

SRIJAN (2023-2024)

Mental Health Awareness Program 2023 Report

18th-19th October 2023

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DAY 1 – MHAW'23

Aryabhatta College
Srijan
Department of Psychology

MENTAL HEALTH AWARENESS 2023

Mental Health is a Universal Human Right

DAY-I
18th oct'23

Time: 10:30 Am Onwards
Venue : Student's activity centre

Session on Mental health concerns of LGBTQIA+ community

Time: 12:30 Pm Onwards
Venue : Lawn Area

Holding a mirror to ourselves and the world : A DRAMA PERFORMANCE

Time: 1:00 Pm Onwards
Venue : Student's activity centre

Workshop for mental health concerns of Gen Z by Ms. Ridhima Sethi

Time: 11:30Am onwards
Venue : Lawn Area

SAHAYANA BOOTH

Time: 12:30 Pm onwards
Venue : Lawn Area

PHOTO BOOTH

Time: 1:00 Pm onwards
Venue : Library Area

GRATITUDE WALL

Venue : Lawn Area

FACE / HAND PAINTING

CHIEF PATRON
PROF. MANOJ SINHA
(Principal)

DR. HALLEY S. THOKCHOM
(Teacher in-Charge)

DR. ANISHA JUNEJA
(Srijan in-Charge)

FACULTY CO-ORDINATORS
DR. ANKIT PRAKASH
DR. THANGBI AKCHING
DR. NEERA
MS. SOSHOMI MAKANG
DR. VARSHA SINGH
DR. SUNIL GUPTA

OPENING CEREMONY

“The best way out is always through.”

- Robert Frost

The celebration of Mental Health Awareness Program, an annual practice of the department of psychology, Aryabhatta college this time was a 2-days affair filled with some knowledge dissemination, stimulation to modify attitudes interspersed with some fun but reflective activities to be aware and sensitive. Srijan celebrated Mental Health Awareness Program 2023 with its theme being “Mental health is a Universal Human Right”, where the department emphasized on plethora of mental health related issues with engaging activities to replenish one’s psychological and physical health. With the aim to spread awareness that being concerned about mental health is not a weakness, but a shared human experience. A journey began with the aim to create a culture where individuals were encouraged to seek help when

need arises, share their feelings, and lend a helping hand to those in need, without judgment or fear. A space has to be created that acknowledges mental health as an integral part of our overall well-being, and makes people realize that mental health is a topic that deserves our attention, understanding, and empathy. With the above objective in mind, the first day of MHAW'23 had the Student Activity Centre bustling with the excited students and enthusiastic faculty members to make their small efforts in the same direction.

The event on Day 1 commenced with the inaugural address by the teacher-in charge, Dr. Halley S. Thokchom, emphasizing on MHAW'23 significance and objectives and how its a vital initiative for promoting awareness and understanding of mental health issues, supporting those affected, and breaking down the stigma associated with mental health challenges. It is an effort as well as responsibility of the department of psychology to advocate for improved mental health policies and increased access to mental health services through educating its community. On this note, the first session for the day commenced with collective intent of creating therapeutic and comfortable environment under the purview of MHAW'23.

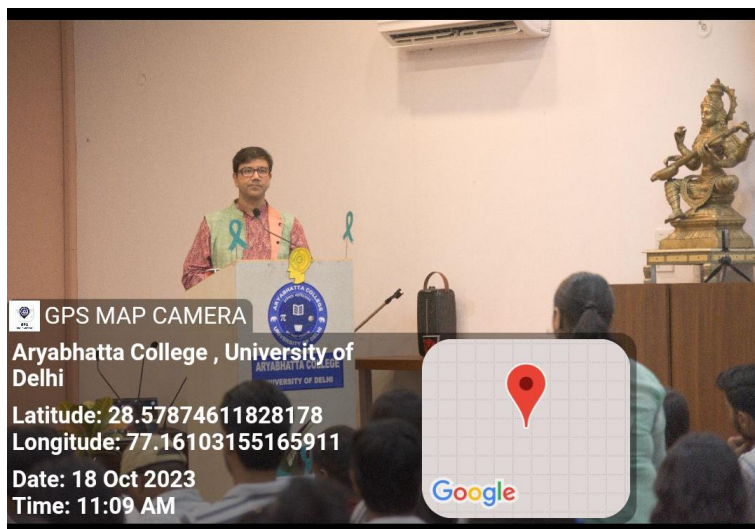
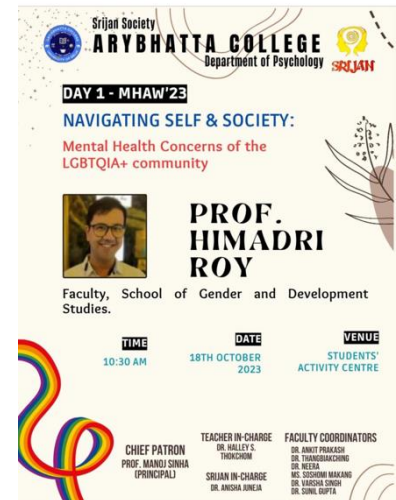
NAVIGATING SELF AND SOCIETY: MENTAL HEALTH CONCERNS OF THE LGBTQIA+ COMMUNITY

“It is not our differences that divide us. It is our inability to recognize, accept, and celebrate those differences. ”

The LGBTQIA+ community are often overlooked, if not outrightly ignored. They are shamed and their concerns are easily dismissed, even mocked. To shed light on such issues and to bring awareness **Prof. Himadri Roy**, Faculty, School of Gender & Development Studies, IGNOU was invited to enlighten through his work the how mental health issues of the queer community needs special attention. All the 8 faculty members of the psychology department and 119 students of the college were present for the keynote address in the Student Activity Centre.

The event started with Anisha Solanki, the anchor inviting Dr. Halley Thokchom, the teacher in-charge, to come speak a few words. Dr. Halley gave an enlightening speech, highlighting the importance of mental health and encouraged the students to spread awareness regarding the same. He congratulated the Srijan team for their efforts for the MHAW program and thanked the guest speaker for consenting to interact with audience. Ms. Soshomi Makang felicitated Prof. Roy with a planter and welcomed him.

Prof. Himadri, has been an avid advocate for LGBTQIA+ rights, a vocal activist, and has several of his articles and novels published. After a warm welcome and expressing gratitude towards the faculty of Aryabhata College, he commenced the session on an interactive note. His way was peculiar, albeit captivating. He asked simple, lighthearted questions that made the audience pause and ponder. Patiently, he wrapped these questions with a simple discussion and explained the distinction between sex, gender and sexuality. One was determined by the heart, other by brain and the third by heart. He stressed the importance of this last division. With



changing generations, children are becoming more and more conscious of their own individuality, prioritizing their “me-time”. A bifurcation between family and self-starts somewhere around a child’s pre-teen years when kids become more conscious of their bodies. While this is commendable, as it encourages a greater focus on one’s mental health, it also affects social life, leading to isolation, feelings of loneliness.

