

SLC(University of Delhi)
SHYAM LAL COLLEGE
NAAC A++ , NIRF 43

MENTAL HEALTH & WELLNESS COMMITTEE (MHWC)
&
WOMEN DEVELOPMENT CENTRE (WDC)

AWARENESS LECTURE on 'DEPRESSION AMONG YOUNG INDIVIDUALS'
REPORT

The Mental Health & Wellness Committee (MHWC) and Women Development Centre (WDC) of Shyam Lal College, in collaboration with the Institute of Human Behaviour & Allied Sciences (IHBAS), Delhi organized an Awareness Lecture on *“Depression Among Young Individuals: Early Identification & Management Strategies”* on 16th October, 2025 at 12:00 noon in the Seminar Hall of the college.



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MENTAL HEALTH & WELLNESS COMMITTEE (MHWC)
&
WOMEN DEVELOPMENT CENTRE (WDC)
in collaboration with
Institute of Human Behaviour & Allied Sciences
(IHBAS), Delhi
organizes

AWARENESS LECTURE
on
Depression Among Young Individuals
Early Identification & Management Strategies
by
DR. POOJA SHAKYA
Dept. of Psychiatry, IHBAS, Delhi

REGISTER HERE



E-Certificates
will be given to
all the
Participants

Date : 16th October, 2025
Time : 12:00 noon
Venue : Seminar Hall

Student Coordinators - Parshvi Jain & Shubhankar

Organizing Team – Prof. Ashu Gupta, Dr. Richa Tyagi, Dr. Niranjan Chichuan, Dr. Seema Guglani,
Dr. Upendra Kumar, Ms. Jyoti Sharma, Ms. Priyambada Gupta

Dr. Prem Lata Meena
MHWC, Coordinator

Dr. Rekha Kaushik
WDC, Convenor

Prof. Kusha Tiwari
Director, IQAC

Prof. Rabi Narayan Kar
Principal, SLC

The event began with a welcome address by **Dr. Prem Lata Meena**, *Coordinator, MHWC*. She welcomed the audience & highlighted the importance of MHWC. The event was followed by the introduction by **Dr. Rekha Kaushik**, *Convenor, WDC*, who highlighted the objectives and significant role of the Women Development Centre in promoting gender equality, emotional well-being, and empowerment among students.

Dr. Meena welcomed the keynote speaker, **Dr. Pooja Shakya**, *Department of Psychiatry, IHBAS, Delhi*. Dr. Shakya is an alumnus of AIIMS, New Delhi & was felicitated with a planter as a token of appreciation. She delivered an insightful lecture focusing on the growing concerns of depression among young individuals. She elaborated on various sources of stress faced by students and adults, such as academic pressure, social comparison, and personal challenges.

Dr. Shakya discussed coping mechanisms, emphasizing the importance of small support gatherings and peer help at the college level. She also explained the early signs of depression, such as withdrawal, denial, and irregular scheduling, and recommended practical management strategies including counselling, lifestyle modifications, self-help practices, regular exercise, and mindfulness. She highlighted the importance of training educators and peers to detect early symptoms of mental health issues and encouraged the use of **the National Mental Health Helpline number 14416**. The concept of “Question, Persuade, Refer” was also introduced as an effective approach to mental health support and suicide prevention.

The session concluded with an interactive Q&A segment, where students and faculty members actively participated and shared their queries and reflections. **Dr. Richa Tyagi**, *Member, MHWC*, delivered the Vote of Thanks, expressing gratitude to the guest speaker, Organising members, faculty, technical staff and participants for making the event successful.

Around 70 students and 20 faculty members attended the lecture, which served as an enriching and awareness-raising experience, reinforcing the importance of early identification and support for mental health challenges among young individuals.







MHWC & WDC Seminar Faculty Attendance

Date: 16/10/23

NAME	Department	Signature
1) Dr. Arjun Chakraborty	Pol. Sc.	[Signature]
2) Dr. Richa Tyagi	Chemistry	[Signature]
3) Shweta	Commerce	[Signature]
4) Sonia Mude	Commerce	[Signature]
5) Jyoti Sharma	Commerce	[Signature]
6) Priyambada Gupta	Economics	[Signature]
7) Kavita Meena	Economics	[Signature]
8) Dr. Kanika Chakraborty	Chemistry	[Signature]
9) Sonam Bui	Economics	[Signature]
10) Dr. Seema Gubbi	Maths	[Signature]
11) Dr. Yuleli Monga	Chemistry	[Signature]
12) Dr. Aditya Puri	Chemistry	[Signature]
13) Aghani Bhav	Bio	[Signature]
14) Dr. Deepika Kumari	Bio	[Signature]
15) Dr. Upendra Kumar	HISTORY	[Signature]
16) Mr. Radha Bhatia	Commerce	[Signature]
17) Sumit Kumar	Pol. Sci.	[Signature]
18) Dr. Rekha Kaushik	Pol. Sci.	[Signature]
19) Dr. Prem Lata Meena	Chemistry	[Signature]

