SLC(University of Delhi)

SHYAM LAL COLLEGE

NAAC A++ & NIRF 43

WOMEN DEVELOPMENT CENTRE (WDC)

&

MENTAL HEALTH AND WELLNESS COMMITTEE (MHWC)

(In collaboration with Institute of Human Behaviour and Allied Sciences - IHBAS, Delhi)

Organized

Two-day Awareness programme on the occasion of World Mental Health Day

REPORT

Lecture Series

EVENT DETAILS
Date: 9th October 2026
Time: 10:00 AM
Venue: Shyam Lal College

Organized By: Mental Health & Wellness Committee (MHWC) & Women Development Centre (WDC) in collaboration with IHBAS, Delhi





EXECUTIVE SUMMARY

Following the successful inter-college competitions, the Mental Health & Wellness Committee (MHWC) and the Women Development Centre (WDC) of Shyam Lal College, in collaboration with the Institute of Human Behaviour and Allied Sciences (IHBAS), Delhi, organized an enlightening Awareness Lecture Series on 9^{th} October 2026.

The program brought together leading medical professionals and experts from IHBAS to deliver comprehensive talks covering mental health promotion, youth depression, and the socio-cultural dynamics of stigma and discrimination. The event focused on equipping

students and faculty with holistic knowledge, practical coping tools, and a deeper empathetic understanding of psychological well-being

DISTINGUISHED SPEAKERS & RESOURCE PERSONS

Dr. Sarabjeet Khurana – HOD, Department of Epidemiology, IHBAS
Dr. Manoj Kumar – Assistant Professor, Department of Psychiatry, IHBAS
Dr. Ravinder Singh – HOD, Department of Medical Anthropology, IHBAS

ORGANIZING LEADERSHIP & FACULTY TEAM

Patron**: Prof. Ravi Narayan Kar –** Principal, Shyam Lal College
Advisor: **Prof. Kusha Tiwari –** Director, IQAC
Coordinators:
Dr. Prem Lata Meena – Coordinator, MHWC
Dr. Rekha Kaushik – Convenor, WDC

Student Coordinator: Rishav Sharma

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

SESSION-WISE PROCEEDINGS

Session 1: Mental Health Promotion and Prevention

Speaker: Dr. Sarabjeet Khurana (HOD, Department of Epidemiology)

Dr. Khurana initiated the lecture series by addressing the importance of proactive mental health promotion and the protective factors necessary for building psychological resilience. Key highlights of the talk included:

Protective Factors & Help Alternatives: Emphasis on responsive and caring education, developing life skills, fostering strong social connections, ensuring safety, preserving dignity, and facilitating easy access to healthcare routines.
Whole-School Model: Introduction of a comprehensive framework for educational institutions focusing on creating a healthy school climate, enhancing teacher capacity, building peer and family support systems, and enabling early identification of psychological distress.
Digital Access & Tele-MANAS: Insights into leveraging digital infrastructure for mental health care, highlighting the national Tele-MANAS initiative as an accessible helpline service.
The 5 C's of Mental Health: A structured discussion on core developmental pillars—Competence, Confidence, Connection, Character, and Caring/Compassion.

Session 2: Depression in Youth – Causes and Remedies

Speaker: Dr. Manoj Kumar (Assistant Professor, Department of Psychiatry)

Dr. Manoj Kumar delivered an in-depth clinical yet accessible address focusing on youth depression, its underlying mechanisms, and non-pharmacological remedies.

Understanding Youth Depression: Detailed discussion on why the age bracket of 18–21 years is a particularly vulnerable transition period for young adults, outlining how depression manifests differently in youth compared to older demographics.
Clinical Features & Classification: Explanation of various spectrums of depression, including Clinical Depression, Seasonal Affective Disorder (SAD), Mixed Anxiety and Depressive Disorder, Premenstrual Dysphoric Disorder (PMDD), and Adjustment Disorders.
Theoretical Frameworks & Risk Factors: Overview of the Cognitive Theory of Depression, detailing common cognitive distortions, biological factors, environmental stressors, and risk factors that trigger depressive episodes.
Remedies & Prevention: Emphasis on typical non-medication interventions, psychotherapeutic care, lifestyle adjustments, proper emotional support, and early preventive measures that foster complete recovery.

Session 3: Reducing Stigma, Discrimination, and Human Rights Violations

Speaker: Dr. Ravinder Singh (HOD, Department of Medical Anthropology)

Dr. Ravinder Singh approached the subject of mental health from an anthropological and socio-cultural lens, addressing the deep-rooted societal prejudices surrounding mental illness.

Anthropological Perspective: Tracing human origins, evolutionary biology, and how societal structures historically internalize and project behavioral stereotypes.
Gender & Social Oppression: Examination of how societal stigmas intersect with gender, specifically highlighting the disproportionate social pressures and oppression faced by women, and how society often stereotypes mental health conditions.
Personal Narrative & Real-life Examples: Dr. Singh shared personal experiences and life stories to illustrate the real-world impact of social exclusion and discrimination on an individual's mental state.
Combating Stigma: Practical strategies for dismantling discrimination, protecting human rights, and encouraging community-driven empathy to ensure individuals seek help without fear of social judgment.

CONCLUSION & KEY TAKEAWAYS

The Awareness Lecture Series underscored a unified message across all sessions: prioritizing mental health is essential for individual well-being and societal growth. The interactive discussions allowed students to engage directly with experts, helping demystify psychological disorders and providing concrete coping strategies.

The event concluded with a vote of thanks delivered by the organizing committee, acknowledging the invaluable insights shared by the guest speakers from IHBAS, as well as the guidance of **Prof. Ravi Narayan Kar** (Principal) and **Prof. Kusha Tiwari** (Director, IQAC).


AWARENESS SESSION
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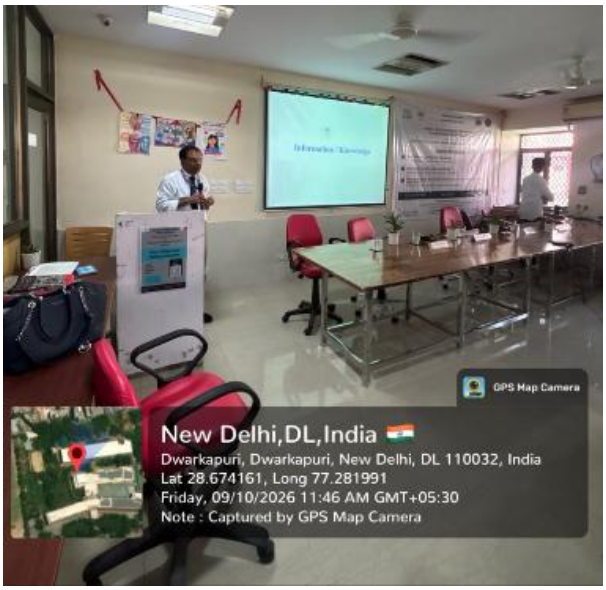

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Why mental health is a public-health priority
AWARENESS SESSION
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The topic is covered under following headings:-
What is Depression
Youth Depression
Causes of youth Depression
Remedy for youth Depression
Course and Outcome
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