This, in turn, affects one’s mental health more. It’s a conundrum of living in today’s society, is

something that he brought to light. He then talked about how social laws discriminate with the queer community by shaming them. The society fosters this shame in the people, especially the non-normative ones. Our society, structured around its patriarchal ideals, tends to reject everything that doesn't fit in their ideal, narrow vision. This inevitably leads to structural discrimination. While this discrimination may be intentional or unintentional, overt or covert, instances of it can be seen in everyday life. To elaborate and support his points, he showed some advertisements and videos that dealt with similar issues. Through these videos, he turned to the audience with



questions that further proved his point. The audience was made to reflect and to question their own ideals and experiences. In his own unique way, Prof. Roy held up a mirror for audience to gaze into and acknowledge their principles, flaws and ingrained behavior. The challenges for people belonging to the community not just includes discrimination by the society but also by self because of difficulty in coming out of the closet. That is why, conversion therapy is still widespread, especially in countries where people still advocate against basic human rights being granted to people of the LGBTQIA+ community.

Towards the end of the session, a surprise came in the form of a short film prepared for the speaker highlighting similar issues. The conclusion of the session drew near with a QnA session through which copious queries were resolved. The session ended with Dr. Anisha Juneja, Srijan in-charge, extending her vote of thanks. She admired the energy of the session and highlighted four keywords as the key takeaways for the audience- patience, kindness, sensitivity and acceptance. Amid applause, she thanked Prof. Himadri, the faculty, Srijan team and the students for joining and ensuring the success of the event.

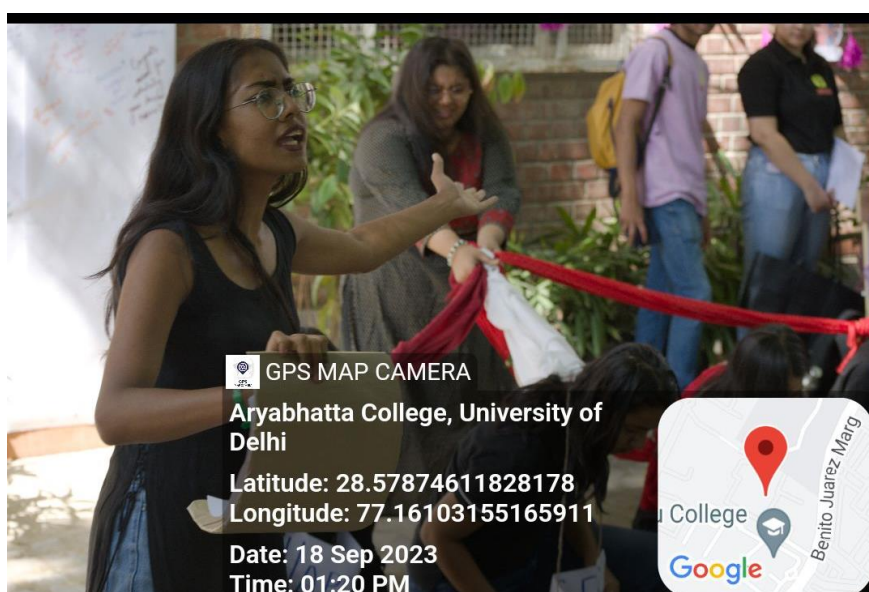
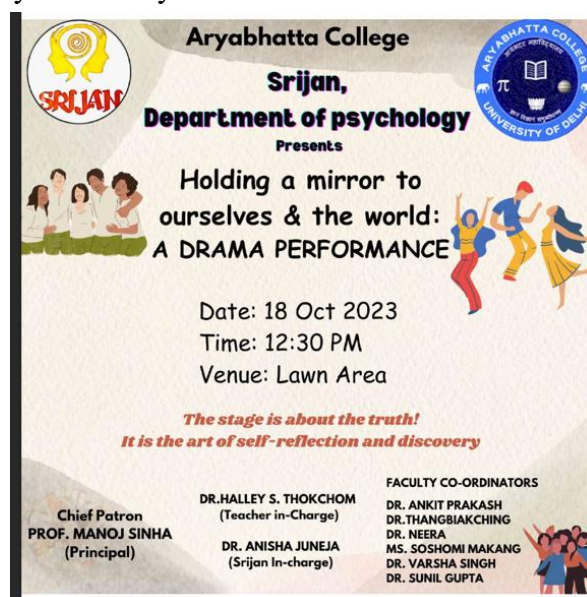


DRAMA PERFORMANCE:
HOLDING A MIRROR TO OURSELVES & THE WORLD
(Nukkad Nattak)

“The stage is about the truth; it is the art of self-reflection and discovery. We hold a mirror to ourselves and the world around us.”

Srijan, the Department of Psychology organized a Drama Performance – holding a mirror to ourselves and the world – as a part of Mental Health Awareness Program 2023. The performance was held in the lawn area of Aryabhata college. Total of 15 students of the department of psychology were performing in the play. 7 faculty members and 61 students attended the event.

At times tender things need to be put in brighter light, with this the play started with a narration of the narration of a verse based on a person's internal conflicts. It portrayed an individual's struggles within themselves and their feelings of sadness, anger, fear and happiness made impactful through zestful, raw and authentic songs which filled the entire campus with ecstasy, apprehension and fervor of realization. They presented the concept of toxic positivity through a depiction of Happistan as a fictional place where there is no acceptance for the mental sufferings of a person. They also presented the struggles of a person suffering from depression due to the judgment and comments of people around them. It was a satire on how the society is in general dealing with mental health problems. Our mind is also an important part of us, its pain is as severe as that of the body.



While there is a need to be careful about using terms like Depression, OCD, ADHD etc. in our daily lives casually without realizing the seriousness of these as Disorders which negatively affect the life of a person, it also discussed the need to allow acceptance of Clinical Depression taking clinical guidance for the same, and destroying the taboo and stigma related to mental health. It was a spectacular performance with amazing dialogue delivery. The actors were able to gather a crowd of college students as well as faculty members from the different departments who appreciated the performance with zealous applauding and hearty cheering.



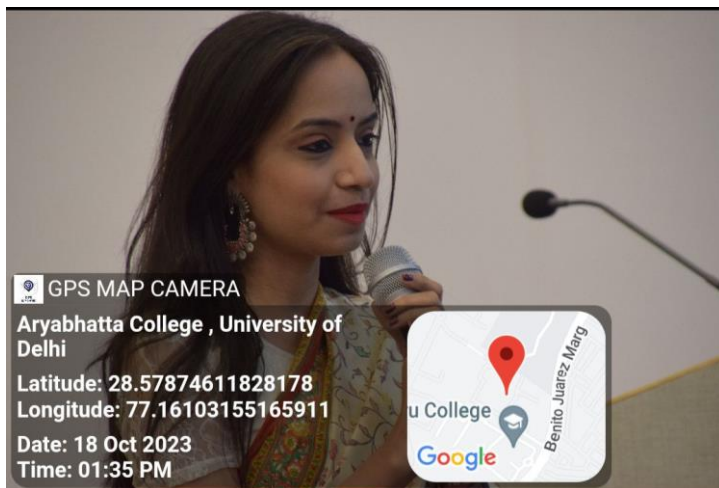
WORKSHOP: ALL THINGS MENTAL HEALTH

AN energetic, fun-filled workshop session on "All Things Mental Health" was conducted by **Ms. Ridhima Sethi**, a senior psychologist, Creative movement therapy practitioner and the Founder of 'Yellow Minds' on the 18th of October, 2023 in Students Activity Centre, Arybhatta college. The session aimed to raise awareness regarding critical mental health issues and assist psychological well-being especially in the Gen Z.

