: Student Activity Center

SAATH NIBHANA SATHIYA

Time: 12:30 PM - 2 PM
Venue: Lawn Area

KBC BY ABC

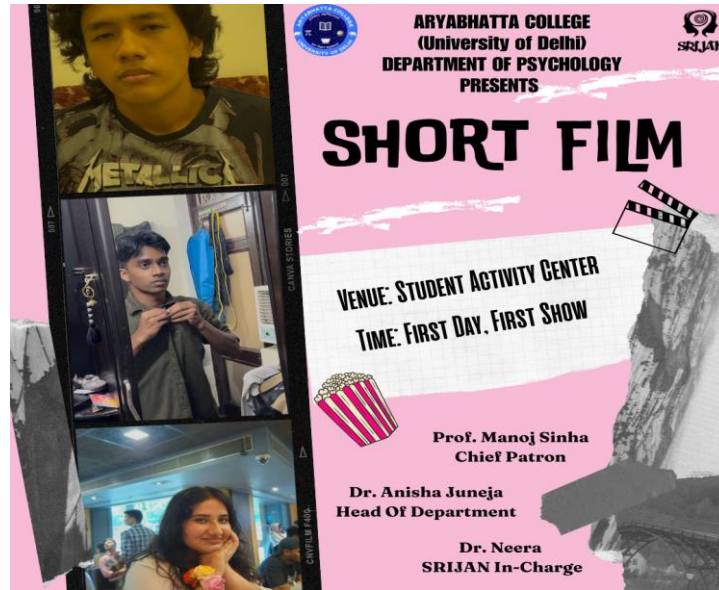
Time: 2 PM- 3 PM
Venue: Student Activity Center

VOTE OF THANKS

Time: 3 PM
Venue: Student Activity Center

MHAW 2024 DAY-1 (8TH OCTOBER)

INAUGURAL CEREMONY



The Inauguration Program for the event commenced with a graceful lamp-lighting ceremony led by the faculty members of the Psychology Department, alongside the esteemed chief guest, Dr. Vibhuti Gupta, and the honourable Principal, Professor Manoj Sinha. The ceremony was further enriched by a melodious rendition of Saraswati Vandana, performed by Virtuoso, the college's Music Society, followed by a captivating performance of Ganesh Vandana by Laasya, the Classical Dance Society. In line with the theme of the week, students took a creative initiative to film and showcase a short film titled *Pesha*, shedding light on the vicious, cyclical nature of workplace stress in various professions. The audience was deeply engrossed in the screening, reflecting the film's emotional impact.



SPEAKER SESSION



ARYABHATTA COLLEGE
(University of Delhi)
SRIJAN, THE DEPARTMENT OF PSYCHOLOGY

PRESENTS **MHAW' 24**

Inauguration and Keynote Address :
Now it's time to Prioritise Mental Health at the Work Place.

