

SLC(University of Delhi)
SHYAM LAL COLLEGE
MENTAL HEALTH & WELLNESS COMMITTEE (MHWC)
&
DEPARTMENT OF CHEMISTRY
under
IQAC
in collaboration with
Institute of Human Behaviour & Allied Sciences (IHBAS), Delhi
organizes
Youth Champions Workshop: Building a Mentally Healthy Campus
REPORT

The Mental Health & Wellness Committee (MHWC) and the Department of Chemistry, under IQAC, organized the "Youth Champions Workshop: Building a Mentally Healthy Campus" at Shyam Lal College (University of Delhi) in collaboration with the Institute of Human Behaviour & Allied Sciences (IHBAS), Delhi. The workshop was held on 28 September 2026 from 10:00 a.m. onwards in the Seminar Hall of the college. It was conducted with the objective of promoting mental well-being and encouraging help-seeking behaviour among students. The session saw enthusiastic participation from students and faculty members, making the event highly engaging and impactful.



The poster features logos at the top: Shyam Lal College, NAAC A++ Accredited, and IHBAS. The text is centered and reads: SLC(University of Delhi) SHYAM LAL COLLEGE, MENTAL HEALTH & WELLNESS COMMITTEE (MHWC) & DEPARTMENT OF CHEMISTRY under IQAC, in collaboration with Institute of Human Behaviour & Allied Sciences (IHBAS), Delhi organizes Youth Champions Workshop: Building a Mentally Healthy Campus on Date : 28 Sept, 2026 Time : 10:00 a.m. onwards Venue : Seminar Hall, SLC. A box on the left lists the speaker's theme and topics. A QR code on the right is labeled 'Registration form link'. At the bottom, it lists the organizing team and student coordinators.

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Youth Champions Workshop: Building a Mentally Healthy Campus
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Date : 28 Sept, 2026
Time : 10:00 a.m. onwards
Venue : Seminar Hall, SLC

Speaker's theme
Mr Rohit Gupta- Introduction to Mental Health
Dr Harmeet Kaur- Myth Vs Fact on Mental Health
Ms Tamanna Bhatia- Case Presentation
Dr Shubham Kumar- Self Care
Ms Anita Thapa- Art of Supporting
Mr Lalit Kumar- Life Skills

Registration form link

Student Coordinators - Pallavi & Tanzeel
Organizing Team – All the Faculty Members of Department of Chemistry
Dr. Prem Lata Meena **Coordinator**
Nodal Officer, MHWC
Dr. Yukti Monga **Convenor**
TIC, Dept. of Chemistry
Prof. Kusha Tiwari **Director, IQAC**
Prof. Rabi Narayan Kar **Principal**

The programme commenced with a welcome address by Pallavi), who warmly welcomed the gathering and expressed sincere gratitude to the organizing committee, especially Dr. Prem Lata Meena (Nodal Officer, MHWC), Dr. Yukti Monga (Convenor, TIC, Department of Chemistry), Prof. Kusha Tiwari (Director, IQAC) and Prof. Rabi Narayan Kar (Principal), for their guidance and support. She briefly introduced the theme of the workshop and highlighted its primary aim: to encourage students to seek help without hesitation and to create awareness about mental health issues. The team of experts from IHBAS was then formally welcomed.

The first session, "Introduction to Mental Health," was delivered by Mr. Rohit Gupta. He explained the concept of mental health, how stress and mental pressure affect overall well-being, and why early identification and timely support can significantly improve outcomes. His simple and clear explanation helped students understand mental health from both a scientific and a practical perspective.

An interactive activity, "Myth vs Fact on Mental Health," was conducted by Dr. Harmeet Kaur. Various statements were displayed on the screen, and participants were asked to identify whether they were myths or facts. The session was highly appreciated, as it cleared common misconceptions and made students more aware of mental health realities.

Ms. Tamanna Choudhary then led a "Case Presentation" session. Participants were divided into groups and given case studies to analyze and discuss possible solutions. This activity enhanced critical thinking and peer learning.

Dr. Shubham Kumar delivered a session on "Self Care," emphasizing the importance of looking after one's own physical and emotional health. He discussed practical habits that help maintain mental well-being and manage stress in daily life.

Ms. Anita Thapa spoke on the "Art of Supporting," focusing on how to identify signs of poor mental health in friends, peers, or family members. She explained the basic steps to handle such situations, the kind of support one should offer, and when to seek professional help.

