SLC(University of Delhi)

SHYAM LAL COLLEGE

NAAC A++ & NIRF 43

WOMEN DEVELOPMENT CENTRE (WDC)

&

MENTAL HEALTH AND WELLNESS COMMITTEE (MHWC)

Organized

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

REPORT

Inter-College Competitions on 'Mental Health Awareness'

EVENT DETAILS

Date: 8th of October 2026
Time: 10:00 AM onwards
Theme: Mental Health Awareness
Organized By: Women Development Centre (WDC) & Mental Health and Wellness Committee (MHWC), Shyam Lal College





EXECUTIVE SUMMARY

The Women Development Centre (WDC) and the Mental Health and Wellness Committee (MHWC) of Shyam Lal College, University of Delhi, jointly organized two inter-college competitive events on 8th of October 2026 centering around the overarching theme of Mental Health Awareness.

The initiative aimed to foster creative expression, critical dialogue, and open discussions around mental well-being among students across colleges. The two events organized simultaneously were:

Inter-College Conventional Debate Competition (Venue: Innovation Plaza, Old Building)

Inter-College Poster Making Competition (Venue: Room No. 32, Old Building)

DISTINGUISHED JUDGES & FACULTY
Panel of Judges:

The performances and creative submissions were evaluated by an esteemed panel of faculty members:
Dr. Jyoti Sharma
Dr. Rekha Kaushik (Convenor, WDC)
Dr. Shweta
Dr. Prem Lata Meena (Nodal Officer, MHWC)
Dr. Richa Tyagi

Patrons & Organizing Leadership:
Prof. Rabi Narayan Kar – Principal, Shyam Lal College
Prof. Kusha Tiwari – Director, IQAC
Dr. Rekha Kaushik – Convenor, Women Development Centre (WDC)
Dr. Prem Lata Meena – Nodal Officer, Mental Health & Wellness Committee (MHWC)

EVENT PROCEEDINGS

1. Inter-College Conventional Debate Competition
Venue: Innovation Plaza, Old Building, Shyam Lal College
Time: 10:00 AM

The debate competition served as an intellectual platform for participants to articulate arguments on pressing issues related to societal pressure, stigma surrounding mental health, and psychological well-being. Participants demonstrated eloquent public speaking skills and persuasive reasoning before the judging panel.

2. Inter-College Poster Making Competition
Venue: Room No. 32, Old Building, Shyam Lal College

Time: 10:00 AM

The poster-making competition encouraged students to visually communicate key aspects of mental health, emotional self-care, and support networks. The creative art pieces highlighted thought-provoking messages aimed at de-stigmatizing mental health issues among youth.

CONCLUSION & ACKNOWLEDGMENTS

The event concluded with an interactive feedback session where judges shared insightful reflections on the participants' performances and artworks. The judges appreciated the high standard of entries and commended the organizers for creating awareness on such a vital theme. Winners and participants were awarded certificates and tokens of appreciation.

The vote of thanks was delivered expressing sincere gratitude to Prof. Rabi Narayan Kar (Principal), Prof. Kusha Tiwari (Director, IQAC), the organizing teams of WDC & MHWC, the esteemed panel of judges, and all participating students from various colleges for making the event a resounding success




GPS Map Camera
New Delhi,DL,India
Dwarkapuri, Dwarkapuri, New Delhi, DL 110032, India
Lat 28.673576, Long 77.282743
Thursday, 08/10/2026 12:37 PM GMT+05:30
Note : Captured by GPS Map Camera


GPS Map Camera
New Delhi,DL,India
Dwarkapuri, Dwarkapuri, New Delhi, DL 110032, India
Lat 28.673740, Long 77.282691
Thursday, 08/10/2026 12:25 PM GMT+05:30
Note : Captured by GPS Map Camera


GPS Map Camera
New Delhi,DL,India
Dwarkapuri, Dwarkapuri, New Delhi, DL 110032, India
Lat 28.673538, Long 77.282807
Thursday, 08/10/2026 01:21 PM GMT+05:30
Note : Captured by GPS Map Camera


GPS Map Camera
New Delhi,DL,India
Dwarkapuri, Dwarkapuri, New Delhi, DL 110032, India
Lat 28.673473, Long 77.282677
Thursday, 08/10/2026 01:20 PM GMT+05:30
Note : Captured by GPS Map Camera


NIKE
GPS Map Camera
New Delhi,Delhi,India
Grand Trunk Road, Naveen Shahdara, New Delhi, Delhi 110032, India
Lat 28.673770, Long 77.282655
Thursday, 08/10/2026 01:53 PM GMT+05:30
Note : Captured by GPS Map Camera


NIKE
GPS Map Camera
New Delhi,Delhi,India
Grand Trunk Road, Naveen Shahdara, New Delhi, Delhi 110032, India
Lat 28.673797, Long 77.282607
Thursday, 08/10/2026 01:49 PM GMT+05:30
Note : Captured by GPS Map Camera


GPS Map Camera
New Delhi,Delhi,India
Grand Trunk Road, Naveen Shahdara, New Delhi, Delhi 110032, India
Lat 28.673783, Long 77.282604
Thursday, 08/10/2026 01:48 PM GMT+05:30
Note : Captured by GPS Map Camera


GPS Map Camera
New Delhi,Delhi,India
Grand Trunk Road, Naveen Shahdara, New Delhi, Delhi 110032, India
Lat 28.673708, Long 77.282590
Thursday, 08/10/2026 01:49 PM GMT+05:30
Note : Captured by GPS Map Camera


SLC (University of Delhi)
Shyam Lal College
Women Development Centre
&
Mental Health and Wellness Committee
organises
Inter College
Coventional Debate competition
GPS Map Camera
New Delhi, Delhi, India
16/680/134, Navin Shahdara, Shahdara, New Delhi, Delhi 110032, India
Lat 28.673879° Long 77.282614°
Thursday, 08/10/2026 11:42 AM GMT +05:30
Google


GPS Map Camera
New Delhi, Delhi, India
16/680/134, Navin Shahdara, Shahdara, New Delhi, Delhi 110032, India
Lat 28.673881° Long 77.282586°
Thursday, 08/10/2026 12:22 PM GMT +05:30
Google


GPS Map Camera
New Delhi, Delhi, India
16/680/134, Navin Shahdara, Shahdara, New Delhi, Delhi 110032, India
Lat 28.673886° Long 77.282589°
Thursday, 08/10/2026 12:23 PM GMT +05:30
Google


GPS Map Camera
New Delhi, Delhi, India
16/680/134, Navin Shahdara, Shahdara, New Delhi, Delhi 110032, India
Lat 28.673884° Long 77.282591°
Thursday, 08/10/2026 12:23 PM GMT +05:30
Google