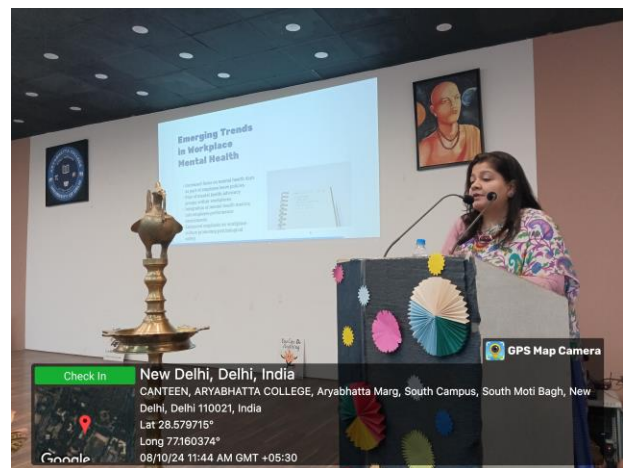
DR. VIBHUTI GUPTA

Assistant Professor
Faculty of Management Studies
University of Delhi
Delhi

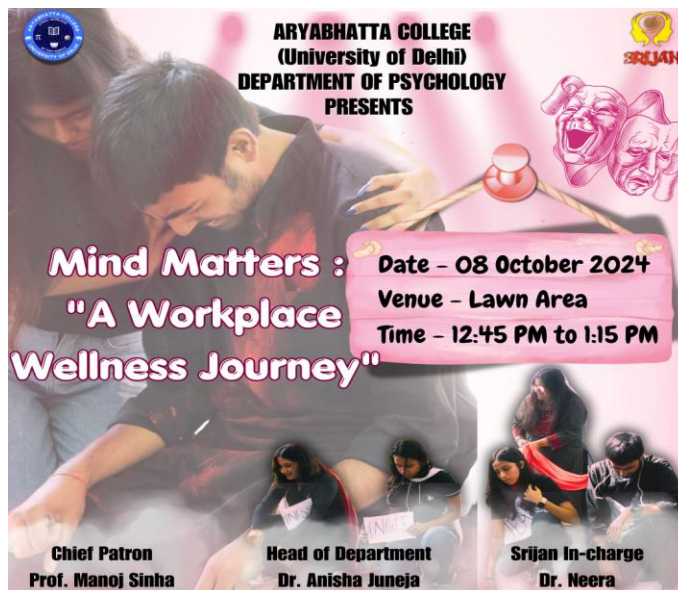
Date: 8th October, 2024 **Time:** 10:30 AM to 12 PM
Venue: Student Activity Center

Prof. Manoj Sinha (Chief Patron) | Dr. Anisha Juneja (Teacher In-charge) | Dr. Neera (Srijan In-charge)

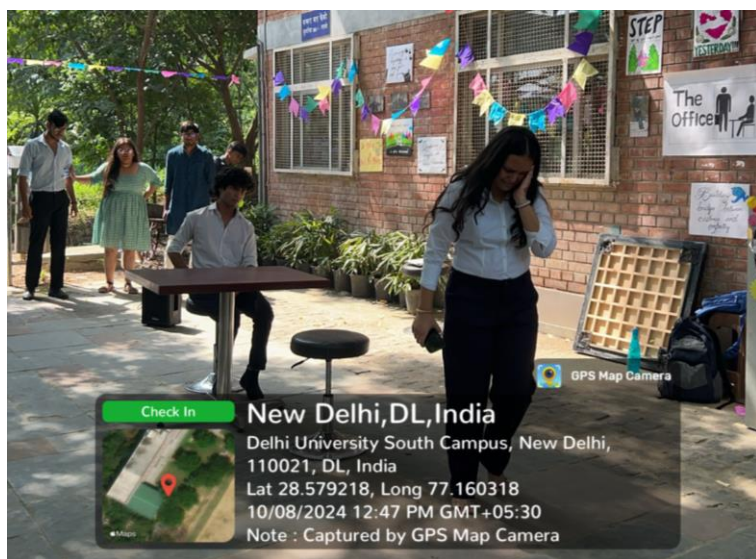
Dr. Anisha Juneja addressed the audience with a warm welcome, setting the tone for the event, and introduced Dr. Vibhuti Gupta, the guest speaker. Dr. Gupta, who has been working in the field of psychology since 2005 and has supervised over 40 dissertations, delivered an enlightening lecture on mental health in the workplace. She offered fresh perspectives and emphasized practical measures to manage workplace stress effectively. The session concluded with an engaging Q&A, encouraging students to explore their curiosities and clarify any doubts. Following this, Dr. R.K. Dwivedi delivered a heartfelt vote of thanks, highlighting the importance of spirituality and moral goodness. He urged the audience to view life as an ongoing experiment, inviting reflection and self-improvement.



