



**Sri Guru Nanak Dev Khalsa College
Dev Nagar, New Delhi - 110005**

Post-Event Report

Event	Workshop
Topic	Mental Health and Wellbeing: A Nuanced Understanding
Organizer(s)	SAMYA - The Gender Sensitisation Society
Date	13 April 2026
Time	1:00 PM onwards
Duration	2 hour
Place/Platform	Seminar Hall
Number of Participants	32
Guest Speaker(s)/Trainer(s)	Dr. Priya Bhatnagar
Welcome Speech by:	Student
Introduction of the Speaker by:	Student

Activities (if any)

The workshop on “*Mental Health and Wellbeing: A Nuanced Understanding*” was organized by SAMYA – The Gender Sensitisation Society on 13 April 2026 in the Seminar Hall. The session began with an introduction emphasizing the importance of mental health in daily life. The guest speaker, Dr. Priya Bhatnagar, shared valuable insights on emotional well-being, stress, and the need to acknowledge one’s feelings.

She also conducted simple self-reflection and mindfulness activities to help participants assess their own mental health, identify stress triggers, and understand their thought patterns. The interactive nature of the session created a safe space for open discussion. Overall, the workshop was insightful and meaningful, encouraging greater awareness and care for mental well-being.



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Main Ideas

1. Importance of mental health awareness in daily life.
2. Understanding emotions, stress, and self-acceptance.
3. Role of self-reflection and mindfulness in wellbeing.
4. Breaking stigma through open discussion and sharing.
5. Encouraging self-care and supporting others' mental health

Vote of Thanks

Dr. Divya Sethi, Dr. Shikha Garg, Dr. Anju Dagar, Dr. Anita Rana and Dr. Rinki Dahiya

Attendance Sheet (Attach Scanned Copy) -

SRI GURU NANAK DEV KHALSA COLLEGE
DEV NAGAR, KAROL BAGH, DELHI-110005

SOCIETY NAME : SAMVA - The Gender Sensitization Society DATED : 13 April 2026

CONVENOR NAME : Dr. Divya Sethi

S.No.	Name	Class	Year	Roll No.	Signature
1.	Raj Raghuvanshi	BA Hons. Honors	4	1113	<i>[Signature]</i>
2.	Manshi Kumari Sharma	BA Hons. Honors	4	1114	<i>[Signature]</i>
3.	Bittu Kumar Singh	BA Prog.	4	2279	<i>[Signature]</i>
4.	Diha Sharma	BA Hons. Honors	2	1714	<i>[Signature]</i>
5.	Anshul Bisnoi	"	2	1708	<i>[Signature]</i>
6.	Dishki Shree	"	2	1741	<i>[Signature]</i>
7.	Ayush Singh	BA Prog.	4	2197	<i>[Signature]</i>
8.	Naveet Singh Madan	Bcom Prog.	2	3139	<i>[Signature]</i>
9.	Aditya Srivastha	Bcom Prog.	2	3122	<i>[Signature]</i>
10.	Anshul Kevot	BA Hons. Honors	2	1134	<i>[Signature]</i>
11.	Pooja Bhatia	BA Prog.	2	2216	<i>[Signature]</i>
12.	Meha Vashist	HJM	3	904	<i>[Signature]</i>
13.	Jiya Chauhan	BA Hons. Honors	2	1129	<i>[Signature]</i>
14.	Pinki	BA Hons. Honors	2	1128	<i>[Signature]</i>
15.	Lakshita Sharma	BA Hons. Honors	2	1110	<i>[Signature]</i>
16.	Amitrajit Kaur	BA Prog.	2	529	<i>[Signature]</i>
17.	Swaritna	BA Hons. Honors	3		<i>[Signature]</i>
18.	Saurabh	HJM	3	903	<i>[Signature]</i>
19.	Riya Thakur	BA Hons. Honors	2	1139	<i>[Signature]</i>
20.	Janvi Chopra	BA Prog.	1	2206	<i>[Signature]</i>

CONVENOR SIGN: Divya Sethi
DESIGNATION: Assistant Professor

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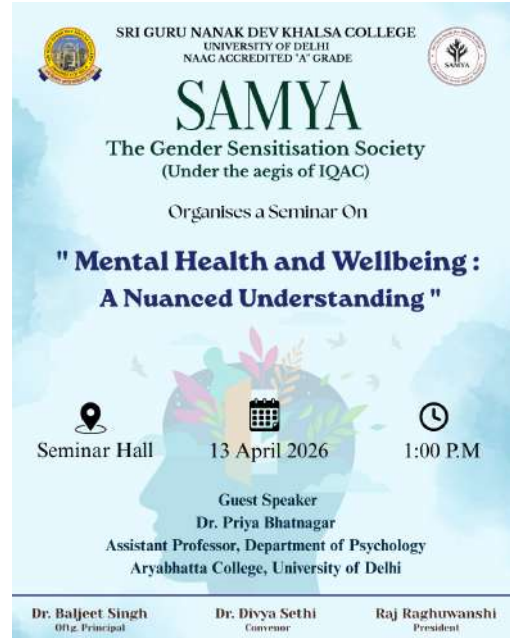
S.No.	Name	Class	Year	Roll No.	Signature
21.	Nachiket	BA Hons. Honors	1-3	1137	<i>[Signature]</i>
22.	Harneet Singh	Bcom Prog.	1	8	<i>[Signature]</i>
23.	Pawani Sharma	BA Prog.	2	2253	<i>[Signature]</i>
24.	Anisha	Hindi Hons.	4	709	<i>[Signature]</i>
25.	Manoj Kaur	BA Prog. Honors	2	531	<i>[Signature]</i>
26.	Sukmani Kaur	BA Hons. Honors	1	1146	<i>[Signature]</i>
27.	Nimit	BAP	1	21104	<i>[Signature]</i>
28.	Diha	BAP	2	2106	<i>[Signature]</i>
29.	Krishna	B. Com. Honors	3	72	<i>[Signature]</i>
30.	Shawar	BA Hons. Honors	4	101	<i>[Signature]</i>
31.	Amit Bhatia	BA Hons. Honors	2	1130	<i>[Signature]</i>
32.	Tarun Tiwari	BA Hons. Honors	2	1103	<i>[Signature]</i>

CONVENOR SIGN: Divya Sethi
DESIGNATION: Assistant Professor



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Poster (Attach Scanned Copy)



Pictures (Attach Five Photos)





**Sri Guru Nanak Dev Khalsa College
Dev Nagar, New Delhi - 110005**



Attach Scanned Copies of Two Certificates - NIL

Newspaper Clippings of the Event (if any) - NIL

Signature -

Name: Dr. Divya Sethi

(Convenor)