विवेकानन्द कॉलेज
VIVEKANANDA COLLEGE
(दिल्ली विश्वविद्यालय)
(UNIVERSITY OF DELHI)
विवेक विहार, दिल्ली-110095
VIVEK VIHAR, DELHI-110095
GRADE 'A' ACCREDITED By NAAC

**VIVEKANANDA COLLEGE**

**UNIVERSITY OF DELHI**

**SUPPORTING DOCUMENTS FOR 7.2.**

The supporting documents for Metric No. 7.2 have been uploaded on the college website.

| S. No. | Proofs | Page No. | Page Link. |
|---|---|---|---|
| 1 | Best Practices-Content | 2-3 | Proof Link |
| | **Best Practice 1** | | |
| 2 | Enactus | 4-9 | Proof Link |
| 3 | Social Outreach and Community Development Committee (SOCDC) | 10-12 | Proof Link |
| 4 | NSS | 13-20 | Proof Link |
| 5 | Counselling Cell | 21-22 | Proof Link |
| | **Best Practice 2** | | |
| 6. | Convocare | 23-52 | Proof Link |

# 7.2 Best Practices

## Best Practice – I

1. **Title:** 'You and I = We' – Collective Empowerment

2. **Objectives:** Learning and Imparting Skills

3. **Context:** Encouraging a culture of giving back to society to help others who are relatively disadvantaged.

4. **Practice:** Active participation in Community Outreach programmes through NSS and Social Outreach and Community Development (SOCD) Committee. Encouraging collaboration with NGOs and other organisations to widen the reach.

5. **Evidence of Success:** Regular intake of students willing to carry out social interventionist work.

6. **Problem and Resources:** Resource and infrastructure challenges

## Best Practice – II

1. **Title: 'Can we Care: Convocare'**

2. **Objectives:** Conversations around mental health.

3. **Context:** Student initiative to provide safe spaces where every voice matters and to discuss mental health concerns through interactive activities with tagline "Conversation. Comfort. Care."

4. **Practice:** Emphasizing meaningful conversations that facilitate personal wellbeing and build empathy towards others This is to create a nurturing environment of peer interaction and solace.

5. **Evidence of Success:** Collaborations with international and national organizations. Dedicated Wall of CONVOCARE on campus for regular student engagement. Student activities and games to promote mental wellbeing

6. **Problems and Resources:** Resource and infrastructure challenges.

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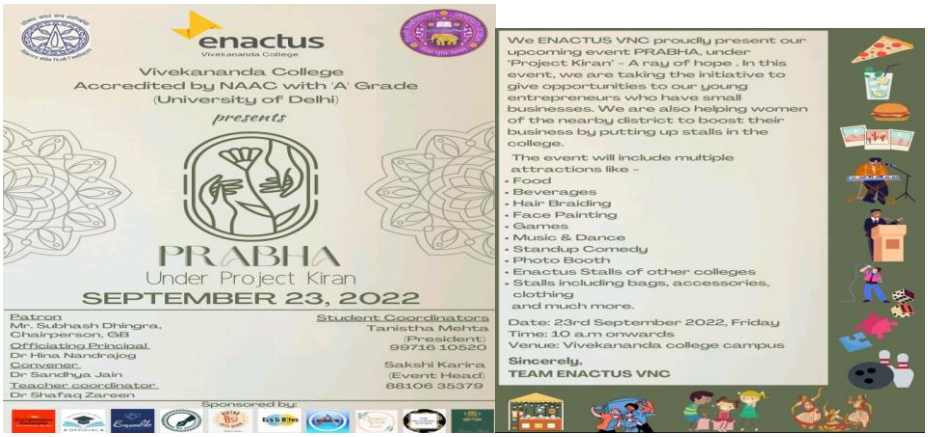
# ENACTUS

## REPORT - EVENT PRABHA

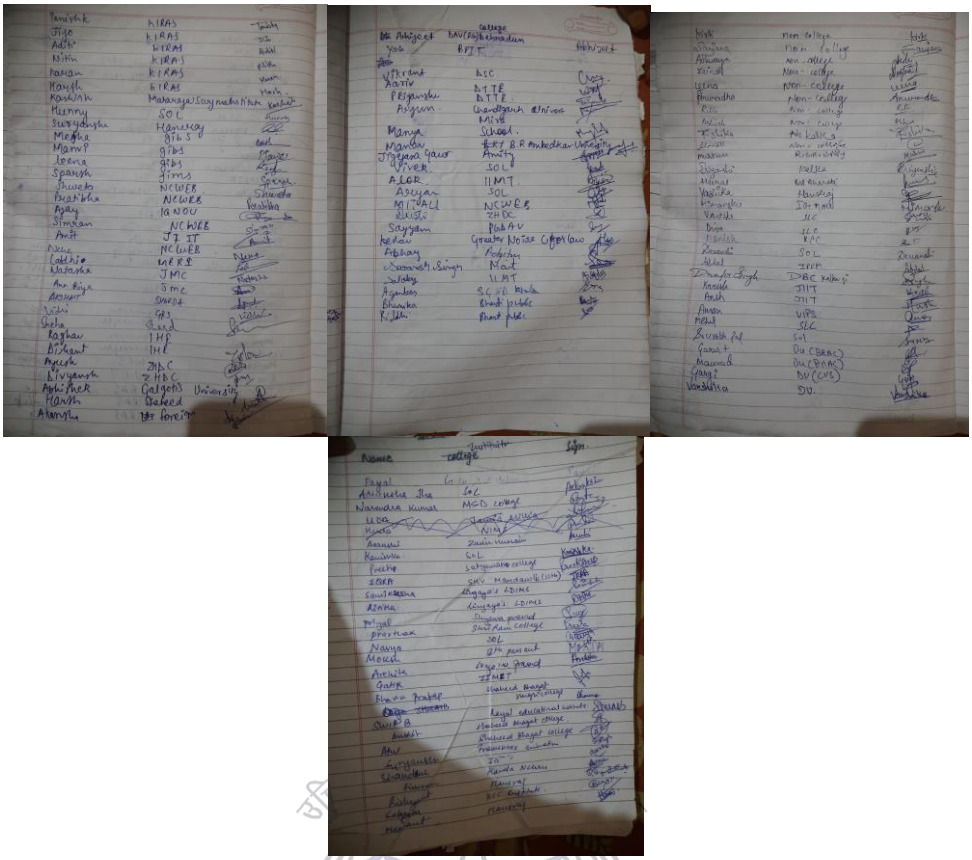
### BY TEAM ENACTUS VIVEKANANDA COLLEGE

A carnival "PRABHA" under Project Kiran - A ray of hope, for promoting young college students and underprivileged women entrepreneurs was organised by Enactus Vivekananda College on 23rd September 2022 under the guidance of Dr. Sandhya Jain, Convenor and Dr. Shafaq Zareen, Faculty Coordinator. The aim is to provide opportunities to young entrepreneurs from different colleges/universities and Jhilmil and Mandawali area so that they can showcase their talent and motivate other upcoming entrepreneurs. Students from different colleges came together to bring a change in society. Various stalls were set up by different Enactus students from colleges like Enactus Khalsa, Enactus Hansraj, Enactus Gargi, Enactus Keshav Mahavidyalaya, Enactus Miranda, Enactus LSR, Enactus Dr. Bhim Rao Ambedkar etc. These stalls include food stalls, game stalls, photo booths, book stalls, handicrafts, clothing, accessories etc. Outside small entrepreneurs were also motivated to set up stalls including gol gappe, hair braiding, face painting, tarot card reader and many others. There were varied colourful performances by different students from societies of Vivekananda college and students from other colleges. The event was a great success with the joint effort and support of Principal, Team Enactus, teachers, college staff and students.

