

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.

MENTAL HEALTH & WELLNESS COMMITTEE (MHWC)
&
DEPARTMENT OF CHEMISTRY
under
IQAC
in collaboration with
Institute of Human Behaviour & Allied Sciences (IHBAS), Delhi
organizes
WORKSHOP
on
SAHAS : Strengthening Adolescent Health & Support

AIM
To encourage help seeking behaviour among students

REGISTER HERE

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

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

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 Dr. Ompal Singh Yadav Prof. Kusha Tiwari Prof. Rabi Narayan Kar
Coordinator Convenor Director, IQAC Principal, SLC
Nodal Officer, MHWC TIC, Dept. of Chem.

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, MHC)* & *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

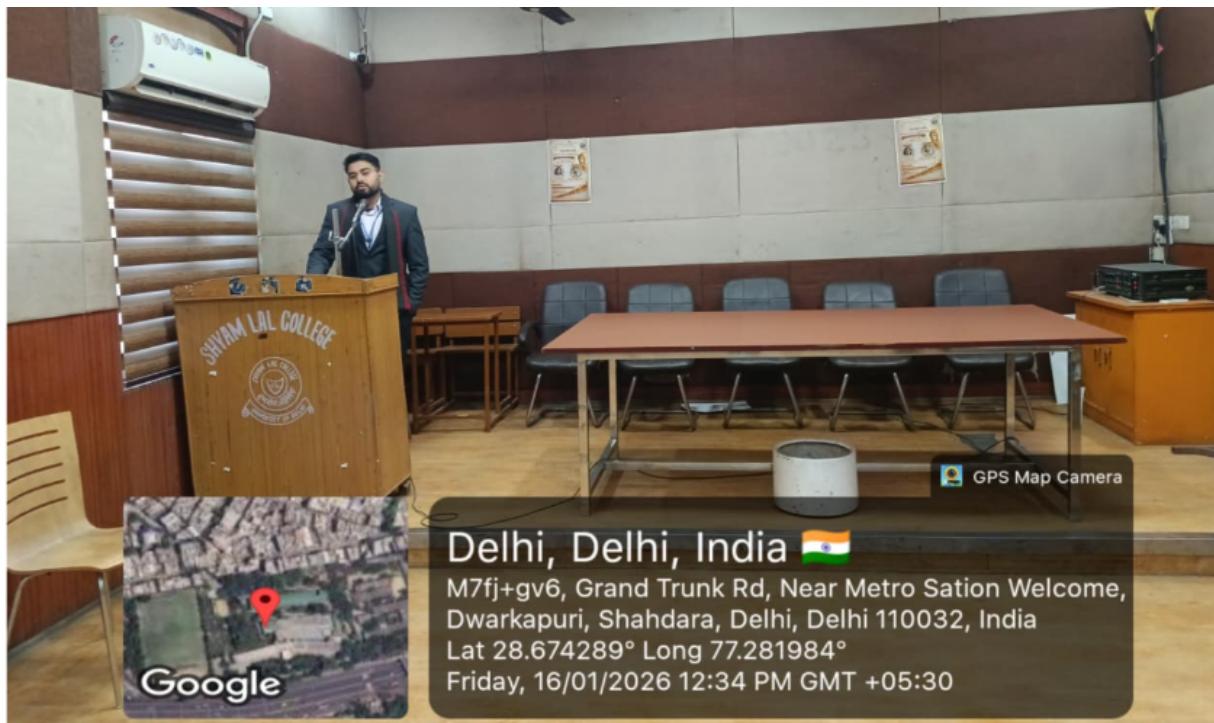
healthy individuals can be adversely affected due to unhealthy digital habits and drug use. Students were sensitized to maintain a balanced lifestyle, limit screen time, and remain vigilant about their mental well-being. The importance of TeleManas Helpline number was also emphasized.

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.