The session took place at the Students' Activity Centre with in the presence of 6 teachers and 96 students. Dr. Thangbiakching, faculty member, department of psychology felicitated the guest and introduced the session reiterating the need to embark on a journey to promote mental wellbeing.

The speaker commenced the session with the creation of a non-judgmental, safe space to aid rapport formation. The participants were encouraged to share their thoughts and experiences openly, fostering an environment of support and understanding. Following that Ms. Ridhima introduced the team 'Yellow Minds' consisting of volunteers Ms. Yashna and Ms. Eshaa.

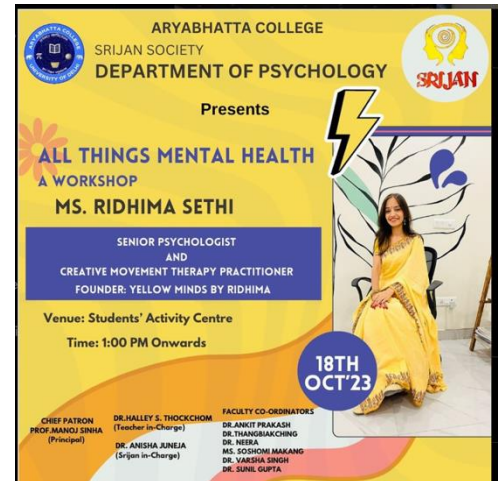
Ms. Sethi highlighted how people are biased towards physical health and often neglect mental health, emphasizing the importance of a balanced focus on both for overall wellness. The



speaker enlightened the audience about highly functioning depression and reassured that depression is as common as flu and should not be considered a taboo or looked down upon. The speaker insisted to promote a sense of shared humanity, inspire therapeutic engagement and improve aid to people coping with mental health issues. It paved way for a discussion relating to misconceptions surrounding mental health. Ms. Sethi disclosed how

toxic positivity can be detrimental to oneself as well as to others. One ought not to downplay others' emotions and radiate compassion and empathy.

The speaker briefed about the various things which can take a toll on mental health ranging from excessive consumption of social media to clinging onto toxic relationships and exposure to stress. The Speaker's tagline "Therapy, therapy, please start therapy" suggested consulting a professional in case one is not able to sort their problems or is having a difficult time navigating through life. Thereafter the stage was opened for a questions and answers round where the speaker requested the audience to ask their questions confidentially through a blank piece of



paper which was handed over to them by the volunteers. The speaker and her team beautifully elucidated upon the audience questions. A joyous activity was performed where the speaker made the audience write their coping mechanisms/ stress busters on a chit; put it inside a balloon pass it around the room and then burst the balloon to learn how others deal with it. This activity was perceived as wholesome by the audience who cheered and applauded in unison. The room was filled with happy faces.

The event concluded with a vote of thanks by Dr. Neera, faculty member, department of psychology, where she expressed gratitude on behalf of Srijan and the college for the successful completion of an interactive workshop.



THERAPEUTIC ACTIVITIES

“Where words fail, art speaks.”

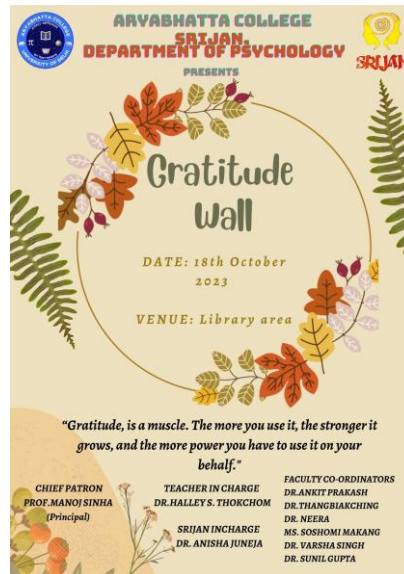
There were diverse activities that utilize the creative process of making art, playing games, and socialising with people, in the process improving the physical, mental, and emotional well-being of individuals. It is based on the idea that artistic expression can be a powerful means of communication, self-exploration, and healing. So, during the celebration of MHAW'23, Srijan created a creative and virtuoso arena to invent oneself with several activities such as:

- **Photobooth**

The event occurred alongside library and lawn area, on the steps. A wonderful and imaginative corner was holding tight a tree limb, made to click pictures. The activity was to make unique recollections and the place was designed for a generation that is into clicking pictures and making memories. Everybody- students and faculty alike, excitedly got their photos clicked to make the day much more memorable. The activity aimed at attracting people, creating a buzz about the topic of mental health with the program and making people talk about it.



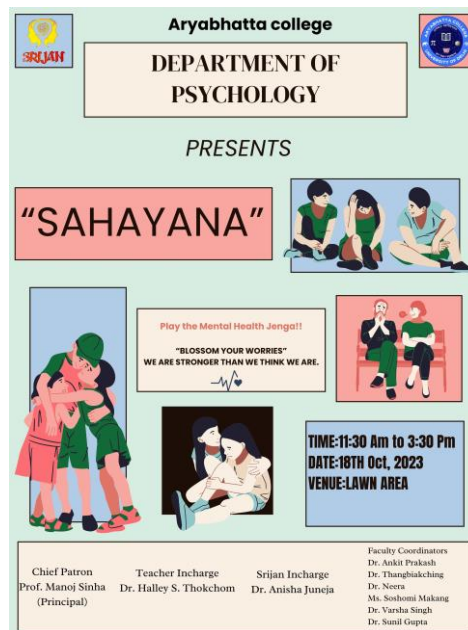
- Gratitude Wall



This initiative aimed to create a space where people can pause, reflect, and express their gratitude for the positive aspects of their lives. Through just a momentary display, a positive psychology intervention was being practiced and encouraged. It reflected a collective testament to the power of gratitude in nurturing individual mental well-being and how we need to keep reminding ourselves of not just the negative things in our lives but also the good things that have happened to us. The gratitude wall was beaming with the colourful writings of people. The activity got all the more recognition when principal sir, Prof. Manoj Sinha also graciously wrote a line of what he was grateful for along with other faculty members. It was a small optimistic effort to build a resilient campus community.



- **Sahanya Booth**



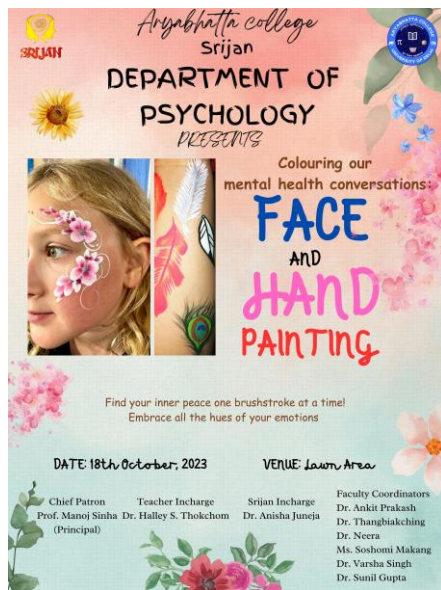
The initiative of Sahayana (Peer Support Program of Aryabhata College) Booth aimed to instill support and understanding at Aryabhata College under the ambit of MHAW'23 where a peer support group was dedicated to guide people through the academic and personal adventures of individuals on campus. With the mental health jenga game that they played asking questions and self care activities related to mental health, followed by the reward of candies, the activity was aiming to create a close-knit community of students who uplift and support each other. Several faculty members and students enjoyed and participated in the event.



