

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

MENTAL HEALTH & WELLNESS COMMITTEE (MHWC)
&
DEPARTMENT OF CHEMISTRY

WORKSHOP on 'SAHAS: Strengthening Adolescent Health & Support'
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 a Workshop on “**SAHAS: Strengthening Adolescent Health & Support**” on 16th January, 2026 from 11:30 onwards in the Seminar Hall of the college.



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organizes
WORKSHOP
on
SAHAS : Strengthening Adolescent Health & Support

AIM
To encourage help seeking behaviour among students

REGISTER HERE



TEAM OF DOCTORS
DR. LALIT
Sr. Scientist, Dept. of Psychiatric Social Work, IHBAS
DR. HARMEET KAUR
Dept. of Psychiatric Social Work, IHBAS
DR. ROHIT
Scientist-B, Dept of Psychiatric Social Work

Date : 16th January, 2026
Time : 12:00 p.m. onwards
Venue : Seminar Hall

Referral Cards will be distributed to all the participants to facilitate smooth OPD behaviour amongst Youth

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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The workshop was successfully conducted with the objective of promoting mental well-being and encouraging help-seeking behaviour among students. The session witnessed enthusiastic participation from approximately 50 students and 15 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 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 doctors was then formally welcomed.

The entire session was led by *Dr. Lalit (Sr. Scientist, Depart. of Psychiatric Social Work, IHBAS)*, who began by explaining the concept and importance of help-seeking behaviour in adolescents. He emphasized how early identification and timely support can significantly improve mental health outcomes. Assessment parameter forms were then distributed among all participants, which helped them reflect on their emotions, behaviour, and mental well-being. These forms were also used to identify students or faculty members who might require professional help.

Following this, *Dr. Rohit (Scientist B, Depart. of Psychiatric Social Work, IHBAS)* conducted an informative session on the biology of stress and depression, explaining how different parts of the brain function under stress and how prolonged mental pressure affects overall health. His scientific yet simple explanation helped students understand mental health from a biological perspective.

An interactive and enjoyable activity was conducted by *Dr. Harmeet Kaur (Depart. of Psychiatric Social Work, IHBAS)* who engaged participants through a “Myth or Fact” game related to mental health. Various statements were displayed on the screen, and participants were asked to identify whether they were myths or facts. This session was highly appreciated as it cleared common misconceptions and made students more aware of mental health realities.

Another valuable session was delivered by a doctor from the same team, who focused on how to identify signs of poor mental health in friends, peers, or family members. She explained basic steps to handle such situations, the kind of support one should offer, and when to seek professional help. She further initiated group discussions by dividing participants into three to four groups and providing them with case studies to analyze and discuss possible solutions. This activity enhanced critical thinking and peer learning.

Towards the conclusion, *Dr. Lalit* addressed 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 due to 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 importance of TeleManas Helpline number was also emphasized.

The session was conducted using engaging videos and informative presentations, which kept the audience attentive throughout. At the end of the workshop, the medical team distributed referral cards to all students to ensure smooth OPD facilitation whenever required.

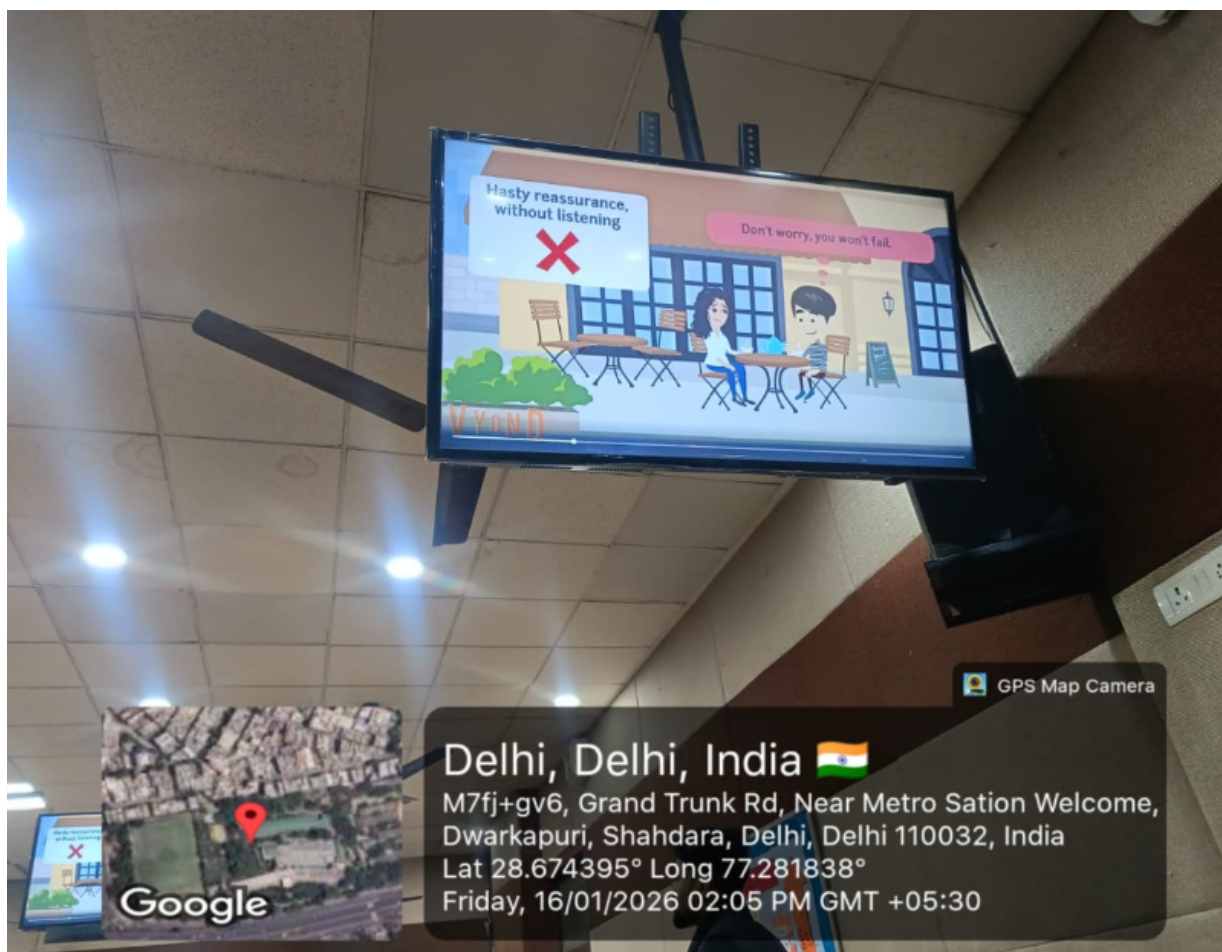
The programme concluded with a formal vote of thanks by *Dr. Richa Tyagi (Faculty Member)*, who expressed appreciation to the doctors, organizers, faculty members, and students for their active participation and contribution to the success of the event.