**Event Poster**




**TOTAL FOOTFALL WAS AROUND 2000**



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110095, India
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Long 77.313285°
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Rd Number 71
Google

PRABHA
CLICK'O'MANIA
MOODBOARD
New Delhi, Delhi, India
Dr. Shahnaz Begum ( Convenor)
CLICK'O'MANIA

# REPORT

## Gaming Stall in Convocare's Event - MERAKI 22

## By Team Enactus VNC

On the 13th of October 2022, team Enactus under the guidance of Dr. Sandhya Jain, Convenor, and Dr. Shafaq Zareen, Faculty Coordinator embarked on a transformative journey to empower and uplift the spirits of individuals on the occasion of World Mental Health Day. As a radiant force of inspiration, our team established captivating Gaming Stalls at Vivekananda College, harmoniously energising the event organised by the Convocare Mental Health Society.

Convocare, an emerging society wholeheartedly committed to mental well-being, orchestrated a captivating 'Paint Party' to commemorate this special day. Embracing this opportunity, we introduced three engaging game stalls: 'CUP PONG, DROP THE COIN,' and 'FLIP THE BOTTLE The thrill of competition was met with abundant rewards, as winners were bestowed with tokens of appreciation including Fresca, scrunchies, keyrings, and toffees.

Amidst the vibrant atmosphere, the crown jewel of our stall was an enchanting quote chart, meticulously designed to nurture the mental well-being of students. Affirmations radiated from every word, instilling a sense of strength and resilience in the hearts of those who immersed themselves in its profound messages.

The event echoed with a powerful message of hope, touching the lives of many and reminding us of the significance of mental well-being. Enactus, fueled by our strong commitment to social entrepreneurship, is leading the path toward a better tomorrow, where empowering the mind is the secret to a flourishing society.

**List of Enectus Volunteers, who set up game stalls**:

1) Sakshi Karira

2) Kriti Gandhi

3) Vanshika Gupta

4) Sweksha Narula

5) Garima

6) Manya

7) Charvi

8) Latika Singhal

**GLIMPSES FROM THE EVENT**

# Social Outreach and Community Development Committee (SOCDC)

## REPORT
## Exhibition of SDG Panels

Social Outreach & Development Community Committee in association with Bharat Soka Gakki organized an exhibition of 25 panels including 17 panels of SDG on the theme of "Seeds of hope and action" on 12th – 13th January 2023. These panels were put in foyer area of the college. Volunteers explained the concept of ' SDG' to the guests and had an interactive talk on the same. The exhibition had a wonderful concept and idea which says 'It starts with one'. The purpose of this exhibition was to promote a culture of sustainability and establishing respect for the dignity of all life in society by spreading awareness among the young generation.
The exhibition went wonderful and everyone got so much to learn through this.

**List of Volunteers:**
**the final list -**

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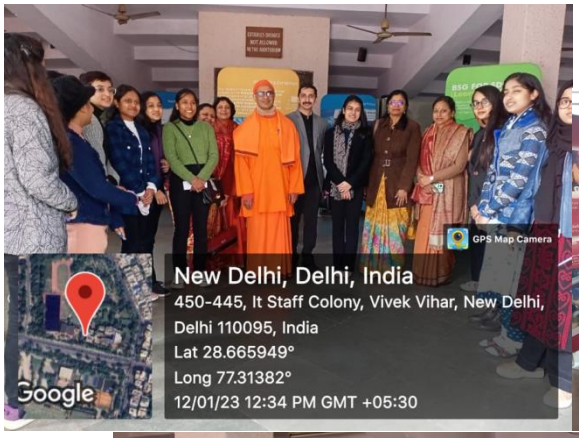
1. Aanchal jain
2. Akansha
3. Aashiya Mahajan
4. Chhavi Sharma
5. Tavieshi gautam
6. Jahanvi Wadhwa
7. Isha Rani
8. Mitali Raj
9. Shreya Ghosh
10. Chandrani basu
11. Radha
12. Ananya jain
13. Umme Kulsum
14. Prachi
15. Sadhana kumari
16. Deepshikha
17. Preksha Anand
18. Vaishnavi singh
19. Laxmi Lavania
20. Vartika Saxena
21. Unnati Tyagi
22. Tanisha Gandhi
23. Tanya Kumari
24. Ishika Garg
25. Manshika Nagpal

**Pics of the event:**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Delhi 110095, India
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Google

## REPORT

## REPUBLIC DAY CELEBRATION

On 25th January 2023, VNC SSF volunteers celebrated Republic Day with children's of Jhilmil colony. Activities like singing and dancing were organized on patriotic songs. The kids eagerly participated and enjoyed a lot. The SSF distributed flags and packets of chips to make it more joyful for the kids. 37 volunteers were present there.

