



NAAC ACCREDITED 'A++' GRADE COLLEGE

2022-2023

Name of the Department/Society: UDAAN – The Motivational Society Name of the Event 5: Psychological Fitness of Student's Today

Date of the Event: 6th Jan, 2023

Convenor of the Department/Society: Mr. Vikash Kumar Singh

The UDAAN-organised session on "Psychological Fitness of Students Today" featured an enlightening talk by Professor J.S. Yadav, Head of the Department of Psychiatry at IMS BHU Varanasi. Throughout his discourse, he emphasised the vital importance of nurturing and enhancing students' cognitive, emotional, and behavioural practises. Professor Yadav explained how people might improve their ability to integrate and advance these core elements of their psychological well-being. He provided insightful information on how students might strengthen their mental fortitude and succeed in their academic endeavours with clarity and elegance.

He elaborated on the value of developing one's capacity for critical thought, problem-solving, and creative reasoning. Students can broaden their intellectual boundaries and tackle problems with assurance and adaptability by developing these cognitive talents. The speaker also discussed emotional intelligence's enormous effects and how emotional awareness, control, and empathy equip students to successfully negotiate interpersonal interactions, control stress, and develop a positive outlook.

By developing these emotional competencies, students are better equipped to cope with the complexities of academic life and build meaningful connections with their peers.

In his engaging presentation, Professor Yadav employed various strategies that facilitate cognitive growth. He also stressed the importance of behavioural practises that promote psychological well-being and emphasised the significance of maintaining a healthy work-life balance, practising self-care, and adopting positive habits.

By integrating such behaviours into their daily routines, students can optimise their overall mental and physical health, leading to enhanced productivity and overall life satisfaction.

His expertise made the topic accessible to all, ensuring that attendees could easily grasp and implement the strategies shared. This session served as a valuable guide for students, empowering them to navigate the challenges of their academic journey while fostering a strong and resilient psychological foundation.

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

Poster of the Event:

UDAAN
The Motivational Society

**Psychological Fitness
of
Students' Today**

Prof. J. S. Yadav
HOD Department of
psychiatry IMS
BHU Varanasi

Prof Dr. Rama
Principal
Hansraj College

1:30 pm
6 Jan 2023
[Join on Zoom meetings](#)

Convenor : Vikash Singh
President : Jahnvi Rai

[f](#) [@](#) [udaan_hansraj_college](#)

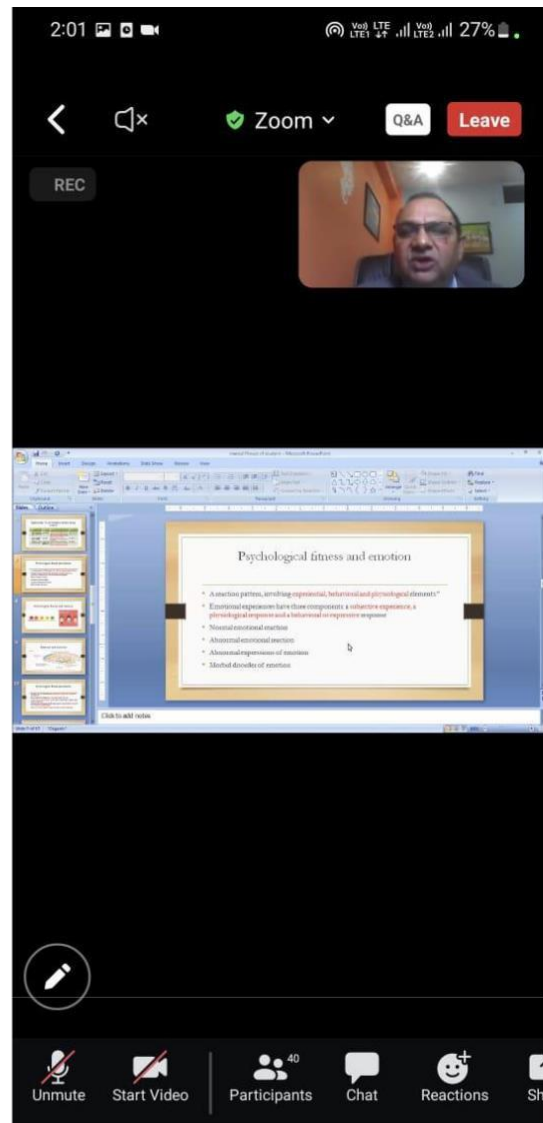


NAAC ACCREDITED 'A++' GRADE COLLEGE

Photos of the Event:



Prof. J.S. Yadav sir with the students session



Prof. J.S. Yadav sir presenting the PPT during the session

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

List of Participants:

1	PALAK CHAUHAN
2	JAHNAVI RAI
3	KESHAV
4	SUBHI
5	HRITIK
6	SANDHYA
7	GINNI MALIA
8	TANUJ KATYURA
9	ARPIT YADAV
10	HANIKA
11	NAVYA
12	JAGRITI SAROJ
13	SANCHITA
14	SANJAY KUMAR MEENA
15	ISHANT KAUSHIK
16	SUSHIL GURJAR
17	SURAJ JAISWAL
18	MANIK KUMAR
19	RAUSHAN KUMAR
20	ROCKY KUMAR
21	ARPIT YADAV
22	PRIYANSH KHERODIA
23	MO SHADAB
24	VIPASHA KAUL
25	NISHKA
26	PRATYUSH RAJ
27	SAJAL MITTAL
28	SYED HANZALA HASHMI
29	SUJAL GUPTA
30	HANIKA
31	JANVI GUPTA
32	VINEE CHANDRAKAR
33	TANYA SINGH
34	AKHIL SHARMA
35	KARANJEET
36	RAHUL TAILOR
37	ANU GARG
38	ROHAN KAUSHAL
39	HITESH
40	ADHAYAN CHAUDHARY
41	SANIYA ANSARI

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

42	VARSHITA THAWANI
43	AASHU KUMAR
44	SOURABH
45	SAHIL FULZELE
46	HARSHITA
47	DHANVI
48	PARUL
49	SUHANI
50	ANJALI ROHILLA
51	DEVENDRA SAHU
52	ON TIWARI
53	ANMOL
54	SANCHIT
55	SAHIL RAJPUT
56	GAURAV
57	NANCY
58	GAZAL
59	PIYUSH SAXENA
60	VIKAS
61	AVI
62	GUNJAN
63	RITIKA
64	RIYA NAGAR
65	DIYA SHARMA
66	KETAN
67	KAYNA
68	AKSHANSHI
69	HARSHITA KUMARI
70	ANUPREET
71	KASHISH ARORA
72	NITESH PASWAN
73	SURBHI
74	VARUN SHARMA
75	KAJAL
76	PAYAL
77	MANJEET
78	HEMLATA
79	NAVEEN
80	MUKESH
81	MEHAK
82	ARJUN
83	KABIR

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

84	ISHA
85	AJAY
86	DHRUV RATHI
87	ISHAN SHUKLA