



2021 - 2022

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

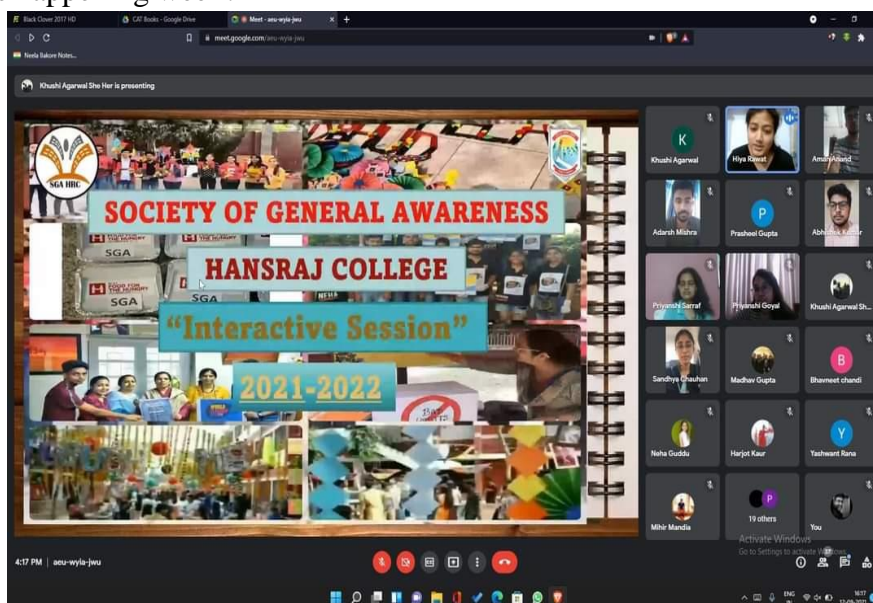
Name of the Event 2 (Cultural): Happiness Week

Date of the Event: 1<sup>st</sup>- 7<sup>th</sup> September 2021

In this current scenario, particularly due to covid-19, the mental health of students has been hit hard for many reasons. In this crucial stage of our life, we often forget the significance of keeping our mental health in line. Keeping this in mind, SGA concluded its week-long initiative “Happiness week” under the theme खुशमिज़ाज लम्हे to remind everyone that there’s always a ray of hope for everyone and happiness is the path to achieve mental well-being.

We engaged in a lot of fun activities during the week and students were very appreciative of this act of ours.

- Gave interesting daily goals like meditation, morning walks, etc.
- Conducted ‘ Momentos Felices- Expressing happiness through art forms under which we asked students to share some amazing stuff with us ranging from dancing, music, poem, Shayari, photography, etc.
- Recommended some great movies to binge watch whole week, that can have a positive impact on their lives
- Posted a comic strip depicting some little things that gives us happiness in our daily life!
- Organised an amazing webinar ‘Striving Mindfulness’ by Ms. Pranati Kapoor, counseling psychologist, Co-founder: MansikMind which invited large participation and some insightful answers to student’s query. In the webinar, there was a lot of focus on enlightening students with some tips and tricks to maintain our mental well-being in these difficult times
- We ended our happiness week by organising a whole society team meeting where we tapped on the talents of our volunteers and played some fun games! There couldn't be any other better way to end this happening week!





हंसराज कॉलेज  
— दिल्ली विश्वविद्यालय —

HANSRAJ COLLEGE  
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NAAC Grade A+ with CGPA 3.62

The screenshot shows a Google Meet window with a grid of 16 participants. The participants are: Adarsh Mishra, Pranati Kapoor (highlighted), SGA Hansraj College, Abhishek Kumar, Ananya R, Sakshi Nautiyal, Aditi Gupta, SUKHAJ SINGH, Yashwant Rana, Atul Jangir, Sanskriti Jha, vipul Kapoor, Vani Jhalani, Naitik Gupta, 36 others, and You. On the right, the 'In-call messages' panel shows a conversation:

- Ananya R 5:44 PM: yes
- Yashwant Rana 5:44 PM: Yes mam
- Sandhya Chauhan 5:48 PM: Is our improper daily routine like going to bed late eating unhealthy food also responsible for stress that we experience nowadays...
- Yashwant Rana 5:49 PM: How do we overcome with overthinking
- Khushi Agarwal She Her 5:49 PM: Due to lockdown and this online shift, relationships and friendships have been severely affected, how can one work upon it? Also, how much role does this play in our mental health?
- Abhishek Kumar 5:49 PM: mam please put the mic nearby

At the bottom, there are icons for mute, video, chat, and other meeting controls. The system tray shows the time as 5:50 PM and the date as 11-09-2021.

The screenshot shows a Google Meet window where Pranati Kapoor is presenting a slide titled 'SELF-CARE WHEEL'. The slide features a circular diagram with 'SELF-CARE WHEEL' in the center. The wheel is divided into five segments: Physical, Psychological, Professional, Personal, and Spiritual. Each segment contains a list of self-care activities. For example, the Physical segment includes 'Get enough sleep', 'Exercise regularly', and 'Eat healthy food'. The Psychological segment includes 'Practice mindfulness', 'Seek support from friends and family', and 'Engage in hobbies'. The Professional segment includes 'Set boundaries', 'Take breaks', and 'Prioritize tasks'. The Personal segment includes 'Spend time with loved ones', 'Practice self-compassion', and 'Engage in activities you enjoy'. The Spiritual segment includes 'Practice meditation or prayer', 'Connect with nature', and 'Engage in acts of kindness'. The meeting interface shows the presenter's name, a video thumbnail for Pranati Kapoor, and a '52 others' indicator. The system tray shows the time as 5:45 PM and the date as 11-09-2021.