

हंसराज महाविद्यालय

दिल्ली विश्वविद्यालय
महात्मा हंसराज मार्ग,
मलकागंज, दिल्ली - 110007
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HANSRAJ COLLEGE

UNIVERSITY OF DELHI
Mahatma Hansraj Marg
Malkaganj, Delhi – 110007
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NAAC ACCREDITED 'A++' GRADE COLLEGE

2022-2023

Name of the Department/Society: Botanique, The Botanical Society

Name of the Event: Inaugural Lecture on Mental Health

Date of the Event: 12th January 2023

BOTANIQUE
THE BOTANICAL SOCIETY | HANSRAJ COLLEGE
invites you all to the

INAUGURAL LECTURE
ON 'MENTAL HEALTH'

SPEAKER
Dr. Dinesh Chhabra

DATE: 12th January 2023
TIME: 09:30 a.m. onwards
VENUE: Old Seminar Hall

DR. ISHWAR SINGH
CONVENOR

DR. PRATIBHA PANT
CO-CONVENOR

The seminar highlighted the importance of mental health in an individual's life, and also taught the attendees ways to assess their mental health.

Number of Participants = 53

Botanique - The Botanical Society of Hansraj College, hosted an inaugural lecture on 'Mental Health' for the department of Botany on 12th January, 2023. The speaker for the session was Dr. Dinesh Chhabra, an Assistant Professor in the Department of Psychology, University of Delhi. Dr. Chhabra spoke to the students and staff about Psychological First Aid (PFA) and

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RAPID PFA Model. He talked about the importance of mental health, and guided the audience on how to recognize and respond to post-traumatic stress disorder. The session ended with Dr. Chhabra addressing the queries from the audience. It was a privilege for the entire department to have been enlightened by Dr. Chhabra's wisdom and knowledge.

Encl.: Glimpses from the event, Attendance Sheet

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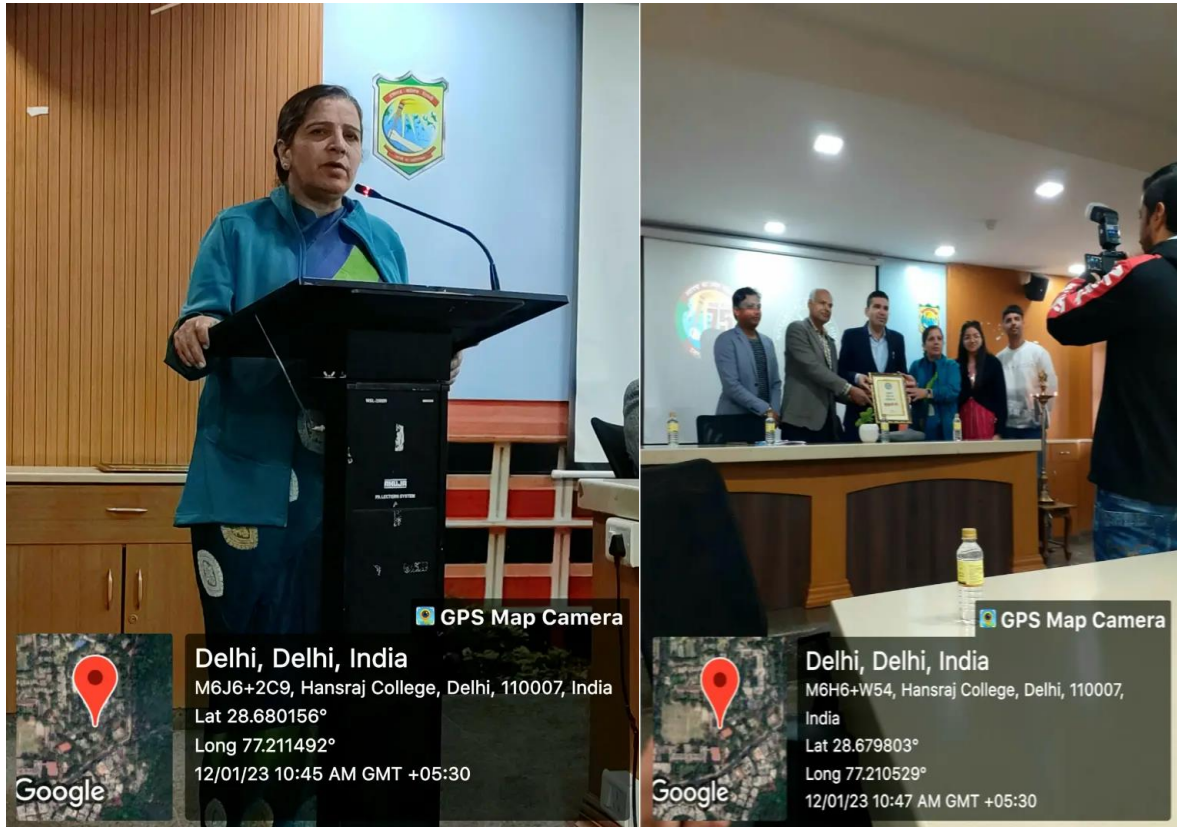
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List of Participants (Event: Inaugural Lecture on Mental Health; Date: 12th January 2023)