SKIT: MENTAL HEALTH AT WORKPLACE



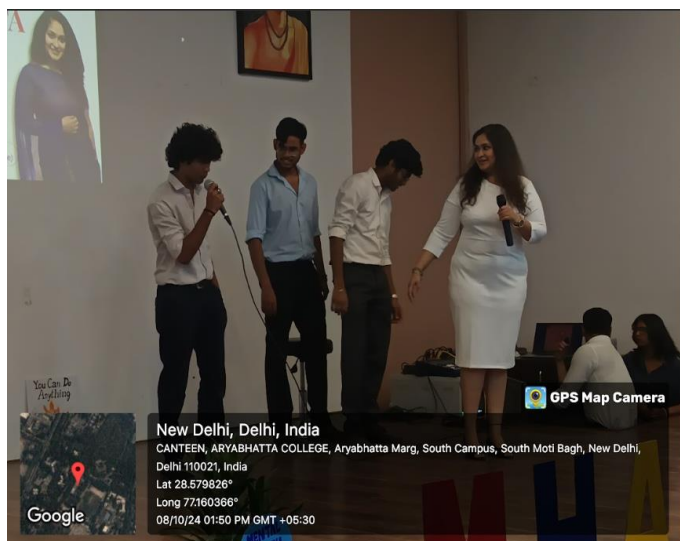
It is well established that a person's immediate surroundings, as well as their employment, have an impact on their mental health. A healthy mental health culture in the workplace benefits both the business and the employees. SRIJAN, Aryabhata College's Psychology Department, staged a psy-drama on October 8th and 9th as part of MHAW. The actors in the skit were completely immersed in their characters, which added to the psy-drama's intensity. There were around 60-65 people present in the audience. The play ended with a message emphasizing how important it is for the youth to take care of their mental health and avoid being smothered by constant pressure and perfectionism. This heart wrenching and eye-opening drama was not only applauded and enjoyed by the audience, but it also taught them a lesson which they would carry with them for the rest of their lives.



SPEAKER SESSION: STUDENT INTERACTIVE SESSION



Dr. Ananya Sengupta, an organisational psychologist, delivered a session attended by 120 students and 6 faculty members. Dr. Sengupta explored workplace well-being, addressing financial, physical, spiritual, and emotional health. The session featured an impromptu skit to highlight workplace stressors, followed by discussions on value-based goal-setting using Neuro-Linguistic Programming techniques. She utilized an NLP technique involving concentric circles to map timelines, underscoring the importance of clarity in setting goals. Dr. Sengupta emphasized clear communication, asking relevant questions, urging students to express emotions rather than internalize them, and warned against doom-scrolling, linking it to cognitive decline. Her engaging approach, blending practical guidance with humour, left students eager to apply insights in both academic and future professional settings.



LISTENING CIRCLE



The Listening Circle activity aimed to create a nurturing haven for students to share their experiences and openly voice their thoughts and predicaments. Under the guidance of Dr. Ching Guite, the session began with a calming meditation led by Punya, with dimmed lights and soothing music setting a tranquil ambiance. Around 40 participants engaged in the activity, seated in five circles, each facilitated by a moderator to ensure a smooth flow of conversation. As the discussions unfolded, the atmosphere transformed, leaving everyone feeling calm, relaxed, and enriched by the end of the



OPEN MIC SESSION



On October 8th, Srijan, the Psychology Department of Aryabhata College, organized an Open Mic event in the lawn area near the Utility Center. Starting promptly at 3 PM, the event featured a brief introduction by host Sharanya Sadana. Participants showcased diverse talents, including singing, rapping, dancing, poetry, and beatboxing, to an enthusiastic audience of around 50 attendees who cheered and applauded. Approximately 20-25 performers took part, and Dr. Varsha from the Psychology Department made a special appearance, even assisting one participant with their poem, adding a heartwarming touch. The host kept the energy high and the crowd engaged throughout the event. The event concluded at 3:45 PM with memorable poetry and singing performances, leaving the audience uplifted and marking the end of day one of Mental Health Awareness Week 2024.



MHAW 2024 DAY-2 (9TH OCTOBER)

SPEAKER SESSION BY MS. MAHIKA SHARMA



The speaker session featuring Ms. Mahika Sharma, a RCI certified psychologist, took place on the 9th of October, 2024 at 10:30 AM at the Student Activity Centre. The event was graced by professors from multiple departments, non-teaching staff, and saw a footfall of around 90 people. It commenced with a skit depicting workplace dynamics and stressors, which set a thoughtful tone for the session. Prof. Monika Aggarwal, the IQAC coordinator introduced and felicitated Ms. Mahika Sharma, who discussed the physiological symptoms of stress and their manifestation in daily life. She addressed critical topics like gender roles and imposter syndrome. Additionally an interactive activity had participants collaborate and write down their stress-coping strategies, an enthusiastic participation followed, with many sharing their views on mental health. The event concluded with a vote of thanks by Dr. Halley, reflecting on the session's relevance in contemporary workspaces.



