

हंसराज

महाविद्यालय

दिल्ली विश्वविद्यालय

महात्मा हंसराज मार्ग,

मलकागंज, दिल्ली -110007

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HANSRAJ COLLEGE

UNIVERSITY OF DELHI

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NAAC ACCREDITED 'A++' GRADE COLLEGE

2025-2026

Name of the Event: Mental Health Awareness Workshop

Organised by: Women Development Cell

Date of the Event: 28th Jan, 25

Duration/Event Timing: 10am onwards

Venue of the Event: Multipurpose Hall

Name of Coordinator(s): WDC Team

Name of Convener: Dr. Jnaneswari Malik

The Women's Development Cell of Hansraj College successfully hosted a speaker session on Empowering Youth for a Sustainable Future, featuring Ms. Tapsee Upadhyay, popularly known as BTech Pani Puri Vali. She shared her inspiring journey of combining entrepreneurship with sustainability, encouraging students to embrace innovation, break stereotypes, and contribute to a greener future.

The session was followed by a free Mental Health Awareness Workshop in collaboration with the Hansraj College Counselling Unit led by Ms. Vanshika and Mrs. Malashree, the workshop engaged students in interactive activities focused on stress management, self-care, and emotional well-being. After event students also planted plants ensuring environmental protection.

The event saw enthusiastic participation, fostering awareness about sustainability and mental health. The Women's Development Cell remains dedicated to empowering students through such impactful initiatives.

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