



## **2020-2021**

**Name of the Department/Society:** **Society of General Awareness**

**Name of the Event 9:** Donation Drive

**Date of the Event:** 7<sup>th</sup> September, 2020

A few days ago, Society of General Awareness organised its annual 'Happiness Week'. It focused on bringing happiness to people from different walks of life and we're delighted so many people chimed in. Events were held from 7-13 September.

❁Our first event was a donation drive where we collected a total sum of ₹2000. The money was given to an NGO, MCKS Food for the Hungry Foundation, which then used it to distribute about a 100 food packets to needy people in and around the city.

❁The second event was an online one. It was based on the theme #Whatmakesyouhappy. Here we took entries of singing, painting, poetry, photography and anything that made you people happy. We received a number of entries and we're glad that everyone participated.

❁In the third event, we released a miniseries on some famous people who battled with addiction, disorders and depression in their quest for true happiness.

❁A seminar on 'Mental Health Awareness and Secrets to Happiness' by Psychologist Pranati Kapoor, from Mansikmind Mental Health Services; formed our fourth and final event. We got to learn a lot as she guided and counselled students about how to prioritise our mental health irrespective of the situation in the outer world.

The enthusiasm that all of you showed in these tough times is truly commendable. We thank you all for making Happiness Week 2020 a success. Be kind and continue to spread love and happiness.



हंसराज कॉलेज  
— दिल्ली विश्वविद्यालय —

HANSRAJ COLLEGE  
University Of Delhi  
NAAC Grade A+ with CGPA 3.62

SOCIETY OF GENERAL AWARENESS  
Hansraj College

PRESENTS

# Happiness Week

EVENT 3  
12 September

LIVE WEBINAR

Meet

## MENTAL HEALTH AWARENESS & SECRETS TO HAPPINESS

**PRANATI KAPOOR**  
Co-Founder & Counselling  
Psychologist,  
Mansikmind Mental Health Services

Master's in Clinical Psychology,  
PhD Psychology scholar

4:00PM GMT  
12 September, 2020

Link to be announced a  
day before the webinar

Celia- 9996906342  
Arpan- 9953263728  
Ayush- 8800385840

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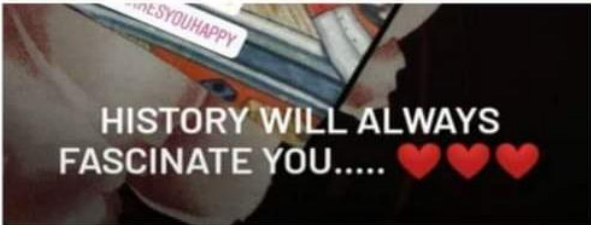




The screenshot displays a Zoom meeting interface. On the left, a grid of participants is visible, including a large video feed of a woman with glasses and several smaller circular profile icons. The names of participants are listed below their respective icons: Anshu Kapoor, Poonam Arora, Anindh Bhajika, Saumya Jain, Ritupama Paul, and Saumya Panwar. On the right side, a 'Meeting details' chat window is open, showing a list of messages from participants. The messages include questions and answers related to overcoming overthinking, long-distance relationships, and handling OCD. The chat window also shows the number of people in the meeting (61) and a 'Chat' button.



**Glimpse Of**  
#whatmakesyouhappy



SITTING ALONE :- LISTENING TO THE MUSIC AND DOING STUPID THINGS WITH LOTS OF USELESS TALKS TO MYSELF

😂 THAT MAKES ME HAPPY AS WELL AS OVERTHINKER 😂 BUT I LOVE THAT.

@SGAHANSRA



To me, flowers are happiness

🌸❤️

@sgahansra

Banging thali makes me happy, But Modi ji kuchh kr ni rhe ,and corona bhi behra hogya.....