

7.1.1 INITIATIVES AND ACTIVITIES TAKEN BY UNIVERSITY OF PATANJALI IN ACCORDANCE WITH WOMEN SAFETY, SECURITY, EMPOWERMENT AND AWARENESS

LIST OF PROGRAMMES FOR GENDER EQUITY DURING ASSESSMENT YEARS 2017-22

Sl. No.	PROGRAMMES
1	RALLY AGAINST DOMESTIC VIOLENCE FOR GENDER EQUITY
2	INTERNATIONALWOMENS' DAY (2020)FOR GENDER EQUITY
3	INTERNATIONALWOMENS' DAY (2022)FOR GENDER EQUITY
4	NATIONAL GIRL CHILD DAY" EVENT (2022) FOR GENDER EQUITY
5	MENTAL HEALTH DAY
6	SELF-DEFENCE TRAINING FOR GIRLS
7	COUNSELLING CELL FACILITIES
8	MEDICAL FACILITIES FOR GIRLS AT HOSTEL

RALLY AGAINST DOMESTIC VIOLENCEFOR GENDER EQUITY ORGANIZED BY THE DEPARTMENT OF PSYCHOLOGY (SEPTEMBER, 2017)







WOMENS' DAY (2020)





WOMENS' DAY (2022)





अमर उजाला

बुधवार • 09.03.2022

www.amarujala.com

04



परमजति योगवैठ में आयोजित कार्यक्रम में मौजूद शिक्षिकाएं व अन्य । .संवाद

सांस्कृतिक कार्यक्रमों की दी प्रस्तुति

इतिहास। परमजति विश्वविद्यालय में महिला दिवस धूमधाम से मनाया गया। छात्राओं ने सांस्कृतिक कार्यक्रमों में प्रस्तुति पेश की। छात्राओं ने सांस्कृतिक नाटकों के माध्यम से समाज में फैल रही महिलाओं के प्रति अंधाधुंध की घटनाओं को प्रस्तुत किया परमजति विश्वविद्यालय के प्रिंसिपल प्रो. महामोक्ष आश्रयता ने कहा कि आज का दिन विश्व एक मना रहा है जब दो देश आपस में लड़ रहे हैं। यह सभी जानते हैं कि रूस यूक्रेन से काफी दूरितराली है। उसके बावजूद भी यूक्रेन के लोग रूस का डट कर सामना कर रहे हैं। उसके पीछे उनका राष्ट्र प्रेम है। जिस कारण आज यूक्रेन की महिलाओं ने अपने राष्ट्र की रक्षा के लिए इधरियों को उठा लिया है और उन्होंने संकल्प लिया है कि यह मरते दम तक राष्ट्र की रक्षा के लिए लड़ते रहेंगे। संभलाने करते हुए डॉ. वैशाली चौहान ने कहा कि आज की महिलाओं को सतर्क होने की आवश्यकता है। कार्यक्रम में डॉ. सोनम आश्रयता को मुख्य अतिथि के रूप में सम्मानित किया गया। संवाद

Report on “International Women’s Day” event

March 8, 2022

Active volunteers of NSS celebrated “International Women Day” on 08/03/2022. The main objectives of International Women Day celebration were as follows:

- To focus on the need to address the challenges of gender discrimination in our society and to change society’s attitude towards females.

- To increase awareness among students on the importance and role of girl child in society
- To remove all inequalities faced by girl children.
- To ensure equal rights for them.

In this event many different ideas were presented. The students came up with beautiful messages displayed through their posters. The entire day saw different events celebrated on the occasion of International Women Day.