Overall, the workshop proved to be highly informative, interactive, and beneficial, successfully creating awareness about adolescent mental health and reinforcing the importance of seeking help without stigma.











Attendance

Date: 16/01/2026

School: Shyam Lal College
VB recurring: Baseline

S.N.	Name	Class & Sec	Year	Student ID/Roll no	Redcap ID (Subject)
1	Abhay	1 st Year		253542	B.chem (P)
2	Gaurav	1 st yr		253536	B.chem (P)
3	Rishi Kr Gupta	1 st yr		253523	B.chem (P)
4	Aksh	1 st yr		253931	B.chem (P)
5	Nishi	1 st year		222621	BSC (H) Chemistry
6	Nayana	1 st year		222631	BSC (H) Chemistry
7	Himanshu	1 st year		222614	BSC (H) Chemistry
8	John Raman	2 nd year		242611	BSC (H) Chemistry
9	Deepanku Rathore	2 nd year		242604	BSC phy. & earth sci.
10	VIVEK PANDEY	2 nd year		242607	BSC phy. & earth sci.
11	CHIRAN	2 nd year		242618	"
12	Shweta Kariyama	2 nd year		242616	"
13	Pranav Yadav	1 st year		253213	B.chem (chem)
14	Harsh Kumar Singh	1 st year		253225	B.chem (chem)
15	Yashika Gupta	2 nd year		242036	B.chem (chem) 2 nd year
16	Divyanshu Sharma	2 nd yr		242617	BSC (H) Chemistry
17	Smita Tomar	2 nd yr		242612	BSC (H) Chemistry
18	Harsh Gupta	1 st year		222624	BSC (H) Chemistry
19	Kashish Gautam	1 st year		252620	BSC (H) Chemistry
20	Shikha Pandey	1 st yr		252621	"
21	Disha Singh	1 st yr		232630	BSC (H) Chemistry
22	Gaurav Vora	1 st yr		232608	BSC (P) "
23	Anjali	2 nd yr		242615	BSC (chem. H)
24	Pratibha	2 nd yr		242605	BSC (chem. H)

Attendance

Date: 16/01/2026

School: Shyam Lal College
VB recurring: Baseline

S.N.	Name	Class & Sec	Year	Student ID/Roll no	Redcap ID (Subject)
1	PARSHV JAIN	1 st yr		222608	BSC (H) Chemistry
2	Kushagra Bhatia	1 st yr		252606	BSC (H) Chemistry
3	Ayush Kumar	1 st yr		252622	BSC (H) Chemistry
4	Amul Dhan	1 st year		252634	BSC (H) Chemistry
5	Kashish	1 st year		252625	BSC (H) Chemistry
6	Harsh	1 st year		252610	"
7	Abhishek Singh	1 st year		252619	"
8	Vishal Singh	1 st year		252613	"
9	Pranav Singh	1 st year		252631	BSC (H) CHEMISTRY
10	Arshi Dhan	1 st year		252605	BSC (H) CHEMISTRY
11	ANJALI	2 nd year		242603	BSC (H) CHEMISTRY
12	Tanvi Kumari	2 nd year		242607	BSC (H) CHEMISTRY
13	Srinivas Puri	2 nd year		253186	B.chem (H)
14	Hasthuveldin Khos	2 nd year		253183	B.chem (H)
15	Manvi	2 nd year		253183	BSC (H) CHEMISTRY
16	Chetan	1 st yr		252609	BSC (H) CHEMISTRY
17	Gaurav	1 st yr		252608	BSC (H) CHEMISTRY
18	Shweta	2 nd yr		242616	BSC (H) CHEMISTRY
19	Anjali	2 nd yr		242605	BSC (H) CHEMISTRY
20	Pratibha	2 nd yr		253179	B.chem (H)
21	Santosh Kumar Pandey	1 st yr		253194	B.chem (H)
22	Aparajita	1 st yr		253194	BSC (H) CHEMISTRY
23	Shikha	1 st yr		252621	"
24	Kashish Gautam	1 st yr		252620	"

Prem Lata

Dr. Prem Lata Meena
Coordinator, MHWC