ART THERAPY WORKSHOP



On October 9th, the Psychology Department of Aryabhata College hosted an engaging Art Therapy Workshop led by licensed art therapist Ms. Faika Zargar. Aimed at helping participants express their emotions and improve mental well-being, the event fostered mindfulness through art. With 21 participants in the Students Activity Centre, Dr. Varsha welcomed Ms. Faika and introduced the session. It began with a mindfulness exercise focusing on breathing to help participants relax. This was followed by introductions, which built a sense of community and trust. The workshop included an emotional introspection exercise, where participants reflected on specific feelings like happiness or sadness while walking. They then visually expressed these emotions through crayon drawings, emphasizing spontaneity over artistic skill. After completing their drawings, participants shared their artwork and discussed the emotions behind their creations. Ms. Faika provided thoughtful feedback, focusing on the feelings conveyed rather than technical execution.



SAATH NIBHANA SAATHIYA



The team building exercise, titled as “Saath Nibhana Saathiya,” was conducted on 9th October, the 2nd day of MHA W’24, outside the library area. The activity attracted around 50-60 people. As the name suggests, it was a group activity which was conducted in groups of 5. There were 11 teams each with its own unique name, some of them being Tiger Lillies, Pookie Core, Chole Bhatore, etc. The game was to make your team guess 5 words before the opponent team. Turn by turn, 1 member from each team came to enact the word or to say something related to that word to make their team guess. All the teams played really well and everybody was in their competitive yet fun mood. The activity was conducted in 2 rounds. By the end, everybody was so involved in the game that it became almost impossible to announce the winner. The winner of the 1st round was team ‘Maata Rani ke Pookie Sher’ and that of the 2nd round was team ‘Zero’.



KBC by ABC: PSYCHOLOGY QUIZ



‘KBC by ABC’, an inter college psychological quiz was conducted on 9 September 2024 during MHAW 24’. Dr. Soshomi Makang was the assigned teacher in-charge of the event. The quiz was extremely successful with a decent turnout of 45-50 people. The expressions of the participants had the reflection of extreme focus and showcased the need to win. Students poured in from a variety of colleges, such as Hansraj College, Daulat Ram College, Jesus and Mary College, Hindu College, Ambedkar College etc. The leaderboards demonstrated an extremely close win with the first position being by Riddhi with a total of 14550 points followed closely by Akash on the second position with 14229 points and Diya on the third position with 10813 points respectively. The cash prizes were bestowed upon the winners and the quiz eventually came to an end with a brief show of gratitude by Dr. Soshomi.



BACKGROUND ACTIVITIES

Srijan, The Psychology Department, planned several activities for the two-day event that focussed on engaging and educating the students in a fun yet supporting manner. The sticker stall really was something, with the students ransacking each other for the right stickers, while the face-painting stall saw students walk home with colourful memories. Surging Soul listened to all the concerns of the students. There were also quiet times for students to share feelings anonymously on confidential chits to unravel their inner feelings in a safe environment.

The "Youth For Mental Health" stall was equipped with a sticky note encouraging students to write down their feelings. Free therapy sessions and knowledge on how to handle stress were offered at the Amaha Healthcare station. The Balloon Pop kept the crowds entertained all the way throughout the event while the wall painting and other games allowed for creative expression.