पतंजलि विश्वविद्यालय University of Patanjali

उत्तराखण्ड विधान सभल द्वारा पारित पतंजलि विश्वविद्यालय अधिनियम संख्या 4, वर्ष 2006 के अन्तर्गत स्थापित
Established by Uttarakhand State Legislature Under the University of Patanjali Act No. 4, Year 2006

पत्रांक UOP/NSS/2022/26

दिनांक (Date) : 06/03/2022

कार्यालय सूचना

पतंजलि विश्वविद्यालय के समस्त अधिकारीगण, अध्यापकगण, कर्मचारीगण एवं छात्र छात्राओं को सादर सूचित किया जाता है कि दिनांक 8 मार्च 2022 को राष्ट्रीय सेवा योजना के माध्यम से अंतर्राष्ट्रीय महिला दिवस का आयोजन किया जा रहा है। आप सब इस कार्यक्रम में सादर आमंत्रित हैं।

मुख्य अतिथि: प्रतिकुलपति

कार्यक्रम स्थल: म्मिनी अडिटोरियम, पतंजलि विश्वविद्यालय, हरिद्वार

कार्यक्रम समय: अपराह्न 2:00 बजे से



भवदीया

Vaishali
Dr. VAISHALI GURU
PROGRAMME OFFICER
NATIONAL SERVICE SCHEME

डा० वैशाली

कार्यक्रम अधिकारी
राष्ट्रीय सेवा योजना

प्रतिक्रिपे :

- संकाय अध्यक्ष शिक्षण एवं शोध, पतंजलि विश्वविद्यालय
- संकाय अध्यक्ष योग विज्ञान विभाग पतंजलि विश्वविद्यालय
- संकाय अध्यक्ष मानविकी एवं प्राच्य विद्या संकाय पतंजलि विश्वविद्यालय
- बालिका छात्रावास
- बालक छात्रावास

Report on “National Girl Child Day” event

January 24, 2022

National Girl Child day is celebrated every year on the 24th of January to create awareness about the rights of the girl child, gender-based biasness and education of girl child. Department of Psychology with NSS volunteers organized National Girl Child day. The program was inaugurated by Honourable Pro-Vice Chancellor. The volunteers celebrated the event by engaging in different activities like poster making, poetry and debate.



पतंजलि विश्वविद्यालय University of Patanjali

उत्तराखण्ड विधान मण्डल द्वारा पारित पतंजलि विश्वविद्यालय अधिनियम संख्या 4, वर्ष 2006 के अन्तर्गत स्थापित
Established by Uttarakhand State Legislature Under the University of Patanjali Act No. 4, Year 2006

पत्रांक (Ref.) : UOP/NSS/2022/16

दिनांक (Date) : 20/01/2022

Circular

All active volunteers of University of Patanjali, Haridwar are respectfully informed that National Girl Day Day will be organized on 24th January, 2022. All of you are cordially invited in this program.

Chief Guest: Pro- Vice Chancellor, UOP

Place: Room No UG 10, Yoga Science Block.

Time: 2.00p.m to 3.30 p.m

Kishal
Dr. VAISHALI GAUR
NSS PROGRAMME OFFICER
NATIONAL SERVICE SCHEME
Program Officer

Copy to:

- Dean, Research & Academic, UOP
- Dean, Yoga Science Department, UOP
- Dean, Humanities & Ancient Studies, UOP
- Girl's Hostel
- Boy's Hostel

शिविर कार्यालय : पतंजलि योगपीठ, दिल्ली-हरिद्वार राष्ट्रीय राजमार्ग निकट बहादुराबाद, हरिद्वार-249406, उत्तराखण्ड, भारत
Camp Office : Patanjali Yogpeeth, Delhi-Haridwar National Highway, Near Bahadurabad, Haridwar-249406, Uttarakhand, India
(फोन) Phone : 01334-242526 (ई-मेल) E-mail : contact@uop.edu.in (वेब) Web : www.universityofpatanjali.com

पतंजलि विश्वविद्यालय में राष्ट्रीय बालिका दिवस धूमधाम से मनाया

पतंजलि विश्वविद्यालय में राष्ट्रीय बालिका दिवस प्रारंभ में सफल

पतंजलि विश्वविद्यालय



इतिहास: कार्यक्रम अधिकारी डॉ. वैशाली शीर के नेतृत्व में पतंजलि विश्वविद्यालय में राष्ट्रीय बालिका दिवस प्रारंभ के साथ सफल रहा।

