

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
Malkaganj, Delhi – 110007
Tel.: 011-27667458, 27667747
E-mail: principal_hrc@yahoo.com
Website: www.hansrajcollege.ac.in

NAAC ACCREDITED 'A++' GRADE COLLEGE

2024-2025

Name of the Event: Ink, Screen & Soul: Managing Social Media Anxiety

Organised by: UDAAN: The Motivational Society

Date of the Event: 06th January, 2025

Duration/Event Timing: 02:15 p.m.- 03:50 p.m.

Venue of the Event: Library Auditorium

Name of Coordinator: Arpit Yadav (President)

Name of Convener: Dr. Vikash Singh

Description:

The speaker session took place at Hansraj College, Delhi University. Anchored by Khyati Rawat and Soniya Bhardwaj, it set the stage for an insightful discussion on addressing the mental health challenges posed by social media and societal expectations. It was an interactive event, helping students in understanding and managing anxiety, overthinking, and self-doubt in today's digital world. The event took place on 06th January, 2025, with esteemed guest speaker Ms. Nayab Midha, a distinguished poet, who advocates on the topics of mental health, lifestyle, dreams and issues happening in our daily lives. The event began with lamp lighting by our guest Ms. Midha, our Convener Mr. Vikas Singh, President Arpit Yadav & Vice President Ashi Verma, followed by the felicitation of Ms. Midha by Mr. Vikas Singh, Mr. Piyush, Arpit Yadav, Ashi Verma and Joint Secretary Rocky Kumar. Ms. Nayab Midha took the stage for an interactive and thought-provoking session. She shared her personal experiences, including moments of failure, anxiety attacks, and struggles with body shaming, making the session deeply relatable. She explained that failure means one of two things: either it isn't meant for you, or you need to try again, quoting the line, "Mad heart, be brave," as a reminder to keep pushing forward. She emphasized the idea that "it's not you who discovers art; it's art that finds you." During the one-on-one interaction, Ms. Midha addressed questions from students regarding anxiety, its causes, and its impacts. She delved into the transition phases of

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
Malkaganj, Delhi – 110007
Tel.: 011-27667458, 27667747
E-mail: principal_hrc@yahoo.com
Website: www.hansrajcollege.ac.in

NAAC ACCREDITED 'A++' GRADE COLLEGE

life, comparing it to a train entering a tunnel- uncertain and dark yet necessary for progress.

Through relatable examples, she highlighted the role of social media in influencing mental health and emphasized the importance of acknowledging and addressing personal struggles, including overthinking, fear of failure, and societal expectations. She discussed the challenges posed by external pressures such as interference from neighbors and relatives, comparisons, and stereotypes, while stressing the significance of building strong communication and relationships with parents. Ms. Midha encouraged self-affirmation practices, such as telling oneself, “Tum khoobsurat ho,” as a way to enhance self-worth and combat insecurities. She spoke about unlearning societal norms shaped by marketing influences, sharing examples like the commercialization of Santa Claus wearing red, and emphasized embracing individuality and imperfections. She reminded the audience to value the journey more than the destination and let failure coexist with success. Her powerful message, “Kitna hi sundar ho manzil ka nazara, zyada waqt safar mein beetta hai,” resonated deeply. The session concluded with her three masterpieces- Muskurao, Aadat & one poem on life, concluding with the lines “Aur zindagi hai, jaisi bhi hai, ise na jeene ke tumhare sab bahaane hain,” (“And life, as it is, whatever it may be, you hold countless excuses to not let it be.”) leaving the audience inspired and introspective.

A vote of thanks was delivered by our Vice President Ashi Verma, expressing gratitude to the guest speaker, Convenor, President, council members, volunteers, and the audience for making the event a success. A photo session was organized in the end to capture the memorable moments of the event and serve as a memento for all the participants.

The event proved to be a transformative experience, concluding on a hopeful note, to navigate life’s uncertainties with courage and positivity. The event was a beautiful reminder that even in the age of social media and societal pressures, finding inner peace and staying true to oneself is always possible.