ATTENDANCE REPORT

1ST YEAR

1st Year

Sr. No.	College Roll. No.	Name	8th oct	9th oct
1	PSY241	AASTHA PATEL	✓	✓
2	PSY242	ACHIRA MISHRA	✓	✓
3	PSY243	AISHNA CHANDNA	✓	✓
4	PSY244	AKANKSHA KESWANI	✓	✓
5	PSY245	AKANKSHA KUMARI	✓	✓
6	PSY247	AMARA AHLUWALIA	✓	✓
7	PSY248	AMAN AMIT NITNAWARE	✓	✓
8	PSY249	ANKUR BHOLOWALIA	✓	✓
9	PSY2474	ARYAN BISHT	✓	✓
10	PSY2410	ATHARVA SHARMA	✓	✓
11	PSY2411	AVANI RAGHAV	✓	✓
12	PSY2412	AVUSHI SHARMA	✓	✓
13	PSY2413	BAHULIKA SRIVASTAVA	✓	✓
14	PSY2414	BHUMI NANDA	✓	✓
15	PSY2416	DHARANA KASHYAP	✓	✓
16	PSY2417	DIKSHITA	✓	✓
17	PSY2418	DIYANALI SINGH	✓	✓
18	PSY2419	ESTHER ZARZOMAWI	✓	✓
19	PSY2420	HARSHIT JUVAL	✓	✓
20	PSY2421	HARSHITA	✓	✓
21	PSY2422	HIMANSHI	✓	✓
22	PSY2423	HRIDYANSHU PILANI	✓	✓
23	PSY2424	INSHA MALIK	✓	✓
24	PSY2425	ISHITA BINDAL	✓	✓
25	PSY2426	ISHVI VASHIST	✓	✓
26	PSY2428	JASMINE OBEROI	✓	✓
27	PSY2429	JUBULU ARYAN KULJUR	✓	✓
28	PSY2430	KARTHIKA PONMALAI	✓	✓
29	PSY2431	KASHA KULSHRESTHA	✓	✓
30	PSY2432	KASHIL BAHUGUNA	✓	✓
31	PSY2433	KAVYA SINGH	✓	✓
32	PSY2434	KESHAV SHARMA	✓	✓
33	PSY2471	KHUSHI SHARMA	✓	✓
34	PSY2435	KOMAL KUMARI	✓	✓
35	PSY2436	KUNAL TATAWAT	✓	✓
36	PSY2476	LAKSHIT GANDHI	✓	✓
37	PSY2437	LITIN TAKI	✓	✓
38	PSY2439	MANSHA UPPAL	✓	✓
39	PSY2440	MISHKA GOEL	✓	✓
40	PSY2441	MONISHA RAI	✓	✓
41	PSY2442	MOULI DEVANSH	✓	✓
42	PSY2444	NEETYA SHARMA	✓	✓

43	PSY2445	NIDHISH SHARMA	✓	✓
44	PSY2475	PIYA PATEL	✓	✓
45	PSY2446	PRACHI	✓	✓
46	PSY2447	PRAGATI SINGH	✓	✓
47	PSY2448	PRIYANKA SHARMA	✓	✓
48	PSY2449	RAGHVENDRA SINGH	✓	✓
49	PSY2450	RISHAB JAIN	✓	✓
50	PSY2451	SAKSHI GUPTA	✓	✓
51	PSY2452	SAKSHI YADAV	✓	✓
52	PSY2453	SAMAR PRATAP SINGH KUTIYAL	✓	✓
53	PSY2454	SAMUEL N MANGLAMUAN	✓	✓
54	PSY2455	SANIDHYA SAXENA	✓	✓
55	PSY2456	SAPNA	✓	✓
56	PSY2472	SARA MAHESH	✓	✓
57	PSY2457	SATYAM	✓	✓
58	PSY2458	SHIV PRATAP SINGH	✓	✓
59	PSY2460	SHIVEN	✓	✓
60	PSY2461	SHVIKA HANDOO	✓	✓
61	PSY2462	SHREYA SINGH	✓	✓
62	PSY2463	SHWETA YADAV	✓	✓
63	PSY2464	SIYA DAYAL	✓	✓
64	PSY2465	SUSHANT SINGH	✓	✓
65	PSY2470	TIYA GABA	✓	✓
66	PSY2477	VAISHNAVI SHARMA	✓	✓
67	PSY2473	VASUMAN CHAUHAN	✓	✓
68	PSY2468	VIDYASAGAR NAWAL	✓	✓
69	PSY2469	VIKASH KUMAR	✓	✓