इस अवसर पर उन्होंने कहा कि कार्य और सुसज्जित संसाधन के निर्माण में बालिकाओं की महत्वपूर्ण भूमिका होती है। बालिकाओं का सही समर्थन होना चाहिए और समाज अधिकार के माध्यम से उन्हें अपने सपने देना चाहिए। इस उद्देश्य के साथ अन्य पतंजलि विश्वविद्यालय के समीक्षकों ने विद्यार्थी-विद्यार्थिनी कार्यक्रमों के माध्यम से राष्ट्रीय बालिका दिवस को आयोजित किया। कार्यक्रम में महिला जी. अधिकारी जी. जयदीप जी. भूषण जी. कानुन जी. शीर जी. अर्चना जी. अमिता जी. सुमित जी. अनुपम जी. देवश्री जी. तनुषी जी. विद्या जी. सोनली जी. मेघा जी. प्रिय जी. अशिका जी. श्वेता जी. लीला जी. अर्चना जी. आदि सहयोगियों ने अपनी ओर से अपनी भूमिका निभाई। कार्यक्रम में कविता पाठ, संगीत और नृत्य के माध्यम से अंतर्राष्ट्रीय बालिका दिवस को प्रदर्शित किया गया। कार्यक्रम का सफल आयोजन कार्यक्रम अधिकारी डॉ. वैशाली शीर जी. के मार्गदर्शन में किया गया।

कार्यक्रम को सफल बनाने में डॉ. अंजू जी. डॉक्टर रमेश जी. और कुमारी स्वाति जी. ने भी अपना महत्वपूर्ण सहयोग प्रदान किया।