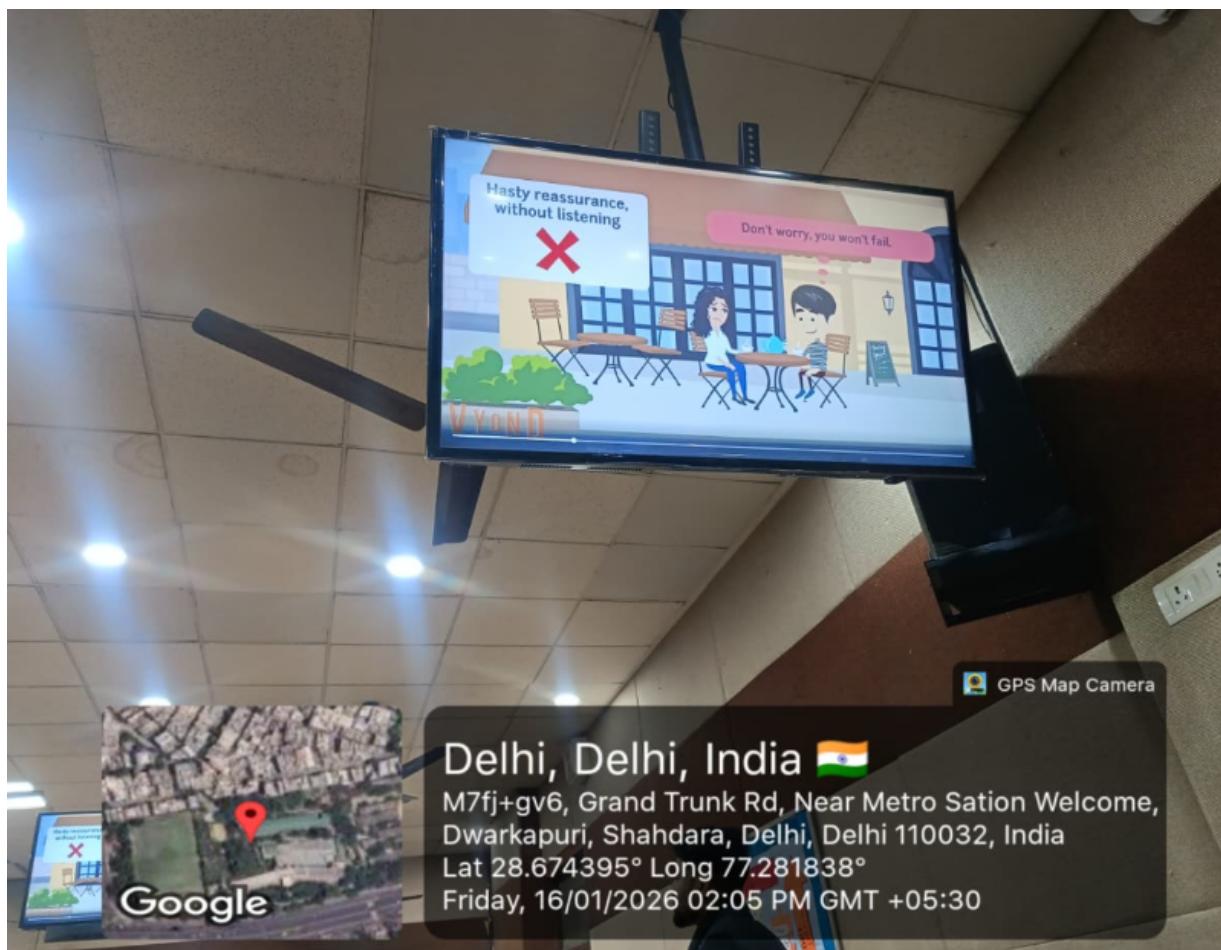
The programme concluded with a formal vote of thanks by *Dr. Richa Tyagi (Faculty Member)*, who expressed appreciation to the doctors, organizers, faculty members, and students for their active participation and contribution to the success of the event.

