

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

MENTAL HEALTH & WELLNESS COMMITTEE (MHWC)

&

DEPARTMENT OF CHEMISTRY

AWARENESS PROGRAM & PRE-TEST – POST TEST on EPILEPSY
KNOWLEDGE, ATTITUDES & PRACTICES

REPORT

The *Mental Health & Wellness Committee (MHWC)* and *Department of Chemistry* under *IQAC*, *Shyam Lal College*, in collaboration with the *Institute of Human Behaviour & Allied Sciences (IHBAS)*, Delhi organized **Awareness Program & Pre-Test – Post-Test on “Epilepsy Knowledge, Attitudes & Practices”** on 17th April, 2026 from 10.00 onwards in the Room No.-20



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AWARENESS PROGRAM
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SPEAKERS WITH THEME
DR. SARBJEET KHURANA
(Epilepsy : Burden of Epilepsy & its Causes)
DR. MRIDULA SINGH
(Treatment of Epilepsy & Compliance to Treatment)
DR. RAVINDER SINGH
(Epilepsy across Cultures : Anthropological Perspectives)
DR. SUSHMA KUMARI
(Mental Health & Wellbeing: Human Behaviour Perspective)
DR. KALINDI SHARMA
(Social Issues, Stigmas, & Discrimination surrounding Mental Health & Wellbeing)

Date : 17th April, 2026
Time : 10:00 a.m. onwards
Venue : Room No.-20, SLC



REGISTER
HERE

Student Coordinators - Parshvi Jain & Shubhankar
Organizing Team – All the Faculty Members of Department of Chemistry

Dr. Prem Lata Meena Coordinator Nodal Officer, MHWC	Dr. Ompal Singh Yadav Convenor TIC, Dept. of Chem.	Prof. Kusha Tiwari Director, IQAC	Prof. Rabi Narayan Kar Principal, SLC
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An awareness program along with pretest–posttest was conducted with the objective of spreading knowledge about epilepsy, its causes, symptoms, and treatment. The program It further sought to reduce stigma, promote mental health awareness, and sensitize students towards social and psychological aspects related to epilepsy. The session witnessed enthusiastic participation from approximately 35 students and 10 faculty members, making the event highly engaging and impactful.

The programme commenced with a welcoming address by *Parshvi Jain (Student Coordinator)* who warmly welcomed the gathering and expressed sincere gratitude to organising committee, especially *Dr. Prem Lata Meena (Nodal Officer, MHWC)* & *Dr. Ompal Singh Yadav (TIC, Depart. of Chemistry)* for their Guidance and support in organizing the event. She briefly introduced the theme of the program and highlighted its primary aim—to reduce stigma, promote mental health awareness, and sensitize students towards social and psychological aspects related to epilepsy to assess and improve the participants’ understanding through pretest and posttest evaluation, while also encouraging positive attitudes and appropriate practices. The team of doctors was then formally welcomed & felicitated.

Dr. Sarabjit Khurana provided us with valuable and insightful information on epilepsy. Her session focused on giving a clear understanding of the basics of epilepsy, including its causes, types, and symptoms. She elaborated on the effects of epilepsy on an individual’s physical as well as mental health. She also guided the audience on the precautions that need to be taken, especially in emergency situations, such as when a student experiences a seizure in the classroom. She explained simple and practical first-aid measures, along with general do’s and don’ts to ensure the safety of the affected person. Furthermore, she discussed the available treatment options and emphasized the importance of timely medical care, awareness, and reducing stigma associated with epilepsy. Her session was highly informative and helped in building a better understanding of the condition among the participants.

The session by *Dr. Sarabjit Khurana* was followed by *Dr. Ravinder*, who further enriched the program with his informative talk. He discussed several important case studies related to epilepsy, highlighting nearly 10–12 real-life examples to help the audience understand the condition more practically. He elaborated on the Indian scenario of epilepsy, explaining recent trends and observations. Through these case studies, he clearly explained the symptoms, possible warning signs, and how epilepsy can present differently in each individual. *Dr. Ravinder* also emphasized how to identify such cases in real-life situations and discussed the possible systems and approaches for managing them effectively. His session provided deeper insights and helped the participants connect theoretical knowledge with practical understanding.

A pretest and posttest were conducted as part of the program to assess the participants’ knowledge and understanding of epilepsy. The pretest forms were circulated among the participants before the start of the session to evaluate their initial awareness. After the completion of the session, posttest forms were distributed to measure the improvement in their knowledge and the effectiveness of the program. This helped in analyzing the learning outcomes of the participants.

The awareness program on epilepsy was highly informative and impactful, successfully achieving its objective of enhancing knowledge and promoting positive attitudes among the participants. The sessions delivered by the esteemed doctors provided valuable insights into the causes, symptoms, treatment, and management of epilepsy, along with practical guidance for handling emergency situations. The pretest and posttest analysis reflected a significant improvement in the understanding of the participants. Overall, the program contributed towards reducing stigma and encouraging awareness about mental health and epilepsy.

The program concluded with a formal vote of thanks, expressing sincere gratitude to all the respected doctors, organizers, and participants for their valuable contribution and active participation in making the event successful.













17th April, 2026

MENTAL HEALTH & WELLNESS COMMITTEE & DEPARTMENT OF CHEMISTRY
AWARENESS PROGRAM & PRETEST-POST-TEST ON EPILEPSY

Attendance Sheet (Students)

Name	Course	Roll No.	Signature
Diya Mahra	B.Sc. Bsc. Chem	232022	Diya
Ashwini Nain	"	232142	Ashwini
Ashwini Parmar	B.Sc. Hon. Chem	252631	Ashwini Parmar
Dimple Kashyap	B.Sc. (H) Chemistry	252632	Dimple
Aashika Saini	B.Sc. (H) Chemistry	252614	Aashika
Rishi Gaurav	B.Sc. (H) Chemistry	252621	Rishi
Kashish Chauhan	B.Sc. (H) Chemistry	252620	Kashish
Drakshi Ray	"	252630	Drakshi
Urnati	"	252601	Urnati
Tanya	"	252619	Tanya
Anshu Narang	"	252612	Anshu
Ahanshiyam	"	252625	Ahanshiyam
Amul Dutt	"	252636	Amul Dutt
Ashika Dubey	"	242627	Ashika
Aryan-Bundela	"	242604	Aryan
Kishan Khosla	"	252604	Kishan
Ayush Kumar	"	252622	Ayush K
Harsh Upari	"	252634	Harsh
Gauri D. Sangal	"	252618	Gauri
Nikhil Khosla	"	252619	Nikhil
Ashveer Singh	"	252610	Ashveer
Ashu Kumar	"	242621	Ashu Kumar
Jatin Kumar	"	242611	Jatin K
Sidharth Kishik	"	222628	Sidharth
Kunal Yadav	"	222624	Kunal
Priya Yadav	"	222626	Priya Yadav
Aashi	"	222621	Aashi
Kushagra Bhakta	"	252606	Kushagra Bhakta
Panduraj Jais	B.Sc. (H) Chemistry	252608	Panduraj
Kuldeep	B.Sc. (H) Chemistry	252640	Kuldeep

17th April 2026

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Attendance Sheet (Faculty)

Name	Department	Signature
Dr. Kanta Yadav	Chemistry	Kanta
Dr. Pooja Yadav	Chemistry	Pooja
Dr. Anurag	Chemistry	Anurag
Dr. Ankit Mittal	Chemistry	Ankit
Dr. Rakhi Kaur	Pol. Sc.	Rakhi
Dr. Richa	CHEMISTRY	Richa
Dr. Yash	Chem.	Yash