Share

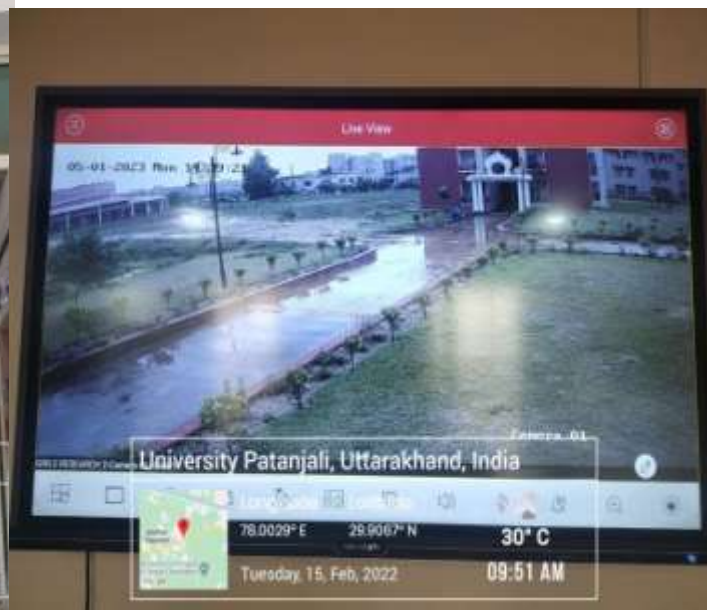
SPECIFIC FACILITIES PROVIDED FOR WOMEN

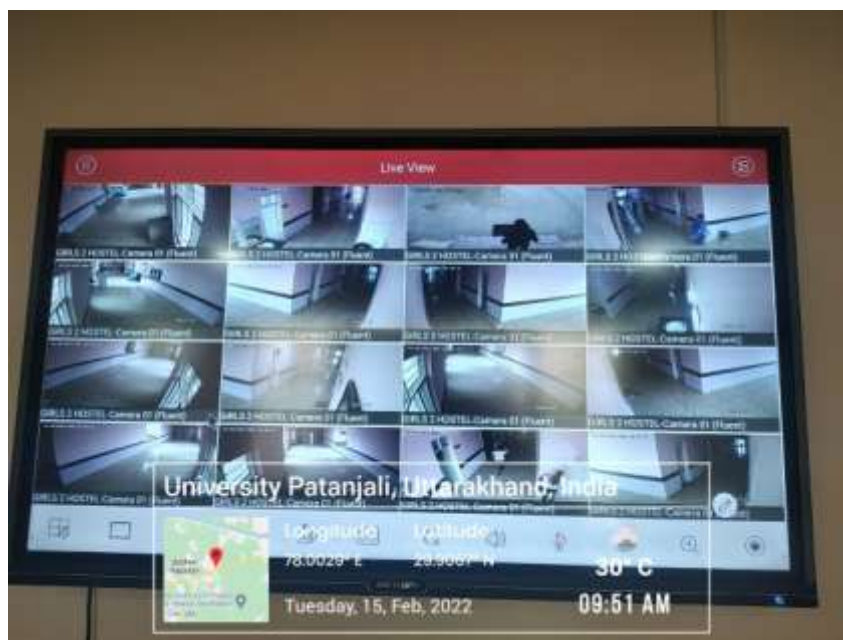
- a. **Safety and security:** The ambiance of the University campus is friendly for girls and female faculty members. The University follows the safety norms in all aspects. For the safety and security of the girls and female staff, University provides female security guards. Today, in this modern era, countless women have stepped out for study and work. This helps to maintain the perfect balance between feminine and masculine forces. But when it comes to security and safety, many places are not considered to be safe. Hiring a female security guard is the best solution for this. The entire campus of the university is covered under sufficient lighting arrangements and under CCTV camera surveillance.

Responsible female supervisors have been appointed to monitor the corridors of all the buildings, classrooms and laboratories. Full time medical facility is also available in the campus. In case of any emergency, transport facilities are easily available. The University of Patanjali is an earthquake resistant structure. The private security personnel are deployed at all important locations in the campus such as boy's and girl's hostel, all entrance and exit gates, academic and administrative blocks, mess and other important premises of the campus. Fire extinguishers are installed sufficiently in the campus.