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 & See Year	Student ID/Roll no	Redcap ID (Subject)
1	Abhay	1 st Year	253542	B.Com (P)
2	Gaurav	2 nd yr	252536	B.Com (P)
3	Ritik Verma	3 rd yr	252523	B.Com (P)
4	Akshit	1 st yr (B)	253331	B.Com (P)
5	Neha	4 th year	222621	BSC (H) Chemistry
6	Manjusha	5 th year	222631	BSC (H) Chemistry
7	Himanshu	4 th year	222614	"
8	Jatin Kumar	2 nd year	242411	BSC (H) Chemistry
9	Deepsukh Rathore	3 rd year	252104	BSC phys. Sci with Chem
10.	VIVEK PANDAY	2 nd year	242207	BSC Physics with Chem
11.	CHIRAG	2 nd year	242019	"
12.	Shweta Kainthra	2 nd year	242016	"
13.	Abhijit Yadav	1 st year	253213	B.Com (Hons)
14.	Avish Kumar Singh	1 st Year	253250	B.Com (Hons)
15.	Utkarsh Rajput	2 nd year	242036	BSC (H) Phys. Sci with Chemistry
16.	Divyanshu Sharma	2 nd yr	242617	BSC (Chem (H)) Physics
17.	Sunita Tomar	4 th yr	242612	BSC (Chem (H)) Physics
18.	Bhavika Gupta	4 th yr	222014	BSC (Chem (H)) 4 th yr
19.	Kashif Chauhan	1 st Year	052620	BSC, Chem (H) 1 st year
20.	Yashika Pandey	1 st	052621	"
21.	Disha Singh	3 rd year	232630	BSC (H) Chemistry
22.	Guarav Verma	3 rd year	232066	BSC (P) "
23.	Angela	2 nd	242616	BSC (Chem (H))
24.	Pratibha	2 nd	242605	BSC (Chem (H))

Attendance

Date: 16/01/2026

School: Shyam Lal College
VB recurring: Baseline

S.N.	Name	Class & See Year	Student ID/Roll no	Redcap ID (Subject)
1	PASHUT JAIN	4 th yr	232608	BSC (H) Chemistry
2	Kushagra Bhaitola	1 st yr	252606	BSC (H) Chemistry
3	Avish Kumar	1 st yr	252622	BSC (H) Chemistry
4	Amrit Dusan	1 st yr	252626	BSC (H) Chemistry
5.	Ketan Upadhyay	1 st year	252634	BSC (H) Chemistry
6.	Abhishek Singh	1 st year	262525	"
7.	Yashwant Singh	1 st year	252610	"
8.	Yashwant Singh	1 st year	252629	"
9.	Gaurav Tengri	1 st year	252613	"
10.	Aanchal Pandey	1 st year	252631	"
11.	ANITA	2 nd year	252605	R. SC (H) CHEMISTRY
12.	Jahnavi Kumari	2 nd year	242603	R. SC CHEM (H)
13.	Srinidhi Puri	2 nd year	253366	B.COM - Hons
14.	Hoshmandil Khan	2 nd year	253159	B.COM - Hons
15.	Manu	2 nd	253183	B.COM - Hons
16.	Chetan	2 nd	253049	BSC (Prog)
17.	Garvish	1 st	252070	BSC (Prog)
18.	Monika	1 st	242616	BSC chem (H)
19.	Angela	2 nd	242605	BSC chem (H)
20.	Pratibha	2 nd	242605	B.COM (Hons)
21.	Sarthak Mani Pandey	1 st	253171	B.COM (Hons)
22.	Akash Jain	1 st	253184	B.COM (Hons)
23.	Uttika Sol	1 st	253199	B.COM (Hons)
24.	Cisha Gautam	1 st	252621	BSC Chem (H)
25.	Varshika Manjaria	1 st	052620	"

Premata

Dr. Prem Lata Meena
Coordinator, MHWC