- **Face & Hand Painting**

Through art, expression, and the transformative power of colours, Srijan introduced a gladsome event for not just painting face and hands but also creating through a light and bright means, a space for more open conversation about mental health on campus. It aimed for an artistic expression where individuals used their hands, brushes, or other tools for creative practice and recreational purposes. Several guests and students were engrossed in the world of colours and

paints through this artistry fabrication, making symbols of mental health on their hands, stars on their faces etc.



DAY 2 - MHAW'23



Aryabhata College

Srijan

Department of Psychology



MENTAL HEALTH AWARENESS 2023

Mental Health is a Universal Human Right

DAY-2

19th Oct'23

SESSION ON GERIATRIC MENTAL
HEALTH CONCERNS

Time: 10:30 AM to 11:30 AM
Venue: Student's Activity
centre

LISTENING CIRCLE

Time: 11:30AM-12:30PM
Venue: Student's Activity
Centre

SAHAYANA BOOTH

Time: 11:30 AM
Onwards
Venue: Lawn area

INTER COLLEGE
SPEECH COMPETITION

Time: 12:30 PM to 3:00 PM
Venue: Student's Activity
centre

PHOTOBOOTH

Time: 12:30 PM
Onwards
Venue: Lawn area

KULHAD PAINTING
COMPETITION

Time: 1:00 PM
Onwards
Venue: Lawn area

CHIEF PATRON PROF.
MANOJ SINHA
(Principal)

DR. HALLEY S. THOKCHOM
(Teacher in-Charge)

DR. ANISHA JUNEJA
(Srijan in-Charge)

FACULTY CO-ORDINATORS

DR. ANKIT PRAKASH
DR. THANGBI AKCHING
DR. NEERA
MS. SOSHOMI MAKANG
DR. VARSHA SINGH
DR. SUNIL GUPTA

CARING FOR CARERS: ADDRESSING MENTAL HEALTH CONCERNS OF THE GERIATRIC POPULATION

On the second day of Mental Health Awareness Week 2023, a session addressing another marginalized community was conducted. It was titled "Caring for the Carers: Addressing Mental Health Concerns of the Geriatric Population". This session, skillfully conducted by **Ms. Lakshmi**, a certified life and success coach, commenced with an impactful opening address by Dr. Halley Thokchom who eloquently conveyed the importance of allowing the elderly take an active role in decisions regarding their care, highlighting their enduring contributions to society and their vulnerability to loneliness in their later years.

Ms. Lakshmi's presentation delved deep into the multifaceted realm of geriatric mental health. She initiated the discussion by clearly defining the geriatric population, those aged 65 and over. The presentation went on to address the compelling reasons for providing dedicated geriatric care, including increased life expectancy, concerns about the quality of life, and the inherent dependency on others that often accompanies old age. Moreover, the audience actively engaged in an examination of global trends in life expectancy, which set the stage for a robust discussion on the various forms of dependency experienced by the elderly. Ms. Lakshmi meticulously explored the need for healthcare, caregiver support, financial assistance, social and recreational programs, inclusive infrastructure, and elder support.

The session then transitioned into practical strategies to enhance the lives of the geriatric population. These strategies encompassed the creation of a sense of community, establishment of structured routines that offer autonomy and independence, the implementation of end-of-life care measures such as pension schemes, and the facilitation of activities that foster social security, such as social clubs tailored to the elderly. Continuing the enlightening discourse, Ms. Lakshmi elucidated the identification of common ailments experienced by the geriatric population. These ailments were categorized into sensory, neural, internal, external, and mental issues. The audience actively participated in discussions about the physical symptoms and underlying causes, sharing personal insights that enriched the dialogue. Two key approaches to assist the elderly were discussed: direct assistance, involving hands-on help, companionship, therapy, and volunteering at old age homes, and indirect assistance, encompassing advocacy for elderly rights, collaboration with NGOs, research, and awareness initiatives. The



essential skills required for providing geriatric care, such as listening, patience, engagement, compassion, empathy, and love, were emphasized. The practical benefits of geriatric care, including the establishment of routines, maintenance of physical strength, enhancement of self-esteem, and cognitive functioning, were highlighted. An interactive case study activity encouraged the audience to consider caregiving scenarios, from caring for an elderly person with dementia to addressing the challenges faced by an isolated and depressed elderly woman. This activity prompted profound discussions, including the emerging issue of mobile phone overuse by the elderly, which drew significant attention.

In the closing remarks, Dr. Varsha Singh expressed the importance of acknowledging the elderly as the guides and pillars of our society, thanking the speaker and audience for their patient listening. She passionately emphasized the need to extend love, time, and compassion to this vital demographic. In sum, the session left the attendees with a deeper understanding of geriatric mental health concerns and a renewed commitment to the well-being of the elderly population.



BEATBLEND LISTENING CIRCLE

“Where Melody meets Empathy”

A “Listening Circle” activity was designed to spread the importance of active listening and creating a safe, tranquil space for open dialogue and encourage participants to share and connect with peers. To commence the event, the host, Punya greeted and welcomed all the participants and volunteers. There were 30 participants in total. She emphasized upon the significance of open and non-judgmental communication within a secure environment.

The ambience of the activity room provided a calm and attentive environment. There were burning incense sticks and soothing music playing in the background. Through guided meditation, participants were able to relax and find comfort by focusing on Punya's voice. This atmosphere encouraged candid and free communication. Participants were guided through a breathing exercise involving deep inhalation and prolonged exhalation to release stress. They were prompted to imagine a serene sky or a peaceful coast allowing the world's worries to float away. These techniques aimed to help individuals let go off the tension and find a peaceful state of mind. All 30 participants were divided into three circles, each led by a moderator. Notably, everyone in each circle was a stranger to one another, which provided a unique opportunity for diverse perspectives and open sharing.



Chits were passed around the circle for anonymous questions and answers. This interactive activity encouraged participants to seek insights from others, be empathic and offered a platform for addressing personal queries. Later cards were distributed to write positive affirmations for fellow members. After receiving affirmation cards to write on, participants dispersed the cards at random. The group's

feeling of support and community was strengthened by this activity, which promoted gratitude, positivity and encouragement.

Towards the end, Punya thanked the moderators and each participant as she concluded the listening circle session. After the session, participants felt more connected, understood, and grateful for the effectiveness of a listening circle.