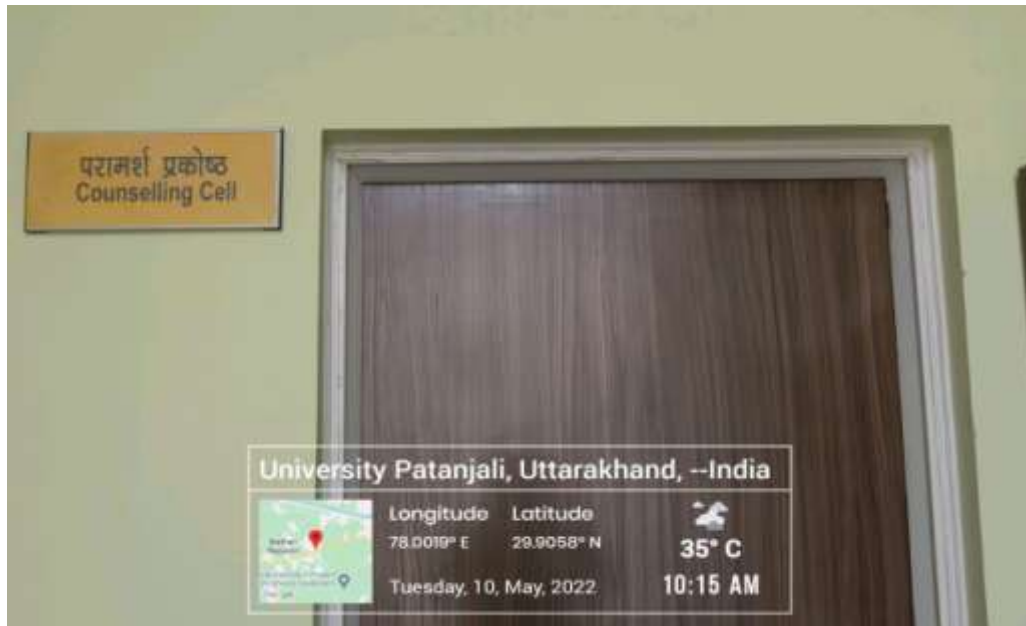


Lady security guard at girl's hostel



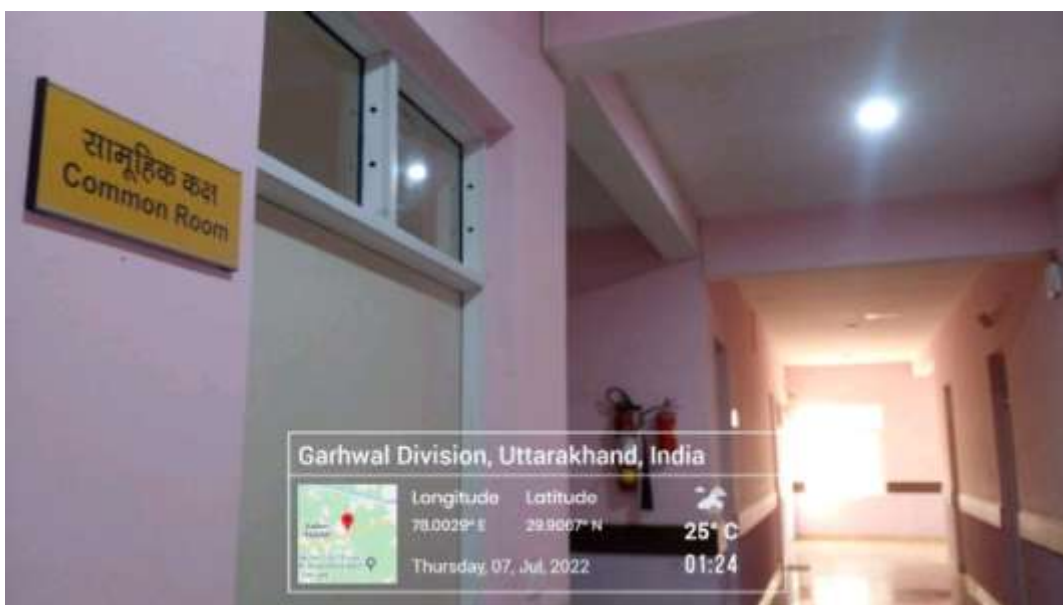


- b. **Counselling:** In our Institution, Psychology Department has been established since the last thirteen years. They provide assistance to the students if they are suffering from stress and anxiety (especially in case of maladjustment, examination stress etc.). Faculty as mentors makes students self-aware by providing a happy and comfortable environment in which students feel free to discuss their issues related to personal and social life. The mentoring system is adopted to improve the empathy between the faculty members and students. The prime objective of mentoring is to help the students in complex situations to feel easy and calm. Whenever, necessity arises, parents of the students are informed accordingly. Personality development programs are also organized by the University. The training and placement cell in the campus have been put and putting efforts in this direction continuously.



- c. **Common Rooms:** Female and male students are provided access to spaces within the campus where they can meet and socialize as equals. There are separate common rooms for girls and boys in the academic blocks which are well lit areas with modern indoor designing. There are provisions for arranging social gathering with prior approval of higher authorities. The students must follow the rules and regulations of the common room. Open Learning Area is designated space for students' interactions & collaboration.

Girl's common room is available in the campus and as well as in the hostel to feel easy, relaxed and for self-study purposes. Common rooms are well equipped with almost all the modern facilities thus, providing a secure ambience for girls.



- d. **Day care center for young children:** Increasing rates of single parenthood and maternal employment in recent decades have sparked concomitant increases in the need for and utilization of alternative care arrangements for children. Not surprisingly, these changes have themselves generated a great deal of concern in the minds of policymakers, program administrators, human developmentalists, and parents.