**Pic :**

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# NSS

Activities under Azadi Ka Amrit Mahotsav

I. Activity 1

**Name of Event : Tiranga Yatra**

**Date and time of Event : 10th August 2022, 7:30 am**

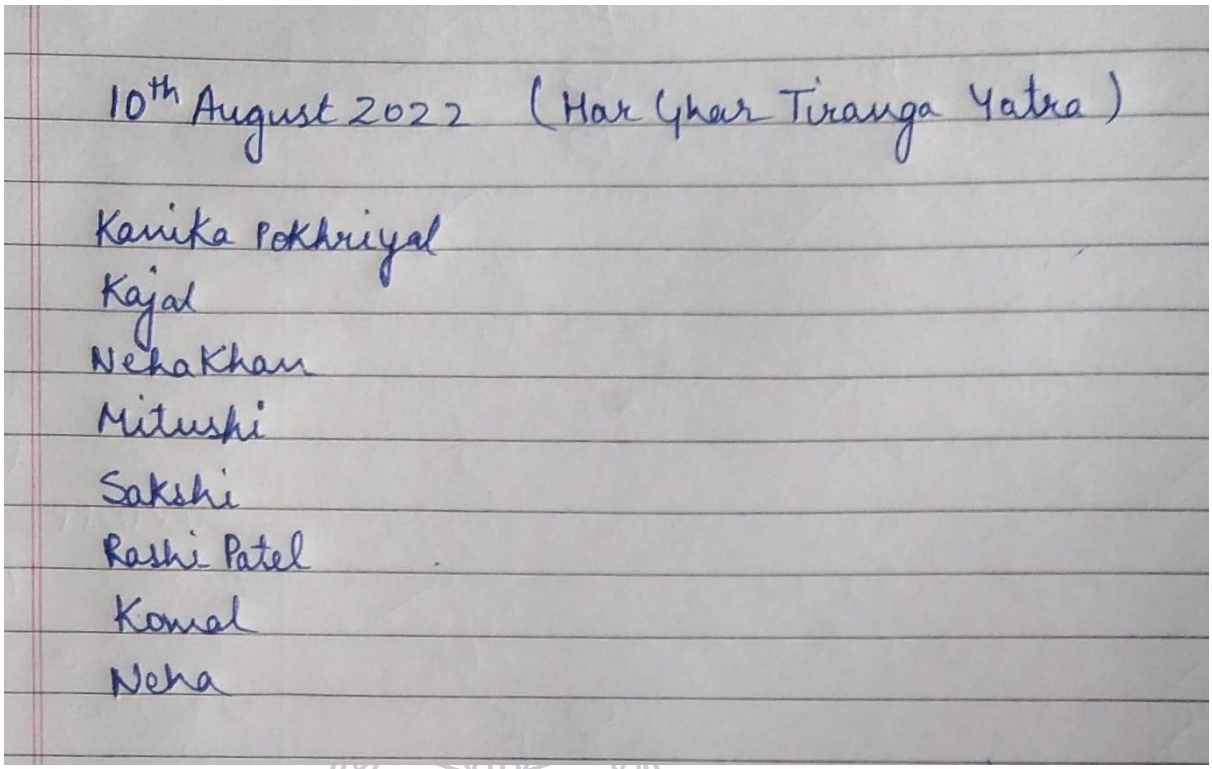
**Duration of Event : 1 Hour**

**Venue of Event : Gandhi Statue, Delhi University Main Campus**

**Copy of Invite/ Notice :**

**Report :** A group of Students and few faculty members Dr. Raman Singh, Mr. Amit Kumar, Mr. Abhishek Bhasker and Dr. Meena Pandey took active part in the Tiranga Yatra conducted by Delhi University. The photography society were part of the event and actively captured the moments in their lenses.

**List of Participants/ Attendances :**



10th August 2022 (Har Ghar Tiranga Yatra)

Kanika Pokhriyal
Kajal
Neha Khan
Mitushi
Sakshi
Rashi Patel
Komal
Neha

**Pictures :**

**Name of Event** : **Tiranga Yatra**

**Date and time of Event** : **12th August 2022, 7:30 am**

**Duration of Event** : **1 Hour**

**Venue of Event** : **Old DTU Campus, Jhilmil, (SDM Vivek Vihar)**

**Copy of Invite/ Notice** :

**Report :** A group of 16 Students, Dr. Dilip Jaiswal and Mr. Suresh Beniwal and took active part in the Tiranga Yatra conducted by SDM Vivek Vihar to celebrate the spirit of

Independence. The photography society Click'O'Mania were part of the event and actively captured the moments in their lenses.

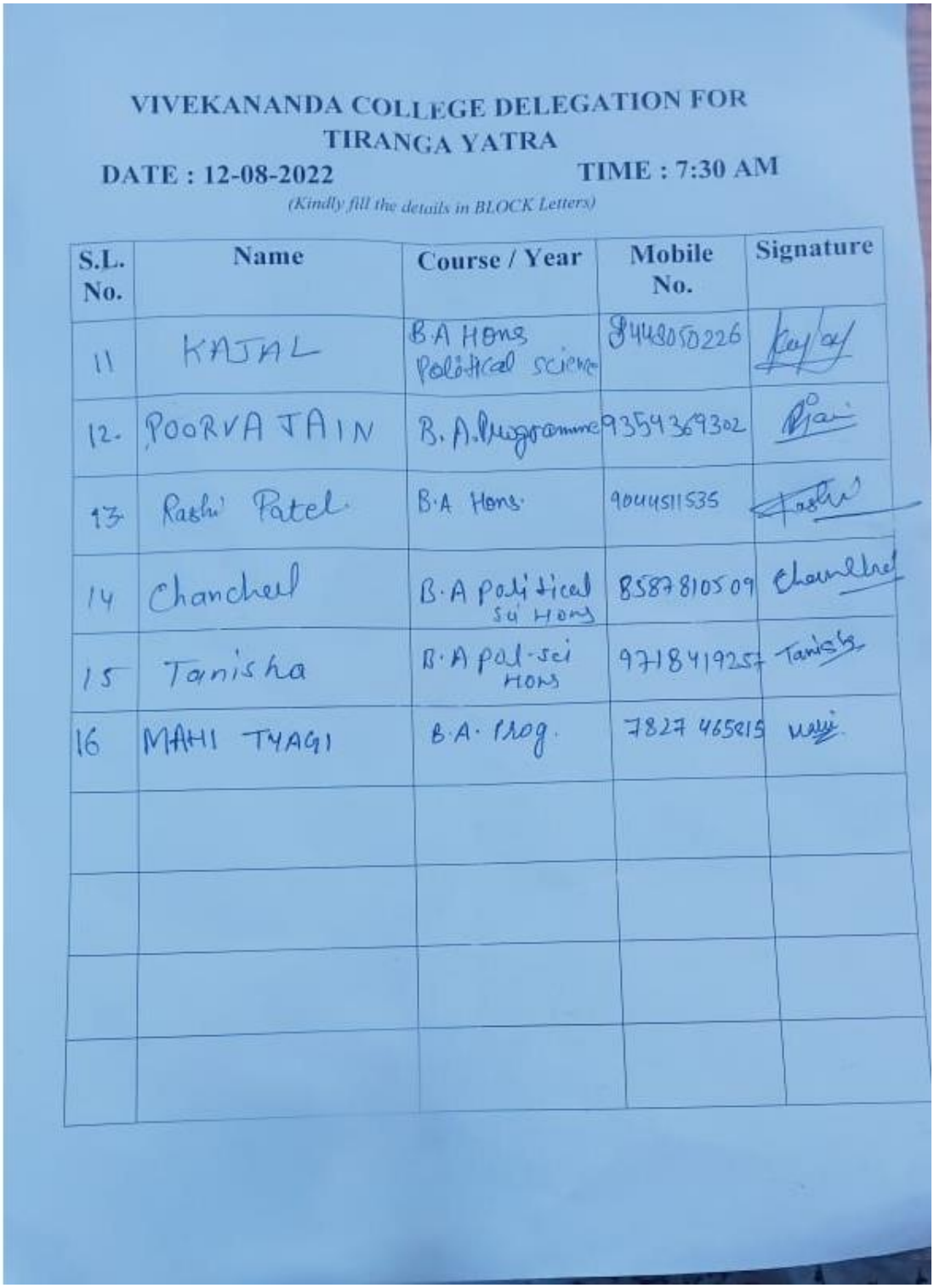
**List of Participants/ Attendances :**

VIVEKANANDA COLLEGE DELEGATION FOR TIRANGA YATRA

DATE : 12-08-2022 TIME : 7:30 AM

*(Kindly fill the details in BLOCK Letters)*

| S.L. No. | Name | Course / Year | Mobile No. | Signature |
|---|---|---|---|---|
| 01 | KANIKA POKHRIYAL | BA PROG (CAT+ECO) | 9310676834 | |
| 02 | BHAWNA BENIWAL | BA PROG (HIST. + POL SCI) | 7834965051 | |
| 03 | KUMUD BHATT | B COM (PROG.) | 8368213571 | |
| 04 | SNEHA CHOUDHARY | B.A (PROG) | 9354747738 | |
| 05 | NEHA KHAN | B A Hindi (H) | 8010007180 | |
| 06 | PARUL VALECHA | B.A. Prog (ENGG) CS | 9711495159 | |
| 07 | MANSI PRIYA | B.A. HISTORY HONS. | 8709756602 | |
| 08 | Kawal Gupta | B.A. Allied Psychology Hons. | 8492893858 | |
| 09 | DIVYA KAUSHIK | BA Programme (Hist MU) | 9354875826 | |
| 10 | Stuti Kaushik | B.A Programme (Eco +Pol) | 7428011809 | |



