



NAAC ACCREDITED 'A++' GRADE COLLEGE

2022-2023

Name of the Department/Society: UDAAN – The Motivational Society

Name of the Event 3: Session on Overthinking

Date of the Event: 18th April, 2023

Convenor of the Department/Society: Mr. Vikash Kumar Singh

Dr. Rachel Alice, the esteemed counsellor at Hansraj College, conducted an enlightening session on "What is Overthinking?" The programme shed light on the negative effects associated with overthinking, allowing the audience to gain a deeper understanding of its far-reaching consequences. The session was not merely informative but also interactive, encouraging active participation and fostering a sense of collective growth.

Through her guidance, the students acquired practical tools to manage their overthinking inclinations, paving the way for enhanced mental well-being. They learned to ground themselves in the present and nurture a stronger sense of serenity and clarity. They also gained a clearer understanding of the power of mindfulness. The significance of using positive self-talk to change negative internal narratives into helpful and uplifting voices, leading to increased self-acceptance and resilience.

Moreover, she emphasised the significance of self-compassion as a crucial component of fostering good mental health. The students discovered a profound shift in their perspective. Dr. Rachel Alice's expert guidance, coupled with the concepts of mindfulness, positive self-talk, and self-compassion, illuminated a path towards a more peaceful and balanced existence.

हंसराज महाविद्यालय

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Poster of the Event:

UDAAN
The Motivational Society | Hansraj College

presents a session on
OVERTHINKING

This session will include the following points:

- Psychological definition of Overthinking.
- Factors leading to overthinking.
- Strategies through which we can overcome it.

PERKS FOR THE PARTICIPANTS:

- Certificate
- Self-Help tool and worksheet related to the topic

18TH APRIL 2023 12:40 P.M.

Principal : Prof. (Dr.) Rama Convenor- Vikash Singh

Rachel Alice
Counselling Psychologist
Hansraj College

Geo Tagged Photos of the Event:



Rachel Ma'am explaining the strategies – How to overcome Overthinking

List of Participants:

1. Palak Chauhan
2. Hritik Khatri
3. Shivaansh
4. Shivanshi
5. Sandhya
6. Ginni
7. Tanuj
8. Hanika

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9. Arpit Yadav
10. Jahanvi Rai
11. Keshav
12. Subhi
13. Ambika
14. Vedant Sharma
15. Kumar Prem
16. Harender
17. Sonika
18. Anmol
19. Sagar Shah
20. Anmol Yadav
21. Akansha
22. Vineet
23. Divya
24. Anamika
25. Gaurav Gahlout
26. Mayank Chauhan
27. Nitin
28. Rekha
29. Shubham
30. Jatin Sharma
31. Megha Nagar
32. Hasanpreet
33. Manas Kumar
34. Harpreet Singh
35. Raushan Kumar
36. Priyansh Kherodia
37. Harshita
38. Tanya Singh
39. Rahul Tailor
40. Shikha Gupta
41. Anu Garg
42. Maheshwar
43. Sanchit
44. Sahil Rajput
45. Varshita
46. Vinee
47. Tanmay
48. Tarang
49. Saniya Pal

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50. Sparsh Jain
51. Charvi
52. Devansh Pareek
53. Gautam
54. Paras
55. Aditi
56. Ananya Diwakar
57. Ahmadi
58. Satvik Tiwari
59. Abhijit Sonu Saini
60. Vanshika
61. Mansi
62. Lavisha
63. Parul
64. Hemant
65. Garima
66. Shashank
67. Kuber
68. Aaryan
69. Rashi Saini
70. Bhoomika Chaudhary
71. Sarthak Rathore
72. Abhishek
73. Diya Jain
74. Aashi Gupta
75. Mohit
76. Aayush Chauhan
77. Adarsh
78. Arnav Gulati