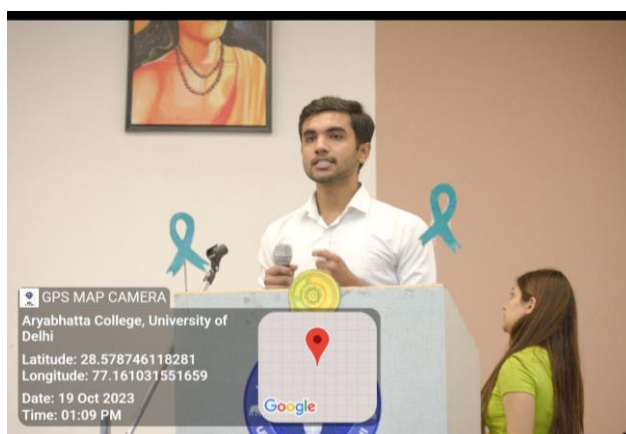
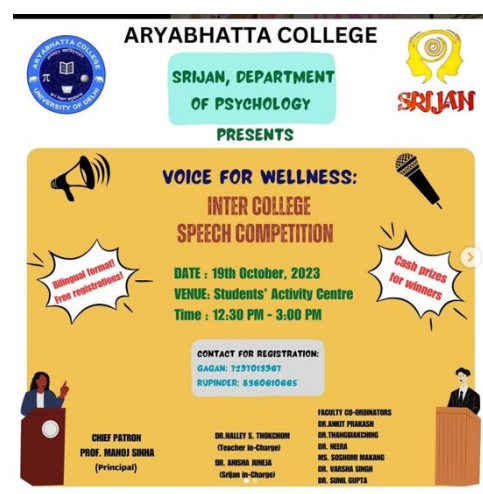


INTER – COLLEGE SPEECH COMPETITION

"What mental health needs is more sunlight, more candour, and more unashamed conversation."

The **"Voice for Wellness"** Inter-College Speech Competition, conducted in the Students' Activity Centre, on the 19th of October, 2023 was a stimulating and expressive affair that sought to present the significance of mental health as a fundamental human right, especially so for the prisoners and convicts, another stigmatised community living on the peripheries of the society. The event was graced by numerous the department faculty members. With the assumption that human rights are rights inherent to all human beings, regardless of race, sex, nationality, ethnicity, language, religion, or any other status, this event was planned.

The topic for the speech was, **"Behind Bars, Beyond Stigma: Accommodating Mental Health Issues in the Criminal Justice System"**. The motion advocated for a reformative and progressive justice system, to give due importance and accommodation to mental health. This matter gave a platform to look more closely into the direct relationship between mental health and the criminal justice system and the void left in between both the aforementioned topics. The bilingual framework of the contest allowed for participants to give their talks in



their preferred language increasing the reach of the awareness program. The competition's judges were **Dr. Soshomi Makang**, faculty, Department of Psychology and Ms. **Alka Lakhera**, faculty, Department of English felicitated by Dr. Neera. The event was judged by giving due consideration to the content and presentation of the speech. A 3-minute time limit was allotted for the speech to each participant. There were 17 student speakers who participated from different colleges and universities. Additionally, the majority of these colleges those that do not offer psychology like **Satyawati college, Deshbandhu college, Delhi College of Arts and Commerce, Pannalal Girdharlal Dayanand Aglo-Vedic College** faculty of law .



The competition we believe, proved to be instrumental in enlightening the attendees about loopholes in the system which lead to denial of apt care and basic rights to the inmates. Flaws in the system were discussed extensively. The speeches were not only gripping, but well-grounded. The house reached a consensus to recognise people with mental health issues and accommodate them in society. They believe. Radiating empathy and compassion is a must.



The stage was then opened for the audience to share, deliberate on the issue; this further piqued the interest and lead to an active engagement on part of the spectators. The host, Rupinder Bains thanked the participants for joining in. Ms. Makang appreciated the that the event managed to garner and widen the reach of mental health awareness beyond the students of the subject. As for the results, the

3rd position was given to Bhavna , The 2nd position was given to **Dipanshu Jha** and the 1st position was awarded to **Rajneesh Shukla** . Thereafter all the participants were requested to grace the stage for a photograph and congratulated.

THERAPEUTIC ACTIVITIES

“Where the colours of your soul find their voice and the canvas becomes your confidant”

There were diverse activities and therapeutic practice that utilizes the creative process of making art to improve the physical, mental, and emotional well-being of individuals. It is based on the idea that artistic expression can be a powerful means of communication, self-exploration, and healing during the celebration of MHAW'23, Srijan created a creative and virtuoso arena to invent oneself with several activities such as :

- **Face and hand painting:**

The activity took place in the lawn area. Students from various activities came to get their faces and hand painted in beautiful bright colours. The environment was cheerful and everyone was excited to get the art work made on their hands. The initiative was appreciated by all students and teachers. This was an activity made to inform people about the beauty of art can be a medium of catharsis, expression and awareness.



- **Sahayana Booth**

The activity took place in lawn area. The activity was conducted by Garvit and Charu - students of Psychology Department. The activity being conducted was Mental Health Jenga- a game that challenges an individual to go beyond their physical ability and use mental processes to play the game further. Psychology students and also the peer supporters of Sahayana took charge of conducting this activity.



- **Photobooth**

The activity took place in the lawn area beside Sahayana Booth. A beautiful and artistic frame was hanging on a tree branch, created for the purpose of clicking pictures. It was for students and teachers to take pictures and make the day even more memorable.

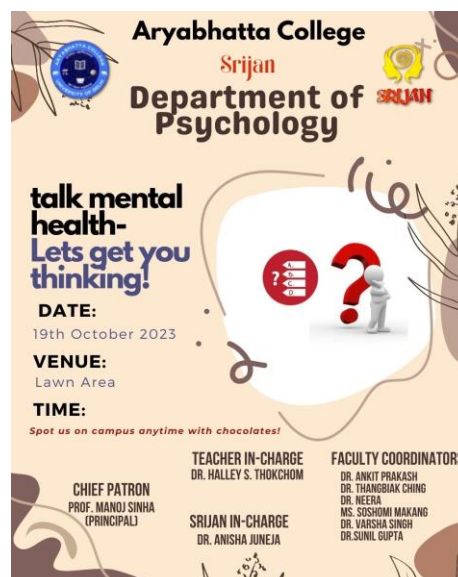
- **Kulhad Painting Competition**

Mind is a canvas of emotions, and this activity aimed to transform a humble khullad (clay cup) into a work of art that reflects thoughts, feelings, and experiences or could just relax the mind. It helped participants to express themselves creatively and find some satisfaction in the process. Painting kulhads was a fun venture where everyone was expressing their creativity and creating unique and personalized designs. The environment-friendly activity helped participants to indulge in a self-care routine.



- **Talk mental health**

Another activity that was carried out by students was a mental health awareness quiz where they went around the campus and ask basic questions about myths related to mental illness, mental health, vocabulary and attitudes to have about mental illnesses. It was a ground level initiative to make people think and talk about mental health.



CLOSING CEREMONY

As the event drew towards conclusion, Dr. Halley, the teacher-in-charge, extended a vote of thanks with a deep sense of gratitude to the principal sir for his unwavering support in organizing this Mental Health Awareness Program every year, Srijan team, faculty members and the audience for being interactive and engaging. The non-teaching staff were also commended for their efforts which often go unnoticed.

