



## 2020-2021

Name of the Department/Society: **Society of General Awareness**

Name of the Event 2: Webinar on mental health awareness

Date of the Event: 12<sup>th</sup> September 2020

A few days ago, Society of General Awareness organised its annual 'Happiness Week'. It focused on bringing happiness to people from different walks of life and we're delighted so many people chimed in. Events were held from 7-13 September.

- Our first event was a donation drive where we collected a total sum of ₹2000. The money was given to an NGO, MCKS Food for the Hungry Foundation, which then used it to distribute about a 100 food packets to needy people in and around the city.
- The second event was an online one. It was based on the theme #Whatmakesyouhappy. Here we took entries of singing, painting, poetry, photography and anything that made you people happy. We received a number of entries and we're glad that everyone participated.
- In the third event, we released a miniseries on some famous people who battled with addiction, disorders and depression in their quest for true happiness.
- A seminar on 'Mental Health Awareness and Secrets to Happiness' by Psychologist Pranati Kapoor, from Mansikmind Mental Health Services; formed our fourth and final event. We got to learn a lot as she guided and counselled students about how to prioritise our mental health irrespective of the situation in the outer world.

The enthusiasm that all of you showed in these tough times is truly commendable. We thank you all for making Happiness Week 2020 a success. Be kind and continue to spread love and happiness.



SOCIETY OF GENERAL AWARENESS  
Hansraj College  
PRESENTS  
*Happiness Week*  
EVENT 3 | LIVE WEBINAR  
12 September | Meet  
**MENTAL HEALTH AWARENESS  
& SECRETS TO HAPPINESS**

**PRANATI KAPOOR**  
Co-Founder & Counselling  
Psychologist,  
Mansikmind Mental Health Services  
Master's in Clinical Psychology,  
PhD Psychology scholar

4:00PM GMT | 12 September, 2020 | Link to be announced a day before the webinar

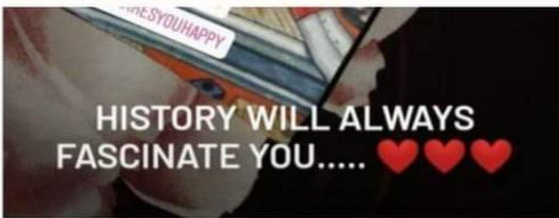
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# Glimpse Of

#whatmakesyouhappy





हंसराज कॉलेज  
— दिल्ली विश्वविद्यालय —

HANSRAJ COLLEGE  
University Of Delhi  
NAAC Grade A+ with CGPA 3.62

The screenshot displays a Zoom meeting in progress. The main window shows a grid of participants: Sarika Kapoor (top left), Poonam Arora (top right), Anirudh Bhojka (middle left), Saanya Jain (middle center), Ritupama Paul (middle right), and three more participants (bottom row). The chat window on the right is open, showing a list of messages:

- Sarika Kumari** 4:49 PM: How to overcome from Overthinking.
- Riyali Patil** 4:49 PM: Main how to keep away from thinking which come in mind when something bad happen with u and u just want to ignore it and move on but u can't then what needs to do??
- Vishesh Patodiya** 4:49 PM: Okay! Thankyou mamam.
- Saumya Panwar** 4:49 PM: What to do if you're in a long distance romantic relationship and you can just have communication for just 10 minutes per week? If your partner is training for army?
- Ayush Rana** 4:50 PM: okay mamam! thanks.
- Sushrut** 4:51 PM: Any tips on handling OCD?
- Saumya Panwar** 4:52 PM: Loving oneself with a greater intensity after breakup helps alot as it suppresses the love for the ex partner.

The bottom of the screen shows meeting controls: Meeting details, Mute, Unmute, Video, Turn on captions, and Present now.