

हंसराज महाविद्यालय

दिल्ली विश्वविद्यालय
महात्मा हंसराज मार्ग,
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HANSRAJ COLLEGE

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NAAC ACCREDITED 'A++' GRADE COLLEGE

2024-2025

Name of the Event: Movie Analysis- Inside Out

Organised by: UDAAN: The Motivational Society

Date of the Event: October 10, 2024

Duration/Event Timing: 12:00 p.m.- 4:00 p.m.

Venue of the Event: Library Auditorium

Name of Coordinator: Arpit Yadav (President)

Name of Convener: Dr. Vikash Singh

Description:

A captivating and exciting movie analysis session was organized in the library auditorium on the occasion of World Mental Health Day. This event aimed to spread awareness about mental health and deepen our understanding of our thoughts and emotions.

The session commenced with the anchors taking the stage to emphasize the importance of mental health in everyone's life. They warmly welcomed our esteemed guest speaker, Dr. Ankit Daral, a specialist at Indira Gandhi Hospital, Delhi.

Following this, Dr. Ankit Daral, along with the Convener Mr. Vikas Singh and the President Arpit Yadav, performed the traditional lamp lighting ceremony. Both the UDAAN Convener and the President felicitated our distinguished guest speaker during the proceedings.

The event picked its pace with the screening of the animated movie Inside Out directed by Pete Doctor. The movie began with the story of a child named Riley. The emotions of Riley were shown by distinct characters. Joy, sadness, anger, fear and disgust were all in the constant tussle inside Riley's mind but the joy was what drove her mind. Other parts of the mind such as dreams, imagination and fears were presented in the movie in a more comprehensible way to the common masses. Many hard facts were stated in the movie in a subtle way such as "Facts and opinions look so similar".

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The movie screening was followed by the speaker session. In observance of World Mental Health Day, Dr. Ankit Daral conducted an engaging session focusing on maintaining mental health, particularly in the workplace.

He initiated a discussion on the challenges faced by the students and employees in their workplaces. Additionally, it was highlighted how personal life often affects professional life, leading to an imbalance that can lead to stress, along with the pressure of daily responsibilities as significant contributors to mental strain.

To address these challenges, Dr. Daral proposed several strategies aimed at improving mental health in the workplace, emphasizing the importance of managing anger and stress. He advised participants to express their feelings constructively rather than holding onto negative emotions that can adversely affect mental well-being. He also encouraged respectful communication on social media platforms like WhatsApp, suggesting that thoughtful exchanges can contribute positively to mental health. Additionally, he advocated for regular physical activity, such as cardio and weightlifting, as effective methods for alleviating stress and improving overall mental health, and encouraged attendees to seek professional help when needed, reinforcing the value of consulting a psychiatrist for guidance and support.

This was followed by a Q&A session in which Dr. Daral addressed various concerns raised by students. One common issue discussed was the lack of family support regarding mental health, which can add to feelings of burden for those affected. Dr. Daral emphasized the importance of working on rational thoughts and fostering understanding within a family. Students also expressed feelings of guilt and self-blame stemming from overthinking, to which Dr. Daral responded by highlighting the difficulty in letting go of negative thoughts and experiences.

He also engaged four students in a demonstration of the 4A framework for coping with stress, which included avoiding distressing thoughts, altering conversations about stress rather than suppressing them, adopting a healthy lifestyle, and seeking companionship and support (not being alone). He encouraged students to embrace their struggles and remain connected to their roots, thereby fostering a sense of stability and pride in their journeys.

Throughout the session, he reiterated the need to prioritize mental health, especially in the face of pressures from both personal and professional spheres. He concluded the session with a reminder to prioritize mental health in daily life. His insights on managing workplace stress, fostering emotional resilience, and seeking help provided attendees with practical solutions and strategies to support their well-being.

Five Geo-tagged Pictures:

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Attach Attendance Sheet:

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Name	Course	Contact Number
Muhammed Thanveer	Ba program	7012998539
Anu Garg	Physical science with chemistry	8302967239
Adarsh Sengar	Bsc physical sciences	8115197588
Akhil Nayak	BA Prog	8700101115
Aditya	Bcom hons	7497813117
Aditi Pandey	Bba	9953540793
Harsh Gupta	B.Com Hons	7518033447
Arnav Tyagi	Bcom hons	9650593171
Shikha Gupta	B.com hons	9971536761
Manik kumar	Philosophy	9507340224
Yash Pratap	B.Sc.(Honours) Chemistry	7037175132
Charvi Dosi	BA Program	9664214382
Gunjan Pareek	Ba programme	6378670104
Ashish meena	BSC life science	9289845610
Shivanki	Bsc(H) Anthropology	7006271270
Sudhanshu Dubey	B.com(H)	7291855735
Pema chonzom	Bsc anthropology	7628095769
Aman	B.com (Hons)	8901241375
SADANAND PATEL	MSc.Geology	8933883069
Meena	B.A hons economics	9911386346
Harshit upadhayay	B.sc chemistry hons	9956574389
DEVANSH SINGH	B.com honours	7065108221
Prateek Gupta	Bcom Hon	9319128813
Padma Landol	B.Com hons	7051795880
Deepak Gupta	Bsc hons. Chemistry	9084692877
Sahil Kumar	B.Sc Physical Science	8570992240
Achintya Rai	BA Programme	9795677000
Vivek Jain	B.A. Programme(Philosophy+Sanskrit)	7011632071
Ankur	Bcom hons	9582048580

