



NAAC ACCREDITED 'A++' GRADE COLLEGE

2024-2025

Name of the Event: An interactive speaker session on Mind and Body connect: A dialogue on Mental health and well being

Organised by: Srishti Chetna- The Zoological Society of Hansraj College

Date of the Event: 9th October, 2024

Duration/Event Timing: 12:30pm onwards

Venue of the Event: Old Seminar Room

Name of the Teacher-In-Charge: Dr. Beena Bhandari

Name of Coordinator(s): Dr. Pooja Arora

Name of Convener: Dr. Pooja Arora, Dr. Vandana K. Singh

Event Description (About 250 Words)

The Zoological Society of Hansraj College, Srishti Chetna, recently held a speaker session on “Mind & Body Connect: A Dialogue on Mental Health and Well-being” alongside a health camp in collaboration with Fortis Hospital. The event featured Dr. Perna Lakhwani, a renowned gynecologist and oncologist from Fortis Hospital, and Dr. Sanjay Dhall, a general physician from Max Hospital, as guest speakers.

The session began with the Saraswati Vandana and a lamp-lighting ceremony, followed by an introduction and felicitation of the speakers by Dr. Beena Bhandari, the TIC of the Zoology Department. Dr. Pooja Arora introduced the 2024-25 council members to the attendees. Dr. Lakhwani delivered a talk on “Empowering Women: Understanding Gynecological Cancers and Early Detection Strategies,” discussing various cancers affecting women and the importance of early detection. Dr. Sanjay Dhall spoke on lifestyle health issues, addressing common diseases such as asthma, diabetes, and thyroid disorders, and provided solutions for audience members' queries.

हंसराज महाविद्यालय

दिल्ली विश्वविद्यालय

महात्मा हंसराज मार्ग,

मलकागंज, दिल्ली - 110007

दूरभाष : 011-27667458, 27667747

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The event successfully raised awareness on women's health and lifestyle diseases and was attended by total 105 students along with several faculty members and phd students, making a meaningful impact on the Hansraj College community.

Five Geo-tagged Pictures:



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Attach Attendance Sheet

EVENT ATTENDANCE				
EVENT: Mind & Body connect DATE: 09-10-24				
X	NAME	COURSE	PHONE NO.	SIGNATURE
1	Smita Kori	Zoology (Hons)	709838199	
2	Nishita Meena	Zoology (Hons)	631540070	
3	Jai Singh	Zoology (Hons)	631540070	
4	Dhruv Singh	Zoology (Hons)	736553161	
5	Dhruv Singh Rathore	Zoology (Hons)	949911182	
6	Vishal Arora	Zoology (Hons)	84228158	
7	Nishita	Zoology (Hons)	709838199	
8	Nishita	Zoology (Hons)	709838199	
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2	Shree G	Zoology (Hons)	709838199	
3	ARIT SINGH	Zoology (Hons)	709838199	
4	Ashish Sharma	Zoology (Hons)	709838199	
5	Anshu Sharma	Zoology (Hons)	709838199	
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