BA

2ND YEAR

2nd Year

Sr. No.	College Roll. No.	Name	8th oct	9th oct
1	PSY232	AANCHA BEHGAL	P	P
2	PSY233	ABDUL REHMAN	P	P
3	PSY2300	ABHAY PRATAP SINGH	P	P
4	PSY234	ABHISHIK KUMAR	P	P
5	PSY235	ADITYA VARDHAN SINGH	P	P
6	PSY238	AHAN NATH SEN	P	P
7	PSY237	AKANKSHA BALMIKI	P	P
8	PSY238	AKASH	P	P
9	PSY239	AKASH GUTTA	P	P
10	PSY2310	ANUGRAH PRIYANSHU BECK	P	P
11	PSY2375	APOORVA SINGH	P	P
12	PSY2311	ANURAG SONI	P	P
13	PSY2361	ASTHA SHARMA	P	P
14	PSY2362	AVI SHARMA	P	P
15	PSY2312	AVUSHREE MALIK	P	P
16	PSY2314	BHUMI SINGH	P	P
17	PSY2315	BHUMI BUDHIRAJA	P	P
18	PSY2316	CHHAVI YADAV	P	P
19	PSY2317	DIKSHI GUPTA	P	P
20	PSY2318	DEV JYOTI	P	P
21	PSY2363	DIVYA BODRA	P	P
22	PSY2319	ENGUNMOI BAITE	P	P
23	PSY2320	GARV LOHA	P	P
24	PSY2321	HARSHITA GUPTA	P	P
25	PSY2322	HEMANSHI SHARMA	P	P
26	PSY2323	HIMANSHI CHAUHAN	P	P
27	PSY2364	ISHITA BHAMBRI	P	P
28	PSY2324	JASMINE KAUR CHAWLA	P	P
29	PSY2325	JASNOOR KAUR	P	P
30	PSY2365	KARTIK BAWRA	P	P
31	PSY2326	KASHISH	P	P
32	PSY2327	KHAUSHI	P	P
33	PSY2328	KRITI KUMARI	P	P
34	PSY2366	KRITI SHRI	P	P
35	PSY2329	KUNAL SINGH GUJJAR	P	P
36	PSY2330	MAMTA YADAV	P	P
37	PSY2331	MANGALYA SINGH	P	P
38	PSY2332	MANPREET KAUR	P	P
39	PSY2333	MANVENDRA YADAV	P	P
40	PSY2367	MANYA ARORA	P	P
41	PSY2334	MANYA DHULL	P	P
42	PSY2335	MEHAK VERMA	P	P

43	PSY2368	MOKSH MANCHANDA	P	P
44	PSY2374	NETRANSHI GAUR	P	P
45	PSY2336	PABLEEN KOUR	P	P
46	PSY2338	PRAGYA	P	P
47	PSY2339	PRANIT RAJ	P	P
48	PSY2340	PRISHA	P	P
49	PSY2376	PRIYA SHARMA	P	P
50	PSY2377	PRIYAM SINGH	P	P
51	PSY2341	PUNYAJOT KAUR	P	P
52	PSY2342	RAGHAV DOGRA	P	P
53	PSY2369	RASHI GAUR	P	P
54	PSY2343	REANNSHI KAKKAR	P	P
55	PSY2344	SAGAR KAUSHAL	P	P
56	PSY2345	SAJAL KUMAR	P	P
57	PSY2346	SHASHANK KUSHWAHA	P	P
58	PSY2373	SHEIKH HIMEL	P	P
59	PSY2347	SHRUTHIKA SETHURAMAN	P	P
60	PSY2348	SHWETA SHREE	P	P
61	PSY2350	SRISHTI SINGH	P	P
62	PSY2351	STANZIN ANGMO	P	P
63	PSY2352	STANZIN PADMA	P	P
64	PSY2370	SUMAIYA KHAN	P	P
65	PSY2353	TANISH BHAT	P	P
66	PSY2354	TANISHA BAJAJ	P	P
67	PSY2355	TANYA GAUR	P	P
68	PSY2372	UTING SHWE MARMA	P	P
69	PSY2356	VEDIKA RANA	P	P
70	PSY2357	VIHAAN SHARMA	P	P
71	PSY2358	VRITI TANDON	P	P
72	PSY2359	YASH MEHRA	P	P