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
Malkaganj, Delhi – 110007
Tel.: 011-27667458, 27667747
E-mail: principal_hrc@yahoo.com
Website: www.hansrajcollege.ac.in

NAAC ACCREDITED 'A++' GRADE COLLEGE

Five Geo-tagged Pictures:



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
Malkaganj, Delhi – 110007
Tel.: 011-27667458, 27667747
E-mail: principal_hrc@yahoo.com
Website: www.hansrajcollege.ac.in

NAAC ACCREDITED 'A++' GRADE COLLEGE



Attach Attendance Sheet:

| Name | Course | Contact no. |
|------------------|-------------------|-------------|
| Anubhav Mamodiya | BA GEOGRAPHY HONS | 9664055349 |

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

Malkaganj, Delhi – 110007

Tel.: 011-27667458, 27667747

E-mail: principal_hrc@yahoo.com

Website: www.hansrajcollege.ac.in

NAAC ACCREDITED 'A++' GRADE COLLEGE

| | | |
|-----------------------------|---|-----------------|
| Ayushi Singh | Bsc life sciences | 8474935419 |
| Ishant kaushik | Bsc physical science | 8307685757 |
| Mahima Puri | B. Com (H) | 9760998657 |
| Pratishtha Rajiv Bajaj | BA Programme | 6284994852 |
| Shrut Jain | Bcom Hons | 9211133000 |
| Ramanshu kumar | Ba history hons | 9065576077 |
| Rezaa Sharma | BA H History | 9810542214 |
| Saloni | B.A. Hons Hindi | 7482049488 |
| Bhumika Agarwal | B.A. (Hons) Philosophy | 9310944495 |
| Vanshika Raj | B.A. Program | 9308655557 |
| Akansa | BA program | 9205583292 |
| Bhoomi | History Honours | 9992930380 |
| Abhishek yadav | B.A Program | 7380922182 |
| Khushi Singh | BA Political science Hons | 9999606853 |
| Kavichopra | B.COM | 7291071720 |
| Laxmi | BA programme (political science + history) | +91 93544 41980 |
| Moli Chauhan | B. A. Hons. History | 9310066122 |
| KAVI chopra | B.com | 7291071720 |
| Sumit | B.A. English Honours | 9350943269 |
| Utkarsh Agrahari | History honours | 8739064280 |
| Chandan mahto | B.A Hindi (hons) | 8581061306 |
| Siddhi Bhardwaj | B.A (Hon's) Political Science | 9958691803 |
| Aqib Ali | Ba Hons Geography | 6398624473 |
| Tushar | B.A (Hons) History | 8595123633 |
| Kunwar Ranjeet Pratap Singh | History Honours | 8303788745 |
| Aanchal kumari | B. A hindi honours | 8750494426 |
| Kunwar Ranjeet Pratap Singh | History Honours | 8303788745 |

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
Malkaganj, Delhi – 110007
Tel.: 011-27667458, 27667747
E-mail: principal_hrc@yahoo.com
Website: www.hansrajcollege.ac.in