16/10/23

Mental Health & Wellness Committee

WDC SEMINAR ATTENDEES				
Students				
Sr. no.	Full Name	Course	Year	Signature
1	Shivansh Pratap Yadav	B.A (P) His. + Pol. Sci.	2nd	[Signature]
2	Kunaj Kishor Sengh	B.A (P) Hindi + His.	2nd	[Signature]
3	Anshuman Singh	B.A (P) Hindi + History	2nd	[Signature]
4	Abha Aitab Bhat	B.A (P) Hindi + History	2nd	[Signature]
5	Ravi	B.A (P) Hindi + History	2nd	[Signature]
6	Quincy Shah	B.A (H) Political Science	1st	[Signature]
7	Arjun Singh	B.Sc (P) Physical Science with Chem.	2nd	[Signature]
8	Harsh	"	2nd	[Signature]
9	Shresh Kumar	"	2nd	[Signature]
10	CHIRAG	"	2nd	[Signature]
11	Shweta	"	2nd	[Signature]
12	VIVEK PANDEY	"	2nd	[Signature]
13	NISHANT SACHDEV	"	2nd	[Signature]
14	PAARVATI K	"	2nd	[Signature]
15	Adarsh Sharma	B.Sc. Phys. Sci. with Chem.	2nd	[Signature]
16	Dakshin Prasad	B.Sc. Phys. Sci. with Electronics	2nd	[Signature]
17	Manish	B.A (Hons) Eng.	2nd	[Signature]
18	Harshita Kaur	B.A (H) English	2nd	[Signature]
19	Aditya	B.A (H) English	2nd	[Signature]
20	Shravan Kumbhar	B.Sc. (Prog.)	1st	[Signature]
21	Kanish Choudhary	B.Sc. (Prog.)	1st	[Signature]
22	Daksh Chaudhary	B.Sc. Economics hon.	1st	[Signature]
23	Shakshi Kumari	B.A. (Prog.) (Hist. + Pol.)	1st	[Signature]
24	Aditya	B.A. (Prog.) (Hist. + Pol.)	1st	[Signature]
25	Aditya	B.A. (Hons.) Pol. Sci.	2nd	[Signature]
26	Aditya	B.Sc. Hons. Chemistry	2nd	[Signature]
27	Aditya	B.A (H) Political Science	2nd	[Signature]
28	Aditya	B.Sc Hons chemistry	2nd	[Signature]
29	Aditya	B.A. English Hons	2nd	[Signature]
30	Aditya	B.Sc (Prog) Chemist	2nd	[Signature]
31	Aditya	"	2nd	[Signature]
32	Aditya	"	2nd	[Signature]

16/10/23

Mental Health & Wellness Committee

WDC SEMINAR ATTENDEES				
Students				
Sr. no.	Full Name	Course	Year	Signature
1	Aditya	B.A (H) Pol. Sci.	2nd	[Signature]
2	Aditya	B.A (H) Pol. Sci.	2nd	[Signature]
3	Aditya	B.A (H) Pol. Sci.	2nd	[Signature]
4	Aditya	B.A (H) Pol. Sci.	2nd	[Signature]
5	Aditya	B.A (H) Pol. Sci.	2nd	[Signature]
6	Aditya	B.A (H) Pol. Sci.	2nd	[Signature]
7	Aditya	B.A (H) Pol. Sci.	2nd	[Signature]
8	Aditya	B.A (H) Pol. Sci.	2nd	[Signature]
9	Aditya	B.A (H) Pol. Sci.	2nd	[Signature]
10	Aditya	B.A (H) Pol. Sci.	2nd	[Signature]
11	Aditya	B.A (H) Pol. Sci.	2nd	[Signature]
12	Aditya	B.A (H) Pol. Sci.	2nd	[Signature]
13	Aditya	B.A (H) Pol. Sci.	2nd	[Signature]
14	Aditya	B.A (H) Pol. Sci.	2nd	[Signature]
15	Aditya	B.A (H) Pol. Sci.	2nd	[Signature]
16	Aditya	B.A (H) Pol. Sci.	2nd	[Signature]
17	Aditya	B.A (H) Pol. Sci.	2nd	[Signature]
18	Aditya	B.A (H) Pol. Sci.	2nd	[Signature]
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22	Aditya	B.A (H) Pol. Sci.	2nd	[Signature]
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32	Aditya	B.A (H) Pol. Sci.	2nd	[Signature]

Dr. Prem Lata Meena
Coordinator, MHWC

Dr. Rekha Kaushik
Convenor, WDC