**VIVEKANANDA COLLEGE DELEGATION FOR TIRANGA YATRA**

**DATE : 12-08-2022** **TIME : 7:30 AM**

*(Kindly fill the details in BLOCK Letters)*

| S.L. No. | Name | Course / Year | Mobile No. | Signature |
|---|---|---|---|---|
| 11 | KAJAL | B.A Hons Political Science | 9448050226 | |
| 12. | POORVA JAIN | B.A. Programme | 9354369302 | |
| 13 | Rashi Patel | B.A Hons. | 9044511535 | |
| 14 | Chanchal | B.A Political Sci Hons | 8587810509 | |
| 15 | Tanisha | B.A pol-sci Hons | 9718419257 | |
| 16 | MAHI TYAGI | B.A. Prog. | 7827 465915 | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |

**Pictures :**

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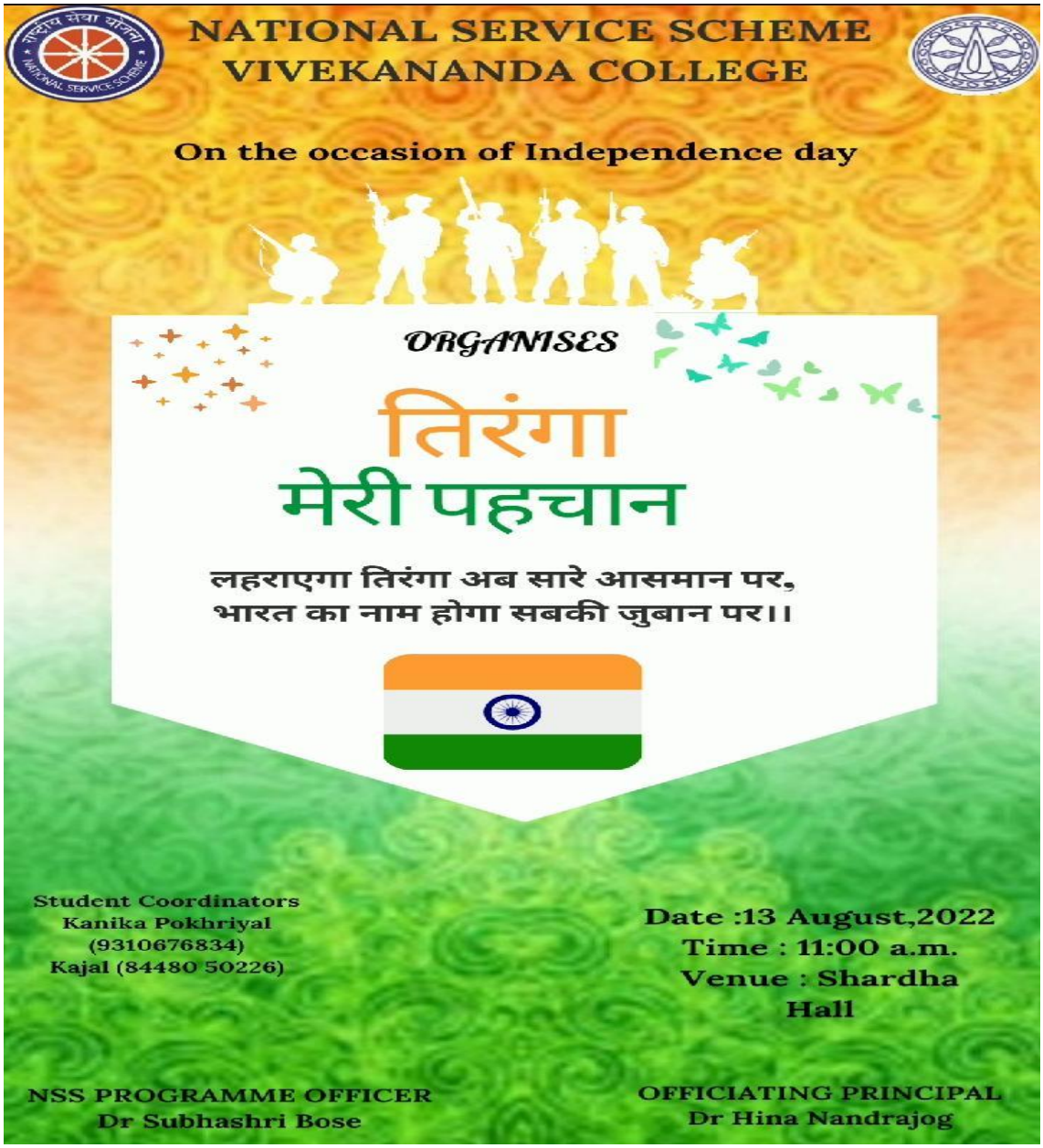
**Name of Event** : **Tiranga Meri Shaan**