NAAC ACCREDITED 'A++' GRADE COLLEGE

| | | |
|-------------------------------|--|---------------|
| Antim devi | Ba programme | 6367753896 |
| Arpita kumari | Hindi hons. | 8797052002 |
| ARYAN TYAGI | B.com | 9650418527 |
| Samya Malhotra | B.A. (HONS.) HISTORY | 8800806346 |
| Katyayani Kaushik | B.A. (H) Economics | 9911775587 |
| Arpita kumari | Hindi hons | 8797052002 |
| Nischal Vatsa | BA Hons. Economics | 7828736155 |
| Narendra Kumar | BA program | 7858035459 |
| Md Talib | English Honors | 7633981169 |
| Abhilasha Gupta | Bsc life sciences | 8005068768 |
| Kriti kumari | B.com | 9110116842 |
| Vishwjeet Kumar | Bsc physics Hons | 8987130646 |
| Sanjeev kumar | Hindi (hons) | 9508501881 |
| Harshit Singh | BA(H) ECONOMICS | 7645892911 |
| PRAGYESHA KESHAVA BHARDWAJ | BA HONOURS ECONOMICS | 8192010474 |
| Khushi kumari | Political science honours | 7541022859 |
| Rohit sharma | Computer science hons | 9079513304 |
| Ambar Priyraj | BA Hons. Political Science | 8779183387 |
| Ashish | B. Sc. (H) Computer Science | 8527647638 |
| Shreyash Jadhao | BA Hons. Political Science | +917756834670 |
| KAJAL KUMARI | BA Programme (political science, History) | 9810692131 |
| Jasmine kaur | B com programme | 8882108716 |
| Anupam Kumar Anjan | BSC physics hons | 9814784669 |
| Isha trar | Bsc physics hons | 9717375548 |
| Rahul Kumar Ranjan | History Honours | 7644068227 |
| Anupam Kumar Anjan | BSC physics hons | 9814784669 |

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
Malkaganj, Delhi – 110007
Tel.: 011-27667458, 27667747
E-mail: principal_hrc@yahoo.com
Website: www.hansrajcollege.ac.in

NAAC ACCREDITED 'A++' GRADE COLLEGE

| | | |
|-------------------------------|--|------------|
| Vinay Pratap | BA.PROGRAMME | 8650086050 |
| Harshita | Bsc H Physics | 8851762790 |
| Gaurav Shekhar | BA Hindi Hons | 8447105772 |
| RAUSHAN KUMAR | B.A. Program (Eng.+ His.) | 9905273978 |
| Shibasish Mahato | Ba english hons | 7001753713 |
| Gaurav Shekhar | BA Hindi Hons | 8447105772 |
| Vikas Garg | Bcom hons | 9034413419 |
| abhishekbidawat2005@gmail.com | B.A (hons) political science | 9560590326 |
| Ankit Singh | Ba honours history | 9910719145 |
| Monika sharma | Ba(Hons.) Hindi | 7303601068 |
| Kartik Sharma | B.A ENGLISH HONOURS | 7065523114 |
| Srishti Jaiswal | Ba program (economics+mathematics) | 9125674561 |
| Tanushree Sharma | Ba program | 8076253778 |
| Ayush Kumar Singh | Bsc physical science with computer science | 8587869874 |
| Tanisha Jain | BA Program | 9414018676 |
| Narendra Kumar Upadhyay | Bsc maths honors | 9123659687 |
| Anju sharma | Bsc honours | 9301647780 |
| Ashutosh | BA (H) English | 7085282774 |
| Vikas | Hindi honours | 8882411540 |
| Khushi kasana | Bsc hons physics | 7428865396 |
| Payal | B.A.(Hons) Political science | 8708279982 |
| Khushi Jaiswal | Hindi honours | 7070126300 |
| islam khan | BA honours hindi | 6367800738 |
| Khushi kasana | Bsc hons physics | 7428865396 |
| Aman kumar | BA(H) philosophy | 8595644020 |

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
Malkaganj, Delhi – 110007
Tel.: 011-27667458, 27667747
E-mail: principal_hrc@yahoo.com
Website: www.hansrajcollege.ac.in

