



NAAC ACCREDITED 'A++' GRADE COLLEGE

2022-2023

Name of the Department/Society: Enabling Unit and Equal Opportunity Cell

Name of the Event: Interactive Session on Mental Health

Date of the Event: January 11, 2023

Convenor of the Department/Society: Mr. Khemchand

Description of the event –

Hansraj College's Equal Opportunity Cell and Enabling Unit organized an Interactive Session on Mental Health, aimed at fostering awareness and promoting discussions around mental well-being among students. Dr. Rachel Alice, mental health expert and on campus counsellor, graced the event as the guest speaker. The Interactive Session on Mental Health was designed to provide students with valuable insights into the importance of mental health, techniques for managing stress and anxiety, and resources available for seeking help when needed. The event was held in the college's auditorium, which was transformed into a comfortable and welcoming space for open dialogue. The event began at 10:00 AM with welcoming remarks from the organizers. Dr. Rachel Alice delivered an engaging and informative presentation on various aspects of mental health, including the importance of self-care, recognizing signs of mental distress, and strategies for maintaining mental well-being. Her presentation emphasized the need to break the stigma surrounding mental health issues and the importance of seeking help when needed. The college looks forward to organizing similar events in the future to continue the conversation on mental health and well-being.



NAAC ACCREDITED 'A++' GRADE COLLEGE

POSTER:





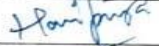





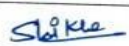

GLIMPSE





NAAC ACCREDITED 'A++' GRADE COLLEGE

ATTENDANCE:

		EQUAL OPPORTUNITY CELL		
		HANSRAJ COLLEGE, UNIVERSITY OF DELHI		
		ATTENDANCE SHEET 2022 - 2023		
DATE :- 11 - Jan. - 2023		EVENT :- Workshop on Mental Health		
VENUE :- Old Seminar Room , Hansraj College				
S. No.	POST	NAME	P / A	SIGNATURE
1	President	HariPriya Tiwari	P	
2	Vice - President	Ankit Raj	P	
3	Treasurer	Bharti	A	—
4	Secretary	Anshika Goel	P	
5	Joint - Secretary	Bhoomika Choudhary	P	
6	Executive Member	Manish Nagwan	P	
7	Executive Member	Yash Sharma	P	
8	Advisor	Sapna Singh	A	—
9	Scribe Head	Neha Tiwari	A	—
10	Technical Head	Shikha Anand	P	
11	Technical Head	Arora Suhani Gagan	A	—
12	Sponsorship Head	Khushal	P	
13	Editorial Head	Chaitanya Sharma	A	—
14	Creative Head	Maitrai Pathak	A	—
15	Creative Head	Suhani Anand	A	—

हंसराज महाविद्यालय


दिल्ली विश्वविद्यालय
महात्मा हंसराज मार्ग,
मलकागंज, दिल्ली - 110007
दूरभाष : 011-27667458, 27667747
ई-मेल : principal_hrc@yahoo.com
वेबसाइट : www.hansrajcollege.ac.in



HANSRAJ COLLEGE

UNIVERSITY OF DELHI
Mahatma Hansraj Marg
Malkaganj, Delhi - 110007
Tel.: 011-27667458, 27667747
E-mail: principal_hrc@yahoo.com
Website: www.hansrajcollege.ac.in

NAAC ACCREDITED 'A++' GRADE COLLEGE

1948-2023 75 हंसराज कॉलेज, दिल्ली		ENABLING UNIT			 ENABLING UNIT
HANSRAJ COLLEGE, UNIVERSITY OF DELHI		ATTENDANCE SHEET 2022 - 2023			
DATE :- 11 - Jan. - 2023		EVENT :- Workshop on Mental Health			
VENUE :- Old Seminar Room, Hansraj College					
S. No.	POST	NAME	P/A	SIGNATURE	
1	President	Avi Somani	A	_____	
2	Vice - President	Ajay Gupta	A	_____	
3	Secretary	Gurjivan Singh Gill	A	_____	
4	Joint - Secretary	Vikas Choudhary	A P	on behalf of Gaurish	
5	Advisor	Harshit Sharma	A	_____	
6	Scribe Head	Nikhil Shrivastava	A	_____	
7	Executive Member	Ghanshyam Sahu	A	_____	
8	Creative Head	Sobia	P	_____	