3RD YEAR

3rd Year

Sr. No.	College Roll. No.	Name	MORN EVN		8th		9th	
1	PSY22/1	AARCHIE KAPOOR					P	P
2	PSY22/2	ADITI SINGH	P	P				
3	PSY22/3	AKSHITA SHARMA	P	P	P	P		
4	PSY22/4	ANANDU R PILLAI	P	P				
5	PSY22/5	ANANYA SINGH						
6	PSY22/6	ANIKA CHOUDHARY						
7	PSY22/7	ANISHA WAHI						
8	PSY22/9	ANUSHKA SINGH						
9	PSY22/10	ARCHANA SINGH						
10	PSY22/11	ARUSHI SETH	P					
11	PSY22/12	ASHISH CHHAZLAN	P	P				
12	PSY22/12	BHOOMIKA ARORA	P	P				
13	PSY22/13	DEV VRATH GORSHI	P	P	P	P		
14	PSY22/14	DIYA JAISHAL	P	P	P	P		
15	PSY22/15	GAGAN CHOUDHARY	P		P	P		
16	PSY22/16	GAURAV SINGH	P		P	P		
17	PSY22/18	HARDIK						
18	PSY22/19	HARJOT SINGH	P	P	P	P		
19	PSY22/20	HARSHITA SINGH	P	P	P	P		
20	PSY22/21	ISHA SAGRA						
21	PSY22/22	JYA AGGARWAL					P	
22	PSY22/23	JS JOSHLA ROCHANILU	P	P				
23	PSY22/24	KARMA STANBA PHUNTSOG						
24	PSY22/25	KASHISH GUPTA	P	P	P	P		
25	PSY22/26	KAVI ARYA						
26	PSY22/27	KHUSHBOO YOGI	P	P	P	P		
27	PSY22/28	KHUSHI	P	P	P	P		
28	PSY22/29	KHYATI YADAV	P	P	P	P		
29	PSY22/30	KIRTI SINGH	P	P	P	P		
30	PSY22/31	KOMAL	P	P				
31	PSY22/32	KOYAM	P	P				
32	PSY22/33	KULDEEP SINGH					P	P
33	PSY22/70	MEHAK BANSAL						
34	PSY22/35	MIHIKA KAKATI	P	P				
35	PSY22/36	MONISH VJAJ	P	P				
36	PSY22/75	OM SHERAWAT						
37	PSY22/71	PAKHI PANT	P	P				
38	PSY22/78	PEHR MATHUR	P	P				
39	PSY22/37	PRAGATI CHAUHAN	P	P				
40	PSY22/39	PRATHAM SAINI	P	P				
41	PSY22/40	PRIYAL	P	P				
42	PSY22/41	PRIYANKA DEB						

43	PSY22/42	PRIYANSHU KUMAR	P	P				
44	PSY22/43	PUNYA SHARMA	P	P				
45	PSY22/44	RASHI SINGH	P	P				
46	PSY22/45	REHAN ABDUL MERAJ			P	P		
47	PSY22/46	RIDDIH GOGIA					P	P
48	PSY22/47	RUPINDER BAINS	P	P				
49	PSY22/48	SAADIYAH SAMI BUTT	P	P	P	P		
50	PSY22/49	SAANCHI MEHRA	P	P				
51	PSY22/50	SABHYATA SINGH						
52	PSY22/51	SALONI JAIN	P	P				
53	PSY22/52	SAUMYA DEB KASERA	P					
54	PSY22/53	SEJAL NAIK	P	P	P	P		
55	PSY22/54	SHARANYA SADANA	P	P	P	P		
56	PSY22/55	SHIVANI YADAV	P	P	P	P		
57	PSY22/56	SHIVANSHI YADAV	P	P	P	P		
58	PSY22/57	SHRADDHA SAIKIA						
59	PSY22/58	SHRI RAM	P	P				
60	PSY22/59	SHRUTI TYAGI	P	P	P	P		
61	PSY22/76	SUMIT SINGH	P	P				
62	PSY22/61	TANISH GROVER	P	P				
63	PSY22/62	TAJISHA KUMARI	P	P	P	P		
64	PSY22/63	VANASVI						
65	PSY22/64	VANSHIKA KHARI	P	P				
66	PSY22/65	VANSHIKA NIMESH	P	P	P	P		
67	PSY22/66	VIR VERMA	P					
68	PSY22/67	WAPANGENLA LEMTOR						
69	PSY22/68	YASHNA KAR	P	P	P	P		