A positive state of mental health contributes to a greater sense of well-being and contentment. The summarisation of the two days gala at Aryabhata college, Delhi University ended on a remarkable point where Dr. Halley stated that mental health is not a solitary journey but a shared responsibility. It is a responsibility of us, our families, and our communities. By embracing mental health as a fundamental aspect of our lives, we pave the way for a brighter and more resilient tomorrow. Dr. Anisha, faculty Srijan in-charge, also acknowledged the efforts of the Srijan team and faculty members for their cooperation and hardwork put in the program.

The event was concluded on very futuristic goal to create a society that prioritises mental health, reduces stigma, and offers support to all those in need where we all can foster a world with empathy and understanding, where individuals are not judged by their mental health challenges but are celebrated for their strength, resilience, and courage in facing those challenges. Srijan team and faculty members synergy was inspiration and remarkable with collaborative spirit not only made the event successful but also made the journey memorable as they say



“Self-care is how you take your power back.”

ATTENDANCE :

DAY 1

1) NAVIGATING SELF AND SOCIETY: MENTAL HEALTH CONCERNS OF THE LGBTQIA+ COMMUNITY

DATE: 18th October 2023
 DAY: Wednesday
 NAME OF THE EVENT: MHAW - Session on mental health concerns of LGBTQIA+
 TIME: 10:30 a.m.

FOR FACULTY/STAFF MEMBERS and GUESTS

S.NO	NAME	SIGNATURE	EMAIL-ID
1.	Dr. Anisha Janya		anishajanya@ayazkhanna.college.ac.in
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3.	Dr. Sunil Gupta		sunilgupta3885@gmail.com
4.	Dr. Hally S. Thakur		dr.hally@ayazkhanna.college.ac.in
5.	Dr. Varsha Singh		varsha@ayazkhanna.college.ac.in
6.	Sahomi Nakar		sahomi.n@ayazkhanna.college.ac.in
7.	Dr. Hangaiahaling		hangaiahaling@ayazkhanna.college.ac.in
8.	Dr. Neelg		neelg@ayazkhanna.college.ac.in

8 Faculties
 119 Students

FOR STUDENT PARTICIPANTS

S.NO	NAME	COLLEGE ROLL NO.	EMAIL-ID
1	Yashna Kar	PSY/22/68	yashna0903@gmail.com
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3	Vitasta	ENG/23/62	vitasta_37@gmail.com
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37	Krishna	BAP/22/56	
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41	JS Joshua	PSY/22/23	-
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10.	Sumaiya Khan	PSY/23/70	
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19.	Tushar Gupta	HIS/23/92	tushargupt2005@gmail.com
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30	Shweta Shree	PSY/23/48	drollshweta@gmail.com
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32	Nemansh Sharma	PSY/23/22	Nemansh10112@gmail.com
33	Tanisha Bajni	PSY/23/54	tanishabajni020@gmail.com
34	Sajal Kumar	PSY/23/45	KandanLucifer@gmail.com
35	Chhavi Yadav	PSY/23/16	chhavi22yadav@gmail.com
	Rishu	PSY/23/40	RishuSaur@gmail.com
	Vitit	PSY/23/58	vititandson0704@gmail.com
	Shamika Arora	PSY/23/	
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2) DRAMA PERFORMANCE

DATE: 18. Oct. 2023
 DAY: ~~Thursday~~ Wednesday
 NAME OF THE EVENT: MHAW'23 Holding a mirror to ourselves and the world (Drama perf.)
 TIME: 12:30 p.m.

FOR FACULTY/STAFF MEMBERS and GUESTS

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3	Amit Bakesh		
4	Tangaiachip		
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6	Dr. Vansha		
7	Dr. Hally S		

7 teachers
 61 students

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3	Ganesh	PSY/23/24	-
4	Akanksha	PSY/23/7	-
5	Abdul	PSY/23/03	-
6	Rishi Kumari	PSY/23/20	-
7	AKASH	PSY/23/08	-
8	Khushi	PSY/23/14	-
9	Kirti Shri	PSY/23/16	-
10	Khushi	PSY/23/15	-
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19	Sayal	PSY/23/44	-
20	Pranav	PSY/23/45	-
21	Pranav	PSY/23/41	-
22	Pranav	PSY/23/06	-
23	Pranav	PSY/23/74	-
24	Pranav	PSY/23/68	-
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34	Sumaiya	Psy/23/70	
35	Shraddha Bagaria	Psy/23/51	
36	Jasnoor Kaur	Psy/23/25	
37	Mahak Arya	Psy/21/89	
38	Mukun Chaudhary	Psy/21/21	

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40	Yash Sharma	Psy/21/65	
41	Sanya Garg	Psy/21/22	
42	Kanak Chopra	Psy/21/20	
43	Shalini	Psy/21/24	
44	Deepika	Psy/21/23	
45	Sulagan	Psy/21/29	
46	Tanisha	Psy/23/54	
47	Hemshi	Psy/23/22	
48	Cham Chami	Psy/23/14	
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50	Anshu	Psy/23/61	
51	Darsh	Psy/23/17	

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54	Vrithi	Psy/23/58	
55	Vidhaan	Psy/23/57	
56	Shraddha	Psy/23/47	
57	Swikati	Psy/23/50	
58	Charulal	Psy/21/63	
59	Tanya	Psy/23/55	
60	Himshi	Psy/23/27	
61	Rashi Gaur	Psy/23/69	

3) Workshop – All Things Mental Health

DATE: 18. Oct 2023
 DAY: Wednesday
 NAME OF THE EVENT: Workshop with Ms. Riddhima Sood
 TIME: 1:00 PM

FOR FACULTY/STAFF MEMBERS and GUESTS

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1.	Dr. Neera	Neera	neera@alyobhallacollege.ac.in
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4.	Dr. Varsha	Varsha	—
5.	Ankit	Ankit	—
6.	Dr. Hall, Sr.	Dr. Hall, Sr.	—

6 faculty, 96 students

FOR STUDENT PARTICIPANTS

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5	ANISH DUTTA	PSY/23/9	
6	Ahoni Nath son	PSY/23/6	
7	Ujjay shree mawna	PSY/23/72	
8	Mahak Anja	PSY/21/59	
9	Muskan Choudhary	PSY/21/21	
10	Rudraksh Krish Patel	PSY/21/64	
11	Yuh Sharmna	PSY/21/65	
12	Sajal Kumar	PSY/23/45	
13	Shanin Anjmo	PSY/23/51	

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18	Rishi Gaur	PSY/23/69	
19	Kirti Sasi	PSY/23/66	
20	Shivika Shree	PSY/23/48	
21	Shashank Kulkarni	PSY/23/46	
22	Yash Mehra	PSY/23/59	
23	Chhavi Yadav	PSY/23/16	
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25	Hamanah	PSY/23/22	
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33	Punjabjit	PSY/23/41	
34.	Mamta	PSY/23/32	
35	Enguunomobi	PSY/23/19	
36	Bhumi	PSY/23/15	
37.	Akash	PSY/23/18	
38	R. Jyoti Reddy	PSY/23/123	
39.	Ashish Chhaya	PSY/22/12	