Day-care centers provide supervision and care of infants and young children during the daytime, particularly so that their parents can hold jobs. Services to young children and their families have a longer history. In many countries, day-care facilities are associated with the mother's place of work. Infant care and preschool programs are a normal provision in many developed countries, and in some countries, they are included in the regular public-school system. Both the importance and the availability of day care increased in the 20th century owing to the rising proportion of women in the workforce. In continuation, University of Patanjali is associated with PatanjaliGurukulum and Acharyakulum in order to facilitate timely association and aid in child education and development which in-turn proves very beneficial and helpful for women to pursue their services in different domains.

Medical facility at Girl's Hostel



SELF DEFENSE TRAINING



Counselling Cell Report

Part B T1 Activity / Annexure

दिनांक-03/08/2020

सेवा में,
प्रतिकूलपति जी
पतंजलि विश्वविद्यालय, हरिद्वार

विषय - मनोविज्ञान विभाग में परामर्श प्रकोष्ठ (Counselling Cell) के संदर्भ में।

महोदय,

सविनय निवेदन इस प्रकार है कि विश्वविद्यालय को शैक्षणिक एवं प्रशासनिक गुणवत्ता को उन्नत करने के लिए एवम छात्र-छात्राओं की विभिन्न प्रकार की शैक्षिक एवम सामाजिक समस्याओं के समाधान हेतु Counselling Cell को आरंभ करने की आवश्यकता है। UGC मानकों के अनुसार भी प्रत्येक विश्वविद्यालय में Counselling Cell होना चाहिए। अतः आप से अनुरोध है कि आप उक्त प्रार्थना पर अपनी स्वीकृति प्रदान करने की कृपा करें।

परामर्श कक्ष के संचालन से सम्बन्धित विवरण इस प्रकार है:-

दिन	समय	स्थान	परामर्शदाता
प्रत्येक माह के अन्तिम दो दिन	3:30 pm to 4:30 pm	कक्ष संख्या- 404	1. स्वामी परमार्थदेव जी 2. डा० वैशाली गौड़ 3. डा० अग्निवेश भारद्वाज 4. कु० स्वाति (परामर्शदाता सहायक)

03/08/2020

विभागाध्यक्ष
मनोविज्ञान विभाग
पतंजलि विश्वविद्यालय
हरिद्वार

Counselling Cell



Counselling Cell (Third floor, Oriental Block)



University of Patanjali

Data regarding Counselling /mentorship 2020-2021

Case. No	Name of the student	Enrolment No	Course	Identified Problem	Advice
1	Divya Srivastava	10184224	B.A (with yoga Science)	After intake interview it was found that the student was suffering from academic problem.	She was advised to apply whole method of learning for easy concepts and part method for complex concepts.
2	Aditi Sharda	207670	B.A (with yoga Science)	It was found during counselling session that she had stage phobia.	She was advised to take part in class presentation twice a week to gain or built confidence.
3	Poonam Sharma	207586	M.A, Psychology with specialization in clinical Psychology	It was observed that the student had forgetting problem.	She was advised to apply chunk method, recall method for retaining information.
4	PrincyTyagi	41 219600	B.A (with yoga Science)	During the Counselling session, it was observed that the student was not able to focus on self study.	She was advised to follow the proper time table, to avoid excess use of social media.
5	SupriyaKumari	219499	B.A (with yoga Science)	After intake interview it was assessed that the student was suffering from social phobia.	She was advised to take part in cultural activities and social interactions.



INFORMED CONSENT FORM

Demographic Data of the student/Client

Name	DIVYA SRIVASTAVA
Age	20 YEARS
Class	BA (Yoga Science)
Enrollment No	10 184224
Gender	FEMALE
SES	MIDDLE CLASS

Please note:

1. None of the assessment procedures have been shown to be harmful to health.
2. All information obtained during the study will be kept confidential.
3. You can withdraw from the counselling session at any point of time unconditionally.

Acknowledgement

I have reviewed this informed Consent Agreement. I accept this agreement and consent to counselling.