**Date and Time of Event** : **13th August 2022, 11:00 am onwards**

**Duration of Event** : **2 Hours**

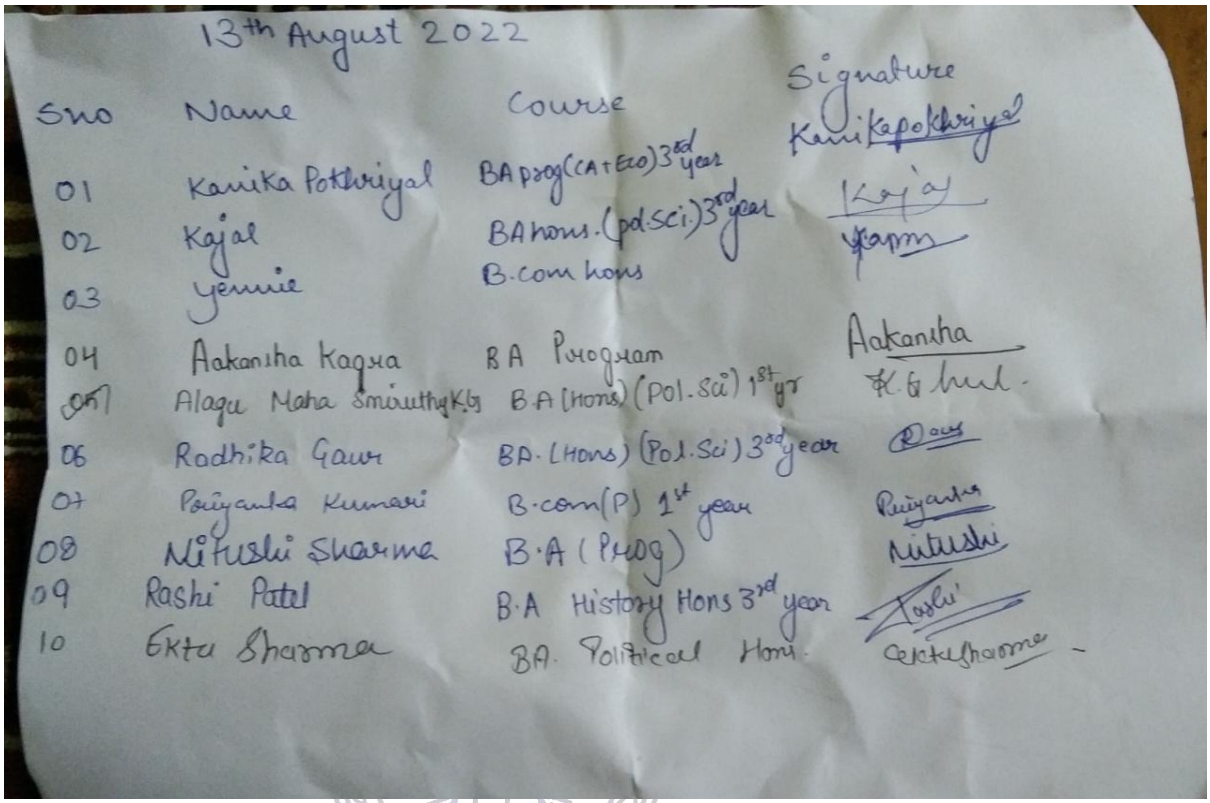
**Venue of Event** : **Small Auditorium, Vivekananda College**

**Copy of Invite/Notice** :




**Report:** A powerful and compact show was put up by the students and NSS volunteers cherishing the spirit of Independence. Self-composed poetry, deliberations on Nation and National Flag, along with Dances and Song enthralled the audiences. The photography society Click'O'Mania were part of the event and actively captured the moments in their lenses.

**List of Participants/ Attendances :**



13th August 2022

| Sno | Name | Course | Signature |
|---|---|---|---|
| 01 | Kanika Pokhriyal | BA prog(CA+Eco) 3rd year | Kanikapokhriyal |
| 02 | Kajal | BA hons.(pol.sci.) 3rd year | Kajal |
| 03 | Yennie | B.com hons | Yenn |
| 04 | Aakansha Kagra | BA Program | Aakansha |
| 05 | Alagu Maha Smiruthy K.G | B.A (Hons) (Pol.Sci) 1st yr | K.G |
| 06 | Radhika Gaur | BA. (Hons) (Pol.Sci) 3rd year | Raur |
| 07 | Priyanka Kumari | B.com(P) 1st year | Priyanka |
| 08 | Nitushi Sharma | B.A (Prog) | Nitushi |
| 09 | Rashi Patel | B.A History Hons 3rd year | Rashi |
| 10 | Ekta Sharma | BA. Political Hons. | Ektasharma |

**Pictures**

# COUNSELLING CELL

Counseling Cell Report of Session 2022- 2023

This year the main goals of Counseling Cell of Vivekananda college (University of Delhi ), was to create awareness about mental health, to accept oneself, to work on different mental health issues, give one to one counseling sessions, to provide a comfort space for students to talk freely. Various experiential activities were conducted with the guidance of Dr. Salma Seth, Convenor, and Ms. Mala Vohra Khanna, Clinical Psychologist along with the Student Coordinator, Yashika. Even the events like 'World Mental Health Day' was celebrated in the college along with students from different disciplines where an activity on "Love and Kindness" was organized for the students which involved picking up a dare from a bowl of chits and had to carry it out there only. For example, one student had to dare to call her loved one and say 'I Love You'. Another student picked up a dare to buy a coffee/ tea for anyone present there. Another task was to write a positive message/ quote for the other students as their well- wishers.

"Self- talk activity" was conducted where students were shown mirrors and then asked to write under the sections 'I AM--', 'I AM GRATEFUL FOR--' and 'MY BIGGEST FEAR--', this was done to make these students know better about themselves. Another activity was "Self- love/ care" where students were asked to write down how they dealt with the physical, emotional, spiritual and social domains of self care. This was done to make the students aware about the new ways to deal with such common pressures.

Besides these activities, workshops were also held to create awareness about mental health issues and emotional well- being. Workshop on "Over thinking: How to Handle It" where our resource person Ms. Mala started by explaining the term 'over thinking' as well as its

detrimental effects and how to cope it. After conducting a short activity she suggested some effective solutions to overcome over thinking. Another workshop conducted was on the topic, "Trauma" where Ms. Mala Vohra Khanna first gave an introduction of the topic and then proceeded with the physical, emotional and psychological responses. She then, also, explained the reasons behind this and its effects. Some students came forward to ask questions at the end of the workshop, too, to get a better understanding and to clear some doubts.

Future plans are made to promote physical, emotional and psychological well- being of students where topics such as stress, grief, nutritional health and other mental health issues would be taken up in workshops and activities.

-Dr. Salma Seth

# CONVOCARE

BEGINNING & CONCEPTUALIZATION

We are a mental health initiative started by the students of the applied psychology department of Vivekananda College, Delhi University.

Teacher Convenor - Dr. Arpana Beniwal

Our Aim is to generate awareness among the students about mental health. To provide opportunities for the students to express their mental health concerns through interactive activities, games, awareness programs, lectures, and discussions.

We started this initiative in September 2022, and we received immense support from the department and college administration.

**Logo:**

Embrace the warmth of understanding.

Our friendly cartoon character, cradling a precious brain, symbolizes the care and comfort we extend to your minds. At Convocare, we're here to listen, support, and nurture your mental well-being, fostering a safe space where every voice is heard and every heart is cared for.

**Tagline:**

“Conversation.Comfort.Care”

Emphasizes the essence of meaningful connections. It highlights the value of engaging in genuine conversations that provide comfort and support. It reminds us to show care and empathy towards others, fostering a nurturing environment where people feel understood and cared for, promoting emotional well-being and building strong bonds.