S.NO.	NAME	COURSE	SEMESTER
1.	Anudeepti Bajpai	B. Sc. (Hons.) Botany	IV
2.	Aanchal	B. Sc. (Hons.) Botany	IV
3.	Ayushi Tiwari	B. Sc. (Hons.) Botany	IV
4.	Ashish Kumar Tiwari	B. Sc. (Hons.) Botany	IV
5.	Muskan Arya	B. Sc. (Hons.) Botany	IV
6.	Shaifali Sethi	B. Sc. (Hons.) Botany	IV
7.	Priyanka Kumari	B. Sc. (Hons.) Botany	IV
8.	Muskan	B. Sc. (Hons.) Botany	IV
9.	Himani Sharma	B. Sc. (Hons.) Botany	IV
10.	Tannu Yadav	B. Sc. (Hons.) Botany	IV
11.	Anshika Patel	B. Sc. (Hons.) Botany	IV
12.	Khushi	B. Sc. (Hons.) Botany	IV
13.	Divyam Sharma	B. Sc. (Hons.) Botany	IV
14.	Devang Singh	B. Sc. (Hons.) Botany	IV
15.	Saurabh Awasthi	B. Sc. (Hons.) Botany	IV
16.	Maithilee Jha	B. Sc. (Hons.) Botany	IV
17.	Uday Verma	B. Sc. (Hons.) Botany	IV
18.	Gagandeep Singh	B. Sc. (Hons.) Botany	IV
19.	Somya	B. Sc. (Hons.) Botany	IV
20.	Aaradhya	B. Sc. (Hons.) Botany	IV
21.	Deepali Gupta	B. Sc. (Hons.) Botany	IV
22.	Deepanjali	B. Sc. (Hons.) Botany	IV
23.	Aditya Prakash	B. Sc. (Hons.) Botany	VI
24.	Ritika Rawat	B. Sc. (Hons.) Botany	VI
25.	Lakshay Yadav	B. Sc. (Hons.) Botany	VI
26.	Manisha Pant	B. Sc. (Hons.) Botany	VI
27.	Pratyush Yadav	B. Sc. (Hons.) Botany	VI
28.	Shivani Sharma	B. Sc. (Hons.) Botany	VI
29.	Sakshi Singh	B. Sc. (Hons.) Botany	VI
30.	Ayushi Malik	B. Sc. (Hons.) Botany	VI
31.	Ritika Thakur	B. Sc. (Hons.) Botany	VI
32.	Palak Dixit	B. Sc. (Hons.) Botany	VI
33.	Bharti	B. Sc. (Hons.) Botany	VI
34.	Anirban Goswami	B. Sc. (Hons.) Botany	I
35.	Amrit Srivastava	B. Sc. (Hons.) Botany	I
36.	Tanisha Sah	B. Sc. (Hons.) Botany	I

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37.	Gauri Srivastava	B. Sc. (Hons.) Botany	I
38.	Nishant Rana	B. Sc. (Hons.) Botany	I
39.	Shivam Kumar Singh	B. Sc. (Hons.) Botany	I
40.	Sunandini	B. Sc. (Hons.) Botany	I
41.	Anup	B. Sc. (Hons.) Botany	I
42.	Uttam Kumar	B. Sc. (Hons.) Botany	I
43.	Imran Khan	B. Sc. (Hons.) Botany	I
44.	Prutha	B. Sc. (Hons.) Botany	I
45.	Sarika	B. Sc. (Hons.) Botany	I
46.	Shachi Singh	B. Sc. (Hons.) Botany	I
47.	Kartiki Upadhyay	B. Sc. (Hons.) Botany	I
48.	Abdul	B. Sc. (Hons.) Botany	I
49.	Anshika	B. Sc. (Hons.) Botany	I
50.	Ashi	B. Sc. (Hons.) Botany	I
51.	Trisha	B. Sc. (Hons.) Botany	I
52.	Manipriya	B. Sc. (Hons.) Botany	I
53.	Aditya Kumar	B. Sc. (Hons.) Botany	I