Date: 9-11-2021

Place: University of Patanjali

Signature of the participant
Divya Sri



INFORMED CONSENT FORM

Demographic Data of the student/Client

Name	Aditi Sharda
Age	21
Class	BA-3 rd Yoga Science
Enrollment No	207670
Gender	F
SES	Middle Class

Please note:


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3. You can withdraw from the counselling session at any point of time unconditionally.

Acknowledgement

I have reviewed this informed Consent Agreement. I accept this agreement and consent to counselling.

Date: 9-11-2021

Place: University of Patanjali


Signature of the participant



INFORMED CONSENT FORM

Demographic Data of the student/Client

Name	POONAM SHARMA
Age	22 years
Class	M.A Psychology with clinical specialisation
Enrollment No	207586
Gender	FEMALE
SES	UPPER MIDDLE

Please note:

1. None of the assessment procedures have been shown to be harmful to health.
2. All information obtained during the study will be kept confidential.
3. You can withdraw from the counselling session at any point of time unconditionally.

Acknowledgement

I have reviewed this informed Consent Agreement. I accept this agreement and consent to counselling.

Date: 9-11-2021

Place: Patanjali University

Signature of the participant



INFORMED CONSENT FORM

Demographic Data of the student/Client

Name	PRINCY TYAGI
Age	20 YEARS
Class	B.D. (YOGA SCIENCE)
Enrollment No	4229600
Gender	FEMALE
SES	UPPER MIDDLE CLASS

Please note:

1. None of the assessment procedures have been shown to be harmful to health.
2. All information obtained during the study will be kept confidential.
3. You can withdraw from the counselling session at any point of time unconditionally.

Acknowledgement

I have reviewed this informed Consent Agreement. I accept this agreement and consent to counselling.

Date: 09/11/2021

Place: VOP

PRINCY
Signature of the participant



INFORMED CONSENT FORM

Demographic Data of the student/Client

Name	SUPRIYA KUMARI
Age	20 years
Class	B.A. (YOGA SCIENCE)
Enrollment No	219499
Gender	FEMALE
SES	Middle class

Please note:

1. None of the assessment procedures have been shown to be harmful to health.
2. All information obtained during the study will be kept confidential.
3. You can withdraw from the counselling session at any point of time unconditionally.

Acknowledgement

I have reviewed this informed Consent Agreement. I accept this agreement and consent to counselling.

Date: 9-11-2021

Place: University of Patanjali

Supriya
Signature of the participant



Clinical assessment of the student (client) by the counsellor



Counselling training of the students during counselling session



University of Patanjali

Data regarding Counselling /mentorship 2021-2022

Case. No	Name of the student	Enrolment No	Course	Identified Problem	Advice
1	Bhupendra Singh	207633	B.A (with yoga Science)	After intake interview it was found that the student has negligent attitude towards self care.	The student was advised to take care of his self so that he could contribute in the development of the society.
2	Divya Chauhan	207667	B.A (with yoga Science)	It was found during counselling session that she had poor self esteem.	She was advised to take part in class presentation twice a week to gain or built confidence.
3	Dhruv Dubey	219549	B.A (with yoga Science)	It was observed that the student had poor retention.	She was advised to apply chunk method, recall method and rest method for retaining information.



INFORMED CONSENT FORM

Demographic Data of the student/Client

Name	BHUPENDRA SINGH
Age	20
Class	B.A WITH YOGA SCIENCE
Enrollment No	207633
Gender	MALE
SES	FARMING

Please note:

1. None of the assessment procedures have been shown to be harmful to health.
2. All information obtained during the study will be kept confidential.
3. You can withdraw from the counselling session at any point of time unconditionally.

Acknowledgement

I have reviewed this informed Consent Agreement. I accept this agreement and consent to counselling.

Date: 12-04-2022

Place: U.O.P


Signature of the participant
12/4/2022



INFORMED CONSENT FORM

Demographic Data of the student/Client

Name	DIVYA CHAUHAN
Age	20 years
Class	BA (with Yoga Science)
Enrollment No	201667
Gender	Female
SES	Higher class

Please note:

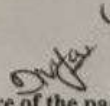
1. None of the assessment procedures have been shown to be harmful to health.
2. All information obtained during the study will be kept confidential.
3. You can withdraw from the counselling session at any point of time unconditionally.