**Instagram:**

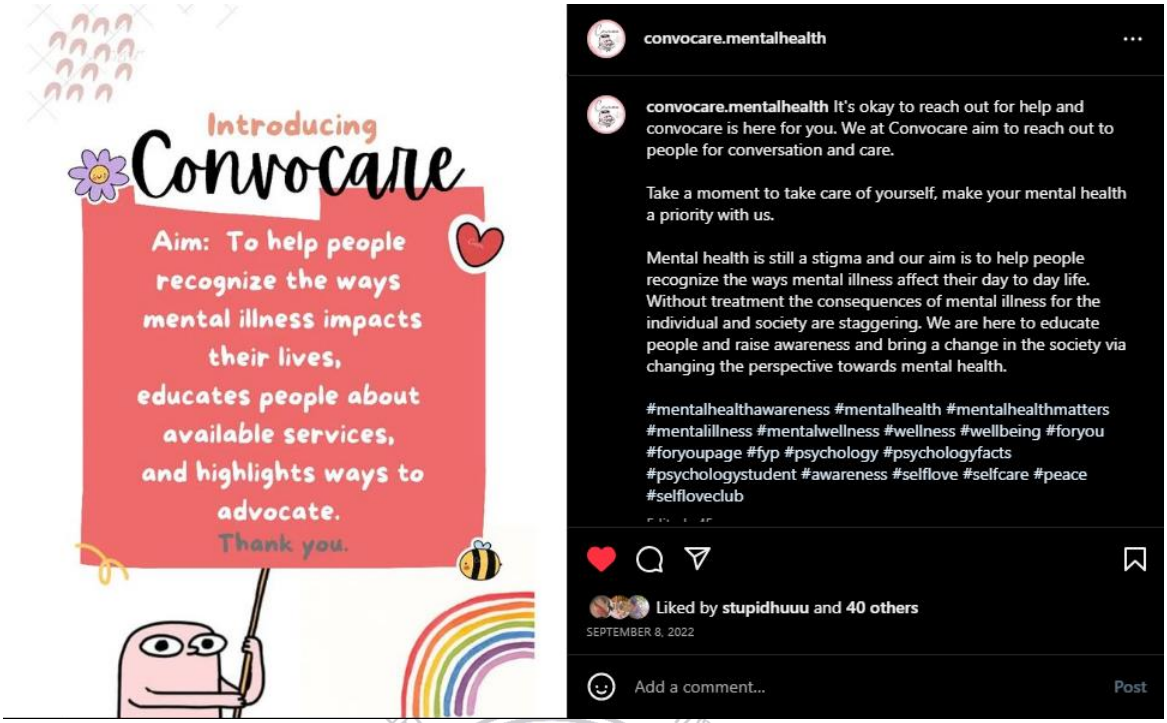
@convocare.mentalhealth

https://instagram.com/convocare.mentalhealth?igshid=MzRlODBiNWFlZA==

DISCLAIMER- The content of this account is not intended to be a substitute for professional advice, diagnosis, or treatment. Always seek the advice of your mental health professional or other qualified health provider with any questions you may have regarding your condition.

Introductory posts on our social media handle

https://www.instagram.com/p/CiP1v1Wv0Js/?utm_source=ig_web_copy_link&igshid=MzRlODBiNWFlZA==




https://www.instagram.com/p/CiP3PxMPUP3/?utm_source=ig_web_copy_link&igshid=MzRlODBiNWFlZA==

Team & Structure:

| LEVEL | DESIGNATION | NAME |
|---|---|---|
| FOUNDING CORE | President | Vartika Kasana |
| | Vice President | Safia Nasir |
| | Secretary | Aditi Sharma |
| | Director | Riya Kalra |
| | Treasurer | Kopal Shrivastava |
| HEADS | Event Head | Hemayushi Gupta |

| | | |
|---|---|---|
| | Event Head | Shivina Mathur |
| | Social Media Team | Kritika Gulati |
| | Social Media Team | Ayushi Sharma |
| | Social Media Team | Ishita Kalra |
| COORDINATORS | Coordinator | Pragya Sancheti |
| | Coordinator | Ayushi Verma |
| | Coordinator | Isha Chand |
| | Coordinator | Mehak Malik |

**Budget:**

Convocare began its journey in September with a well-thought-out fundraising strategy. During that time, students and the department voluntarily contributed a minimal amount

which we utilized for organizing our initial events. These funds were instrumental in setting up a stall at Prabha, a college fest, as well as other occasions where we participated. The profits generated from these activities have been pivotal in sustaining all of our subsequent events.

VISION & MISSION

Our vision is briefly mentioned in the future plans which includes:

- Greater awareness
- Creating a Support group
- Generating funds for increasing our outreach and impact.
- Registration of the organization
- Networking and collaboration

For the same ,

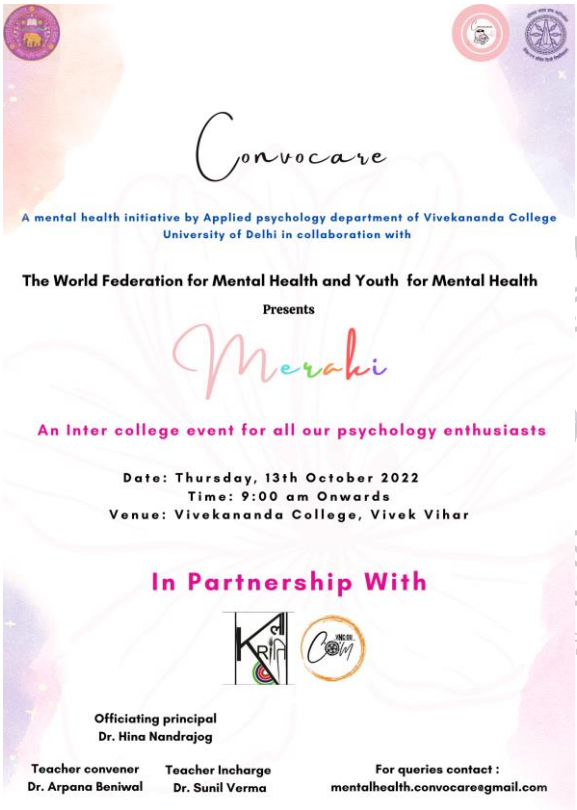
As our tagline suggests "Conversation.comfort.care" , Our Mission is to provide opportunities for students to express their mental health concerns through interactive activities, discussion, games, awareness programs, lectures etc and destigmatize mental health in the society.

**COLLABORATIONS**

Convocare has so far collaborated with a number of prestigious organizations and all college societies.

The collaboratory organizations are as follows:

1) World Federation for Mental Health



2) Youth For Mental Health

3) NIMHANS, Bengaluru

NATIONAL INSTITUTE OF MENTAL HEALTH AND NEURO SCIENCES
(INSTITUTE OF NATIONAL IMPORTANCE)
P.B. NO.2900, HOSUR ROAD, BENGALURU - 560 029 (INDIA)

OFFICE OF THE DEAN

Prof. Prabha S Chandra, MD, FRCPsych, FAMS
Senior Professor, Department of Psychiatry
Dean of Behavioural Sciences & COE

Phone: 26995250; 26995272
Email: chandra@nimhans.ac.in
prabhasch@gmail.com

Date: 25th March, 2023

To, The Principal, Vivekananda College, University of Delhi

Dear Sir/Madam,

Greeting from NIMHANS, Bengaluru!

As you are aware, Youth 20 (Y20) is an official consultation forum for youth from all G20 member countries to be able to dialogue with each other. Y20 aims to encourage youth as future leaders to raise awareness about global issues, share ideas, engage in dialogue and reach consensus. NIMHANS has been identified as one of the 15 universities across the country to conduct Y20 consultations as part of the G20 Presidency of India and would be engaging in consultations on the theme 'Health, Wellbeing and Sports'.

I am writing to invite your institute to collaborate with NIMHANS for conducting some of the pre-summit events being planned to be organized in different parts of the country.