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43.	Kavya	PSY/22/29	
44.	Shruti	PSY/22/29	
45.	Kirti Singh	PSY/22/20	
46.	Kashish K.	PSY/22/69	
47.	Aneela Kapoor	PSY/22/2	
48.	Gagan Choudhary	PSY/22/15	
49.	Saadigah Sami	PSY/22/110	
50.	Shivani Yadav	PSY/22/56	
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61.	Vasu	PSY/22/53	
62.	Susmita	PSY/22/10	
63.	Akshita	PSY/22/07	
64.	Kushi	PSY/22/27	

DAY 2

1) CARING FOR CARERS SESSION

DATE: 19th October 2023
 DAY: Thursday
 NAME OF THE EVENT: Session on genital health issues
 TIME: 10:30 AM

FOR FACULTY/STAFF MEMBERS and GUESTS

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1.	Dr. Varsha Singh		
2	Sohoni Meera		
3.	Dr. Thangiahalingam		
4.	Dr. Neel		
5.	Dr. Hally S Thakur		
6.	Amit Prakash		
7.	Anisha Singh		

1 teachers
 56 + 67 students
 = 123 students

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4.	Pavith	106/23/148	
5	Nehal Malik	105/23/187	
6	Kanchana Topi	PSY122/27	
7.	Komal	PSY202/21	
8	Sonu Man	PSY122/58	
9.	Koushi	PSY123/28	
10.	Shruti	PSY122/59	
11	Vandana Sharma	PSY122/65	
12	Tanisha Kumar	PSY122/32	
13	Namita Gupta	PSY21/46	

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16	Charishal	PSY121/63	
17	Sukhbeer	PSY121/22	
18.	Shravya Sadana	PSY122/54	
19.	Tanisha Grover	PSY122/61	
20	Chiranjeev Mishra	PSY123/1611	
21	Tisha	PSY123/64	
22	Tanvi Bhavsar	PSY123/92	
23	Gauri Jayal	PSY122/62	
24	Hanishita	PSY122/20	
25	Tasnoor	PSY123/25	
26.	Ayushree	PSY123/12	

FOR STUDENT PARTICIPANTS

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28	Mahesh Upadhyay	BAP/23/208	
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30	Ashish Verma	PSY/23/35	
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36	Aparna Bansal	BAP/23/166	Bansalaparna2004@gmail.com
37	Tisha Bhatia	CSE/22/106	
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43	Kirti Shah	PSY/21/16	Kirtishah11@gmail.com
44	Sigam	PSY/21/104	sigamshah73@gmail.com
45	Deviashree Laloo	PSY/22/126	deviashree73@gmail.com
46	Chiranjeev	PSY/22/111	chiranjeev03@gmail.com
47	Devika	HIN/23/09	devikawadikar@gmail.com
48	Nagya	HIN/22/53	
49	Smit	HIN/22/82	
50	Raj Mehta	BAP/23/150	
51	Pooja Mehta	PSY/22/178	PoojaMehta2004@gmail.com
52	Kayam	PSY/22/30	KayamRoshan2004@gmail.com

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54	Kirti Singh	PSY/22/30	kirtisinha2374@gmail.com
55	Rishabh Malik	PSY/21/33	
56	Kavya	PSY/21/32	
57	Kavya	PSY/21/30	
58	Kushboo Bhatia	PSY/21/54	
59	Shalini	PSY/21/24	
60	Jiya Aggarwal (2nd yr)	PSY/22/22	jiyaggarwal2244@gmail.com
61	Anisha Mahi (1st-yr)	PSY/22/7	nahianishah@gmail.com
62	Abhay Rautap	PSY/23/60	
63	Arjun Kulkarni	PSY/22/744	
64	Gaurav Singh	PSY/22/116	gauravsinh321ntr@gmail.com
65	Apoorva Singh	PSY/23/73	mahi.singh1925@gmail.com
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67	Abdul Basit	BAP/23/17	

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4	Aashish Kapoor	PSY/22/9	ashish5682@gmail.com
5	Rishabh	PSY/23/141	
6	Engunmai Bora	PSY/23/179	
7	Sar Sajal	PSY/23/145	
8	Shweta Ananya	PSY/23/151	
9	Shashank Kulkarni	PSY/23/146	
10	Prishu	PSY/23/140	Prishu0909@gmail.com
11	Daksh Gupta	PSY/23/173	daksh1123gupta@gmail.com
12	Tanish Bhat	PSY/23/57	tanishbhat20@gmail.com
13	Harsh Sharma	PSY/23/22	

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14	Vidita Tandon	PSY/23/58	viditandon2724@gmail.com
15	Aaditya Chandra	PSY/23/01	aaditya.chandra1@gmail.com
16	Ashu Sharma	PSY/23/01	ashu.sharma.193@gmail.com
17	Rishi Mishra	PSY/23/50	rishimishra23@gmail.com
18	Rishi Gaur	PSY/23/14	ashirgaur19@gmail.com
19	Vishnu Sharma	PSY/23/57	vishnu.sharma.106@gmail.com
20	Pragati Chauhan	PSY/23/37	pragati.chauhan.19@gmail.com
21	Himani Yadav	PSY/23/29	himani19@gmail.com
22	Shreya Shree	PSY/23/48	shreya.shree.19@gmail.com
23	Dev Jyoti	PSY/23/18	devjyoti117@gmail.com
24	Tanya	PSY/23/55	
25	Kangana	PSY/23/31	namalgotar6@gmail.com
26	AKASH DUTTA	PSY/23/01	Psychoshikharbyashika@gmail.com

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S.NO	NAME	COLLEGE ROLL NO.	EMAIL-ID
27	Ashu Mishra	PSY/23/16	
28	Ashish Kumar	PSY/23/04	ashu.mishra.19@gmail.com
29	Sagar	PSY/23/14	
30	Avi Sharma	PSY/23/62	
31	Pranav	PSY/23/59	
32	Harshita	PSY/23/21	
33	Kirti Kumar	PSY/23/18	
34	Kunal	PSY/23/24	
35	Adarsh	PSY/23/03	
36	Ashu Singh	PSY/23/60	
37	Sumanya	PSY/23/10	
38	Harshita Yadav	PSY/23/23	
39	Jaspreet	PSY/23/02	

FOR STUDENT PARTICIPANTS

S.NO	NAME	COLLEGE ROLL NO.	EMAIL-ID
40	Pranav	PSY/23/39	
41	Bhavi	PSY/23/15	
42	AKASH	PSY/23/08	
43	Shreyas Singh	BAP/23/184	
44	Shikha Malik	BAP/23/193	shikha.malik22@gmail.com
45	Bodhi K Anand	BAP/23/119	BodhiK26@gmail.com
46	Harshita Bodhi	BAP/23/190	harshita.bodhi@gmail.com
47	Nitin Anand Chaudhary	BAP/23/194	anand112005@gmail.com
48	Shashank Kumar Jaiswal	BAP/23/196	Shashankjaiswal2304@gmail.com
49	Drishiti Kumari	BAP/23/116	Drishiti2105@gmail.com
50	Shruti Yadav	PSY/23/116	shruti22yadav@gmail.com
51	Shruti Singh	BAP/23/189	shruti.singh.19@gmail.com
52	Mahima	BAP/23/173	
53	Lavanya Chauhan	BAP/23/172	lavanyachauhan284@gmail.com
54	Pooja Chauhan	BAP/23/177	midhvi.chauhan.773@gmail.com
55	Karan	BAP/23/166	
56	Adarsh	BAP/23/146	