NAAC ACCREDITED 'A++' GRADE COLLEGE

| | | |
|-------------------|---------------------------------|------------|
| Ashwani | Bsc(H) chemistry | 8527807940 |
| Aajad | History hons | 9870517530 |
| Pushpendra Kumar | B.com hons | 7818953899 |
| Abhishek | BA (hons) political science | 9560590326 |
| Ankit Kumar | Chemistry(H) | 7827921304 |
| Sania | B.com honours | 9034789551 |
| SARVOTTAM SINGH | Physical science with chemistry | 9670660514 |
| Archna | Political science honours | 8375880382 |
| Soumyadeep Pal | BA.Hons. Political Science | 8882369468 |
| Dhruwark | History hons | 9394676057 |
| Shivani | BA honour political | 9354823901 |
| Siddharth Gautam | BA program | 8795890429 |
| Varun Aggarwal | Bsc. (Hons) Zoology | 8929584870 |
| vivek kumar | BA program | 7310466735 |
| Lavanya Chaudhary | Bsc. Chemistry Hons | 9027838429 |
| Jffi | Vkvjv | l6inccj |
| Hritik kumar | Bsc. Botany (Hons) | 9508860087 |
| Kajal Tiwari | Digital marketing | 7052324010 |
| Khushi kasana | Bsc hons physics | 7428865396 |
| Rahul Kumar | B.A (Hons) Sanskrit | 9006552462 |
| Muskan | B.Sc. Hons Mathematics | 7742798783 |
| Shivam Kumar | B.A program (eco + hindi) | 8789176300 |
| Hassam | BA English honours | 7678236519 |
| Priyanshu Sharma | BSC HONS CS | 7303645466 |
| Aanchal Chaudhary | BSC(H)Geology | 8171330148 |
| Muskan | Bsc. HONS mathematics | 7082494091 |
| Raja Kumar | BSC HONS CS | 6303401916 |

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
Malkaganj, Delhi – 110007
Tel.: 011-27667458, 27667747
E-mail: principal_hrc@yahoo.com
Website: www.hansrajcollege.ac.in

NAAC ACCREDITED 'A++' GRADE COLLEGE

| | | |
|--------------------|---------------------------------------|------------|
| Rohit Kumar Manjhi | B.A (Hons) Political science | 7703918465 |
| Khushi kasana | Bsc hons physics | 7428865396 |
| Shaurya Garg | B.A. (Hons.) History | 7668744910 |
| Khushboo | BA hon. Hindi | 7042208678 |
| Saumya Dwivedi | History hons | 9821324945 |
| Devanshu Gupta | Bsc physical science with electronics | 9555389985 |
| Rajnish Pandey | BA (Political Science) hons | 9173762235 |
| Khushi kasana | Bsc hons physics | 7428865396 |
| Piyush | BA POLITICAL SCIENCE HONS | 8178512951 |
| Asha | Hindi | 8860675253 |
| Palak sarpata | B.A Program | 9310030160 |
| Harsh kumar | B.sc(Hons) chemistry | 7906396251 |
| Mohit Bhardwaj | BA history honours | 8178218080 |
| Satyam Maurya | History honours | 8810567566 |
| Mahi Sharma | BA program | 8503892722 |
| Kesar | B.a prog(his+pol sci) | 8595601155 |
| Amisha Haldar | B.A.Program(English and History) | 9311528736 |
| Blossom Nidhi | BA Program | 9315288764 |
| Suhani Mishra | Ba Pol Science honours | 8527939935 |
| Sakshi | Chemistry Hons | 9821686523 |
| Sushant kumar | Bsc hons chemistry | 8923038631 |
| Abhilasha Samundre | B com | 9870171754 |
| MUSKAN BHARTI | BSc. Electronics Hons | 7317503429 |
| Sachin Kumar | History honours | 9304657437 |
| Appu Kumar | History honours | 7782901996 |
| Shreya | English Hons | 8810344112 |

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
Malkaganj, Delhi – 110007
Tel.: 011-27667458, 27667747
E-mail: principal_hrc@yahoo.com
Website: www.hansrajcollege.ac.in

NAAC ACCREDITED 'A++' GRADE COLLEGE

| | | |
|-----------------------|--|------------|
| Amit raj ahirwar | Chemistry (Hons) | 9109393417 |
| Nitish Kumar | B.A PROGRAM | 8810520871 |
| Shivam yadav | Bcom hons. | 9643575476 |
| Prashant | Life science | 9572028778 |
| Dev | BA English Honours | 8824338416 |
| Shivam Kumar | History honours | 9162752904 |
| Sabeela | Ba program (history+political science) ncweb | 8595729564 |
| Tapendra prasad yadav | Bsc (hons) chemistry | 8853784981 |
| Saheb Kumar | English Honours | 7858847559 |