If you choose to participate as an institute, we request you to circulate the announcements for three events/campaigns in your institute, facilitating organization of these events in the month of April 2023, supporting your students to participate in the same and submitting the information on the events conducted along with the list of students (at least 60) and capturing glimpses of the activities conducted through a few photographs. **The information/report of the events must be emailed to us on or before the 30th of April 2023 at y20nimhans@gmail.com.**

4) Sangath, India

5) Counseling Cell, VNC

WORKSHOPS & ACTIVITIES

**Event 1:**

**Suicide Prevention Day**

Date: 10th September 2022

Objective: An event for raising awareness about suicide prevention

Students were asked to take one sticky note and drop one with a positive message for someone else as part of the activity "Take One Drop One" that was organized for this event. A board full of sticky notes with positive messages written by the team members was displayed outside Sharda Hall of our college. This activity was intended to promote positivism and demonstrate the value of each and every human being.

**Event 2:**

**Pop-up stall at 'Prabha' organized by Enactus of Vivekananda college**

Date: 23rd September 2022

Objective: Using the stall as a medium for mental health awareness drive

To make this initiative a success, a number of activities were planned that were to be present at the stall and are listed below :-

PHOTOBOOTH- A small decorated piece of cardboard.

MOOD BOARD- mental health check-in Strips of paper associated with an emotion or feeling, with small hopeful messages for the said feeling, would be placed and the students would be asked to pick.

INTERACTIVE GAMES/ ACTIVITIES- A few games and activities which ideally help relieve stress and anxiety and which helped us interact with the people. These activities helped us lighten the mood and bring a competitive spirit. People would be offered freebies such as, bracelets, smiley sponge balls, chocolates etc. as prizes. Coloring pages Where's waldo? Name the emotions Myth or not ? Apart from the in-stall events, we planned on keeping a few attractions which would take place throughout the campus as out- stall attractions.

BOWL OF POSITIVITY- a bowl containing chits of paper with a positive message was distributed to the people present in the campus.

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**Event 3:**

**Mental Health Day; in collaboration with Counseling Cell of Vivekananda College**

Date: 10th October 2022

Objective: Spreading Hope and Happiness through Love and Kindness Activities

In this event, an activity was organized with an aim of "planting kindness and seeing it grow". The task was to pick up a dare stuck on the board and perform it.

**Event 4:**

**Meraki 2022: 'To do something with your soul, creativity, and love**

Date: 13th October 2022

Objective: Mental Health celebration

CONVOCARE in collaboration with The World Federation for Mental Health and Youth for Mental Health organized an Inter-College Mental Health fest titled Meraki 2022 for the celebration of Mental Health. In total 41 teams from various schools and colleges across Delhi participated in the event. Total of 5 different events, which include three competitions: PsychEd Quiz, Words of Flair and Treasure Hunt along with Paint Party and Face Painting were conducted. Prize winners were awarded with certificates of appreciation and cash awards. All participants were awarded with participation certificates. The competitions were followed by mesmerizing performances by Buniyaad - The Dramatics Society of Vivekananda College, Nrityam - The Classical Dance Society of Vivekananda College, Dhwani - The Music Society of Vivekananda College, and Vivacious - The Western Dance Society of Vivekananda College. The event culminated with a joyful mental health parade inside the college campus followed by a vote of thanks by Vartika Kasana, Student Coordinator of Convocare.

CLICK'O'MANIA

CLICK'O'MANIA

CLICK'O'MANIA

HEALTH

IT's OKAY
to NOT
To BE
OKAY

WFMH GLOBAL CAMPAIGN 2022

MAKE MENTAL HEALTH AND WELL-BEING FOR ALL A GLOBAL PRIORITY

WORLD MENTAL HEALTH DAY 2022

YOUTH FOR MENTAL HEALTH

CHANGE STARTS YOUNG

CERTIFICATE OF VOLUNTEERING

THIS IS TO CERTIFY THAT

VARTIKA KASANA

volunteered for the **Mental Health Campus Drive** organized as part of the **WFMH Global Campaign 2022** in collaboration with the World Federation for Mental Health and Youth for Mental Health in recognition of World Mental Health Day, based on this year's Official Theme, Make Mental Health and Well-Being for All a Global Priority. We are thankful for the support towards our global endeavour.

Organized By: Vivekananda College, University of Delhi

Certificate ID: WFMH/GC/22/CV53

PROF. GABRIEL IVBIJARO
Secretary General and CEO
World Federation for Mental Health

HITESH SANWAL
Advisor to the Secretary General, WFMH
CEO, Youth for Mental Health

Certificate of Volunteering was received by each team member individually.

**Event 5:**

**Anti Bullying Week**

Date: November 15, 2022

Objective: Use of Convocare's corner in the college to help spread awareness about anti-bullying.

Convocare used the opportunity to set up Convocare's corner at college in the cultural day 2022 and spread awareness about anti-bullying week. Convocare's wall consisted of Facts and statistics about bullying and how one can deal with bullying if faced. Alongside the wall, a board was set up with a broken mirror symbolizing the distorted ideas of beauty that have been created by the society and how one is always beautiful no matter what the societal views are. Apart from this, two drop-ins were set 1) Trash your insecurities, portrayed like a trashbox anyone who wishes to could throw away any insecurities that they may have in the trash; 2) Confession box placed with an intent to help one get anything out of their minds that might be troubling them.

**Event 6:**

**Pop-up stall at 'Pallavi' the annual cultural fest of Vivekananda college**

Date: 12th and 13th January 2023

Objective: Using the stall as a medium for mental health awareness drive

To make our initiative, of making mental well-being a person's priority, a success, we planned to put up a stall. The stall consisted of material things such as planners, frames each having a positive affirmations to spread positivity around, bookmarks, chocolates, dreamcatchers, fridge magnets, stickers, mirrors. Apart from this interactive activities such as "shoot for happiness", Jenga with each block having a positive act to perform and storyboard and face painting were set up. We aimed to use this opportunity to raise funds for our society to help us take more and more great initiatives towards the cause. All the profits that were made will be going to convocare for future events. Convocare's team was overjoyed to have such a positive response from the students, who took their time and purchased anything they desired. The teacher coordinators and students of Applied Psychology Department of Vivekananda College, thank the Principal, Administrative Officer of the college for their Support and encouragement extended for conducting the first ever stall of Convocare.

विवेकानन्द कॉलेज दिल्ली विश्वविद्यालय

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**Event 7:**

**Seminar on 'Women and Emotions'**

Date: 21st February 2023

Objective: A seminar hosted by Convocare to kick start Women's day Celebration emphasizing the significance of emotional expression and channeling of emotions.

This seminar was conducted under the convenorship of Dr. Arpana Beniwal. Our aim was to use this opportunity to start a discussion about the importance of emotional regulation. Our guest speaker for the day was, Dr. Deepika Dahima. Dr. Deepika Dahima (Founder-Yellow Turquoise), a Counseling psychologist, Life skills trainer,Relationship Coach, Life Story & Mindfulness Coach and an Educator, has an impressive 10+ year background providing therapeutic well being and Counseling clients of ages ranging from 10 years to 70 years under many clinical, social and emotional caps. She then added another accomplishment by stepping into the field of education as a school counseling head in many institutions where she established teams for student progress, staff training and parental guidance. Her passion for Education and Mental Health that focuses on people's welfare makes her an admirable and wonderful being. Women & Emotions was the theme of the session, emphasizing the significance of real emotional expression and channeling of emotions for women in both the personal and professional spheres in order to build a purposeful, balanced, and fulfilling life in the future.

