## **SLC**(University of Delhi)

### SHYAM LAL COLLEGE

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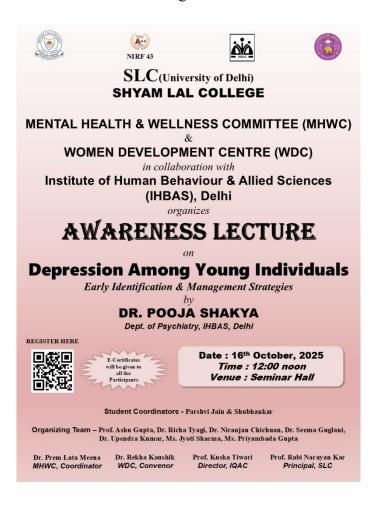
## MENTAL HEALTH & WELLNESS COMMITTEE (MHWC)

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### 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.



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.





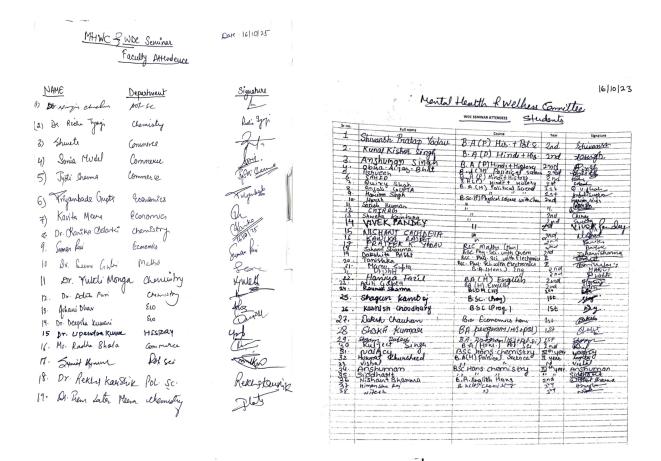












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**Dr. Prem Lata Meena** Coordinator, MHWC

**Dr. Rekha Kaushik** Convenor, WDC