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Hanika	Bcom hons	9971916114
Aanchal	B.A. (H) English	7011500311
Aashutosh Singh Dangi	Ba hindi honors	6262964155
Deepika	B. Sc. Zoology hons	9531909175
Pradeep Singh	B.A Programme (Economics + History)	7297928967
Pradnya Deeliprao Jadhav	BA programme (economics+ Buddhist studies)	8767678758
Shubham Shinde	Ba program	9322577235
Pradnya Deeliprao Jadhav	BA programme (economics+Buddhist studies)	8767678758
Rocky kumar	B.A program	8800945182
Mahi Rana	B com hons	9828303074
Shubham Shinde	Ba program	9322577235
Mercy	B.Com (Honours)	7085596920
Pulkit Yadav	Bsc chemistry hons	8595608816
R	G	8595608816
Fiza Naithani	BSc Hons Chemistry	9172430702
Prince Malik	Bsc(H) chemistry	7206160544
Kunal Gulyani	BA Prog	7838662590
Khushal Kumar ravi	Ba programme (Economics+ History)	7982265647
Priti kumari	BA Hons. History	6350370090
Vanshika Nandal	B.A. program	8950661696
Akhil Raj Yadav	BA Hons Philosophy	8604670885
Arpita kumari	Hindi honours	8797052002
Arpita kumari	Hindi honours	8797052002
Rohit	Hindi hons	8383070933
Sushil Gurjar	Ba program	7748820992
Divyam	Bsc geology (hons)	9667249395
Sajal Mittal	BSc Hons Computer Science	7877363073
Ayush Baloda	BA Economics Hons	9667147747
Meenal Gautam	Bsc hons anthropology	6393039838
Arun Rawat	B.A. Hindi Honours	9302071872

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Satyam Kumar Singh	B.A(H)Philosophy	9931497194
Anuj Negi	English hons	8929492083
Ashish Kumar	BA hons History	7461061503
Shubhank bagri	BA Programme	8827464408
Akash kumar verma	BA programme	9616821817
Akhil Sharma	Physical science	8126606354
Aayush	Bcom hons	9310074955
Abhisekh Dwibedi	BCOM Hons	8375027946
Tanish Chimaniya	B.com(Hons)	7898177019
Suraj Jaiswal	B.Sc.Hons Chemistry	8429542160
Ronak Seth	Bsc(h) Computer Science	7060419690
Himanshi	B.A. (Hons) Economics	8851985829
Krishna P M	BA English Honours	9544710642
Aman Tibrewal	Bcom Hons	8709277737
Ekta Pandey	Chemistry honours	8287826821
Khushi singhal	BCom(hons)	8800732620
Ritu Chaudhary	B.Sc	6396540006
Deepak Sharma	Ba program(Sanskrit and philosophy)	8840317037
	Bcom	9667437087
Durva Jangra	economics honors	7428532608
ABHISHEK YADAV	BA hons political science	8765785758
Karan Singh	Chemistry hons	07056836397
Tanushree verma	Zoology hons	9650383694
Ranjana Singh Gurenia	BA program	7055487822
Anjali	Ba program	9289036916
Khushi	B.A English Hons.	8860223032
Simran	Ba programme	8882916974
Abhimanyu Singh Bora	Ba Programme	7838226780
Ayush Shakya	Bsc Life science	8840796550
Gaurav	BA Hindi Hons	8447105772

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Varshita Thawani	Bsc life sciences	9131104725
Pragati bansal	B.sc (prog.)life science	9079232480
Sahil Rajput	Ba program (Philosophy + physical education)	8319110005
Nachiketa	BSc life science	8950171917
Rajat Gupta	Bsc chemistry hons	8755584448
Saurav kumar	Bsc chemistry	8294700114
NAITIK GUPTA	B.Sc (Prog.) Life Science	7007401684
Ankit kumar	BSc chemistry (H)	9647512280
Piyush Thapa	Bsc Hons Electronics	9654422380
Lakshita Garg	BA Programme	8949892811
Piyush Yadav	B tech	6265120264
Pranjal	Bsc Prog Life Sciences	7988056723
Shubham kumar	B-tech	8873085350
Sameeksha	Bsc Life sciences	7837063844
Karan Singh	Chemistry hons	07056836397
Riya Kumari	BA	6206788529
AAYUG KUMAR	CA,CS, BCOM	6206255997
Syed	Ba philosophy hons	8318366420
Samuel Kailunlal Samte	BA(H) Philosophy	7075397581
Rohan	Bsc physical science with computer science	6377699776
Goldi kumari	Political science honours	8102068155
Lipi Kumari	Ba (H) POLITICAL SCIENCE	9153376278
Ashish meena	BSC life science	9289845610
Chandni	Hindi	9990403484
Nancy Yadav	Hindi(hons.)	8447215955
Shweta	Hindi	7703941972
Sarveshwar Kushwaha	Ba history hons	7521024511
Pratima Kumari	History honours	6299190913
Om tiwari	Bsc anthropology	9958125847
Preksha	Bcom (hons)	7087047087

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Ricky	Ba program	8432031000
Sonali	Ba Programme (eco+his)	6387819950
Ayush Pratap Singh	bsc physical science with cs	8871539616
Diksha paswan	Anthropology honours	8960639699