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**Event 8:**

**Pop-up stall at 'Confab 2023' organized by Youth for Mental Health in collaboration with Friends Corner, The Mental Health and Counseling Cell of Hindu College, DU at Aiwan-e-ghalib Auditorium.**

Date: 27th February 2023

Objective: Using the stall as a medium for mental health awareness drive

To make our initiative, of making mental well-being a person's priority, a success, we had put up a stall. The stall consisted of material things such as bookmarks, chocolates, dreamcatchers, stickers, mirrors. We aimed to use this opportunity to raise funds for our society to help us take more and more great initiatives towards the cause. All the profits made will be going to convocare for future events.

**Event 9:**

**Group Discussions on "Preventing Suicides and Promoting Mental Wellbeing in College Campuses" and "Creating/strengthening youth friendly health services" in collaboration with NIMHANS, Bengaluru.**

Date: 24th and 25th April 2023

Objective: To strengthen efforts to prevent suicides & promote wellbeing in college campuses.

Youth 20 (Y20) is an official consultation forum for youth from all G20 member countries to be able to dialogue with each other. Y20 aims to encourage youth as future leaders to raise awareness about global issues, share ideas, engage in dialogue and reach consensus. NIMHANS is conducting Y20 consultations on the theme ‘Health, Wellbeing and Sports’ as part of the G20 Presidency of India. A group discussion and Actionable Ideas as a Youth were discussed on ‘Preventing Suicides and Promoting mental wellbeing in college campuses' and 'Creating/strengthening youth friendly health services'. In the discussion, the participants brainstormed various strategies, suggestions and recommendations for health

systems, healthcare providers and the government on the theme of making health services youth-friendly & more easily accessible and also concluded how can the college authorities can contribute to spread awareness about suicides and help in preventing them.

Ideas such as:

● Workshops with a discussion about mental health by people with lived experiences.

● Introducing concepts of emotional intelligence from primary school.

● Making websites/apps/ portray free counseling for college campuses.

● HODs can assign teachers to the batch for daily mood check-in.

● Mentorship sessions are to be taken seriously.

● Subjects like emotional intelligence, the art of being happy should be made compulsory and should be taught by professionals instead of normal school/college teachers.

● Raising awareness about teen pregnancy, child raising sessions for parents

● More strict rules on ragging/ bullying

● Making mental health facilities grading system in campuses mandatory by NAAC

● Maintaining a sound counselor-client ratio in educational institutions and organizations.

● 'Psych camps' should be set up in urban and rural areas- just like medical camps, which provide free medical evaluations and help; professionals from the field can donate some time for pro-bono work in these camps.

● Promoting psychological first aid courses amongst the youth and further making them part of the educational curriculum.

● Creating localized helplines (numbers and centers) for suicide prevention and mental health care, to increase accessibility and availability; were shared.

**Event 10:**

**Mental Health Campus Drive in collaboration with Youth for Mental Health.**

Date: 12th and 13th April 2023

Objective: aimed to to raise awareness around youth suicide prevention through various activities and fun sessions.

CONVOCARE - conversation and care, an initiative by the students of Applied Psychology Department of Vivekananda College, University of Delhi presents India for Mental Health, a flagship campaign of Youth for Mental Health on 12th and 13th April, 2023. The campaign aimed to to raise awareness around youth suicide prevention through various activities and fun sessions

Featuring:

• Talk on Lived Experiences

• Changing the Lens

• Introspective Activity

• Game of Personification

• Passing the Parcel

• Kindness Pebbles

• Stalls and Engagement Activities

• Open Mic on Mental Health

The event was open for all.

CERTIFICATE OF VOLUNTEERING

YOUTH FOR MENTAL HEALTH
CHANGE STARTS YOUNG

x Convocare

THIS IS TO CERTIFY THAT

VARTIKA KASANA

volunteered for the **Mental Health Campus Drive** organized by Convocare on 12th and 13th April 2023, at Vivekananda College, DU as part of **India for Mental Health - Season Four,** the flagship campaign of Youth for Mental Health.

Certificate ID: YMH/CD/23/C1

INDIA FOR MENTAL HEALTH
YMH FLAGSHIP CAMPAIGN

H. Sanwal.

HITESH SANWAL
Chief Executive Officer
Youth for Mental Health

Certificate of Volunteering was received by each team member individually.

**Event 11:**

**Workshop on 'Youth Suicide Prevention' in collaboration with Outlive.**

Date: 10th May, 2023

Objective: Building awareness about Suicide Prevention

Outlive is a joint initiative by Sangath, the Centre for Mental Health Law & Policy, and Quicksand Design Studio. Outlive aims to reduce suicide among young people aged 18-24 years, address broader conversations around mental health stigma and encourage help seeking. Activities are implemented with young people in New Delhi, Pune and Mumbai. The goal of the workshop was to build students' literacy and awareness of suicide prevention strategies. The workshop focused on initiating conversations on mental health, distress and suicide prevention. Over the two hours, the facilitator discussed myths about mental health and suicide, risk factors and warning signs, how students can cope with distress, and avenues to seek support during crisis and severe distress

**In the students' own words:**

*"I learned the factors that affect mental health and the language that we could use while talking about suicide."*

*"I got great insights on how to initiate a conversation in an empathetic manner, when signs of suicide are observed. Also got to know about the various factors that may be responsible other than mental health issues. Would definitely apply the knowledge, try to help people around and provide support to people."*

**Acknowledgements:**

We would like to acknowledge the encouragement and support provided by all the members of the Convocare society from the Department of Psychology. Their support was crucial for the programme to be conducted at Vivekananda College. We would also like to thank all the students from the Youth for Mental Health team for their time and participation.

If you would like any further detail on any aspect of this report or the programme, please don't hesitate to contact me.

Thank you,

Pattie Gonsalves
Project Investigator

**Event 11:**

**Meraki 2023: Mental Health Day Event in collaboration with Youth for Mental Health.**

On Friday, October 13th, at Vivekananda College, Vivek Vihar, University of Delhi, World Mental Health Day was celebrated from 9 AM onwards through an event organized by CONVOCARE - Conversation and Care. This initiative, led by students from the Applied Psychology Department, in collaboration with YMH, powered by Amaha and featured by the

WFMH global campaign 2023 Dr. Arpana Beniwal served as the convenor of the event, while Dr. Sunil Verma, the Teacher-in-Charge of the Applied Psychology Department, provided valuable guidance. The support of Dr. Hina Nandrajog, the principal of Vivekananda College, also contributed to the success of this important celebration.

**WALL OF CONVOCARE**

We are glad to get a space in our campus we refer to as a wall of convocare. We share mental health news and information for awareness and interactive self-exploratory questions to students weekly on the wall.

FUTURE PLANS

Team Convocare has some ambitious but realistic future plans for the organization to meet some of which extend beyond the college campus.