2) LISTENING CIRCLE

DATE: 19th October '22
 DAY: Sunday
 NAME OF THE EVENT: Listening Circle
 TIME: 11:30

FOR FACULTY/STAFF MEMBERS and GUESTS

S.NO	NAME	SIGNATURE	EMAIL-ID
	Dr. Bhagwati Singh		

1 Teacher
 35 students

FOR STUDENT PARTICIPANTS

S.NO	NAME	COLLEGE ROLL NO.	EMAIL-ID
1.	Daurav Kumar Thakur	BAP/23/87	thesaurav2004@gmail.com
2.	Mangalya Singh	PSY/23/31	mangalya singh @ gmail . com
3.	Krushika	PSY/23/27	krushika thapa 966@gmail.com
4.	Kriti	PSY/23/28	-
5.	Devjyoti	PSY/23/18	
6.	Divya Bodra	PSY/23/63	bodratodivya5@gmail.com
7.	Shweta	PSY/23/48	
8.	AKanksha	PSY/23/07	
9.	Akash Dutta	PSY/23/09	psychosolutionbyakash@gmail.com
10.	Bhargavi Sharma	BAP/23/113	bhargavi sharma 2005@gmail.com
11.	Kirti Shrivastava	PSY/23/66	Kirtishrivi1501@gmail.com
12.	Hansika	PSY/23/21	
13.	Shishu Singh	PSY/23/50	shishu4256@gmail.com

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14	Paridhi Chauhan	BAP/23/77	paridhi.chauhan.773@gmail.com
15	Shreya Singh	BAP/23/184	shreya4545@gmail.com
16	Rishabh Yadav	BAP/23/30	yadavrisabh30@gmail.com
17	Chetanaya	BAP/23/14	sonny
18	Runya Sharma	PSY/22/43	-
19	Daksh Gupta	PSY/23/17	daksh1125-gupta@gmail.com
20	Vinita Tandon	PSY/23/58	vinitatandon0704@gmail.com
21	Vanshika Nimresh	PSY/22/65	-
22	Sharanya Sadana	PSY/22/54	sharanya.sadana@gmail.com
23	Saloni Jain	PSY/22/51	saloni.jain.9717@gmail.com
24	Manish Vijay	PSY/22/36	manish.vijay.2010@gmail.com
25	Sagar Karshah	PSY/23/42	-
26	Khushi	PSY/23/14	-

FOR STUDENT PARTICIPANTS

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27	Garv Lonia	PSY/23/20	garvlonia19@gmail.com
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29	Yash Jotla	BBE/23/91	yash12@gmail.com
30	Saanya	PSY/22/52	saanya.debb@gmail.com
31	Manas Mayur	BBE/23/37	manasmayur9@gmail.com
32	Komal	PSY/22/81	kr783821@gmail.com
33	Aarushi	PSY/22/2	
34	Zanya	PSY/23/55	
35	Chetanaya	BAP/23/12	

3) INTER-COLLEGE SPEECH COMPETITION

DATE: 19th October 2023
 DAY: Tuesday
 NAME OF THE EVENT: Inter college speech competition
 TIME: 12:30 pm

FOR FACULTY/STAFF MEMBERS and GUESTS

S.NO	NAME	SIGNATURE	EMAIL-ID
1.	Dr. Anisha Sinha	<i>Anisha</i>	
2.	Arvind Prakash	<i>Arvind</i>	
3.	Dr. Neele	<i>Neele</i>	
4.	Dr. Bangsiah Singh	<i>Bangsiah</i>	
5.	Sahani Mahesh	<i>Sahani</i>	
6.	Atika Lakshana	<i>Atika</i>	
7.	Dr. Vansha Singh	<i>Vansha</i>	
8.	Dr. Sunil Gupta	<i>Sunil Gupta</i>	
9.	Dr. Hitesh S.	<i>Hitesh</i>	

9 teachers
 63 students

FOR STUDENT PARTICIPANTS

S.NO	NAME	COLLEGE ROLL NO.	EMAIL-ID
1	Tanisha Kumari	Psy/22/62	
2	Khushi	Psy/22/28	
3	Yash Sharma	Psy/21/65	
4	Sanya Sukhrala	Psy/21/55	
5	Khushboo Bhowra	Psy/21/54	
6	Chenehal	Psy/21/63	
7	Sutknoor	Psy/21/37	
8	Deepika	Psy/21/33	
9	Lunsaan	Psy/21/89	
10	Karti Shree	Psy/23/66	KartiShree1501@gmail.com
11	Sumaiya	Psy/21/70	
12	Khushi	Psy/23/27	
13	Akanksha	Psy/23/07	

FOR STUDENT PARTICIPANTS

S.NO	NAME	COLLEGE ROLL NO.	EMAIL-ID
14.	Rashi Gaur	Psy/23/69	rashigaur98@gmail.com
15	Ani Jain Sharma	Psy/23/62	
16.	Abhishek	Psy/23/4	
17	Prahit	Psy/23/39	
18	AKASH DUTTA	Psy/23/09	
19	Ahoni nath sen	Psy/23/06	
20	uling shree	Psy/23/72	
21	ABHAM PRATAP	Psy/23/60	
22	stanzin Radma	Psy/23/52	
23	Additya Chaman	Psy/23/01	
24	Tanya Gaur	Psy/23/55	
25	Sagar Kaushal	Psy/23/44	
26	Dev Jyoti	Psy/23/18	

	NAME	COLLEGE ROLL NO.	
27	Shweta	Psy/23/48	
28	Mangalaya	Psy/23/31	
29.	Divya	Psy/23/63	
30	Mamendra Yadav	Psy/23/33	
31	Prahit Raj	Psy/23/39	
32	Abhishek Kumar	Psy/23/04	
33.	Satyam Singh	BMS/23/99	
34.	Adarsh Mohan	BMS/23/5	
35.	Saanya	Psy/22/62	
36.	Via	Psy/22/66	
37.	Riddhi	Psy/22/46	
38.	Tanish Grewal	Psy/22/61	
39.	Jasnoor Kaur	Psy/22/25	

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45	Komal	Psy/22/31	Kr783821@gmail.com
46	Vanshika Nimash	Psy/22/65	
47	Khushi	Psy/22/27	
48	Shri Ran	Psy/22/57	
49	Tanisha	Psy/22/62	
50	Khushboo	Psy/22/27	
51	Shruti	Psy/22/59	
52	Rhumi	Psy/22/14	

FOR STUDENT PARTICIPANTS

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53	Srishti Singh	Psy/22/60	-
54	Satyam Kumar	B.Sc. Life Sci 23/4637	Satyamjha2374@gmail.com
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56	Abdul Basit	BAP/23/47	
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63	Tanish	Psy/23/53	