Towards the conclusion, Mr. Lalit Kumar conducted a session on "Life Skills," addressing the impact of excessive mobile phone usage, social media reels, and substance abuse on the adolescent brain. He explained how even mentally healthy individuals can be adversely affected by unhealthy digital habits and drug use. Students were sensitized to maintain a balanced lifestyle, limit screen time, and remain vigilant about their mental well-being

The session was conducted using engaging videos and informative presentations, which kept the audience attentive throughout.

Overall, the workshop proved to be highly informative, interactive, and beneficial, successfully creating awareness about mental health and reinforcing the importance of seeking help.





Shyam Lal College
Faculty Attendance Sheet
Date: 28 September 2026

S. No.	Student Name	Course
1	Dr Harmeet Kaur	INBAS
2	Anita Thapa	INBAS
3	TAMANA	INBAS
4	Shubham Kumar	INBAS
5	Lalit	INBAS
6	Rohit Gupta	INBAS
7	DR. RISHA TYAGI	Chemistry, SLCC
8	Dr. Yukti Monga	Chemistry, SLCC
9	Dr. Priyanka Late Heena	Chemistry, SLCC
10	Dr. Raghavender N	Chemistry, SLCC
11	Dr. Ankit Mittal	Chemistry, SLCC
12	Dr. Rohit Puri	Chemistry, SLCC
13	Dr. Bidma Dechar	Chemistry, SLCC
14	Dr. Monica Gambhvi	Monia Physics, SLCC

Youth Champions Workshop

(28th Sept. 2026)

Sheet 1

Students Attendance

S. No.	Student Name	Course
01	Pragati Sharma	B.Sc Prog (CS)
2	Piya Jain	B.Sc Prog (CS)
3	Samridhhi Verma	B.Sc Prog (CS)
4	Akanksha	B.Sc Prog (CS)
5	Ruchika	B.Sc Prog (CS)
6	Kirti	B.Sc Prog (Chem)
7	Payal Choudhary	B.Sc. Prog (Chem)
8	Panvathi Nair	B.Sc. Prog (Chem)
9	Deepanshi Singh	B.Sc. Prog (Chem)
10	Vinisha	B.Sc. prog (chem)
11	Suhani Kumari	B.Sc. prog (CS)
12	Sudhakar Das	B.Sc Prog Phys (CS)
13	Rubi Sharma	B.Sc. Prog Phys (CS)

Youth Champions Workshop (28th Sept. 2026) Sheet 2

Students Attendance

S. No.	Student Name	Course
1	Shreshth Sharma	B.Sc. Phys. Sci. (Chem)
2	Yash	B.Sc. Phys. Sci. (Chem)
3	Himanshu Kumar	"
4	Riya	"
5	Hakshit Singh	"
6	Kaustubh Tripathi	"
7	Shubh Kumar	"
8	Mayuri	"
9	Angad Singh	"
10	Deepanshu Khatke	"
11	Ashwini Chaudhary	"
12	Vishal Kumar	"
13	Akash Yadav	"
14	Rishabh Kumar	"
15	Pranav Kumar	"
16	Ankit	B.Sc. Chem (H.) 3rd
17	Jaatin Kumar	"
18	Anchal	"
19	Jahnavi Kumari	"
20	Sonika	"
21	Pranav	"
22	Krishna Verma	"
23	Pallavi	"
24	Shreyas	B.Sc. (Hons) 1 st (C)
25	Kishan Singh	B.Sc. (Hons) 2 nd (C)
26	Pranav Chaudhary	B.Sc. (Hons) 3 rd (C)
27	Mitsh Yadav	B.Sc. (Hons) Chemistry

Youth Champions Workshop

Shyamsil College
Student Attendance Sheet
Date: 28 September 2026

Sheet 3

S. No.	Student Name	Course
1	Meharshi Gupta	B.Sc. Phys. Sci. (Chem)
2	Yashraj Kumar	B.Sc. Phys. Sci. (Chem)
3	Kiran Upadhyay	B.Sc. (Hons) Phys. Sci. (Chem)
4	Kushal	B.Sc. (Hons) Phys. Sci. (Chem)
5	Shreyas Gupta	B.Sc. (Hons) Phys. Sci. (Chem)
6	Pranav Yadav	B.Sc. (Hons) Phys. Sci. (Chem)
7	Kushal Verma	B.Sc. (Hons) Phys. Sci. (Chem)
8	Garima Joshi	"
9	Gurush	"
10	Vishal	"
11	Anus	B.Sc. Phys. Sci. (Chem)
12	Lucky	"
13	Megha	"
14	Rakesh	"
15	Anshu	"
16	Mansu	"
17	Pranav	"
18	Surya Singh	B.Sc. Math (Hons)

Dr. Prem Lata Meena
Nodal Officer, MHWC

Dr. Yukti Monga
Convenor, TIC Dept of Chemistry