Acknowledgement

I have reviewed this informed Consent Agreement. I accept this agreement and consent to counselling.

Date: 12-04-2022

Place: Patanjali University


Signature of the participant



INFORMED CONSENT FORM

Demographic Data of the student/Client

Name	DHRUV DUBEY
Age	19 years
Class	BA WITH YOGA SCIENCE
Enrollment No	219549
Gender	MALE
SES	BRAHMAN, Lower Middle

Please note:

1. None of the assessment procedures have been shown to be harmful to health.
2. All information obtained during the study will be kept confidential.
3. You can withdraw from the counselling session at any point of time unconditionally.

Acknowledgement

I have reviewed this informed Consent Agreement. I accept this agreement and consent to counselling.

Date: 12-04-2022

Place: University of Patanjali

Dhrub Dubey
Signature of the participant



Counselling training of students



पतंजलि विश्वविद्यालय University of Patanjali

उत्तराखण्ड विधान मण्डल द्वारा पतंजलि विश्वविद्यालय अधिनियम संख्या 4, वर्ष 2006 के अन्तर्गत स्थापित
Established by Uttarakhand State Legislature Under the University of Patanjali Act No. 4, Year 2006

पत्रांक (Ref.) :

दिनांक (Date) :

DATE:01/10/20

NOTICE

Students of University of Patanjali are kindly informed that a one day campaign on the theme "BE KIND TO YOUR MIND" is being organized on 10th October 2020 by the Psychology Department. Your presence under campaign is necessary. Information related to the program is as follows:

Chief Guest: Honourable Pro Vice Chancellor Prof. Mahaveer Agarwalji and Prof. Sadhvi Devpriyaji.

Time: 10.00 am to 1.00 pm

Place: Psychology Lab

Vaishali
Dr. VAISHALI GAUR
MOD. DEPARTMENT OF PSYCHOLOGY
UNIVERSITY OF PATANJALI, H
Head Psychology Dept.

Copy To:

- Dean Research & Academics
- Dean/Humanities and Ancient Studies/ Allied and Applied Science/Yoga Science
- Hostel Warden/Girls/
- Girl's hostel
- Boys' hostel

REPORT FOR MENTAL HEALTH DAY CAMPAIGN

Psychology Department, University of Patanjali organized mental health day on 10th October 2020 on the theme “**BE KIND TO YOUR MIND**” on account of World Mental Day following the theme announced by World Federation of Mental Health “**MOVE FOR MENTAL HEALTH:LET’S INVEST!**” The main objective of the campaign was to raise awareness of mental health issues around the world and mobilizing efforts in support of mental health.



Mental health awareness program

The lighting of lamp was done by Dean SadhviDevPriyaji, faculty of ancient studies and humanities and Pro Vice Chancellor, Dr. Mahavir Agrawal. The event was a huge success. The program included following activities:

1. CHECK YOUR MOOD
2. STRESS SCREENING TEST
3. COUNSELLING SESSIONS
4. SPREADING AWARENESS

The program was conducted under guidance of Psychology Department Dr. Vaishali Gaur (head of psychology department) and Dr. Abhishek Bhardwaj.



Presentation of the student in mental health awareness program



Active participation of the students in mental health awareness program



पतंजलि विश्वविद्यालय University of Patanjali

उत्तराखण्ड विधान मण्डल द्वारा पारित पतंजलि विश्वविद्यालय अधिनियम संख्या 4, वर्ष 2006 के अन्तर्गत स्थापित
Established by Uttarakhand State Legislature Under the University of Patanjali Act No. 4, Year 2006

पत्रांक (Ref.) :

दिनांक (Date) :

DATE: 05/10/21

NOTICE

Students of University of Patanjali are kindly informed that a one day campaign on the theme "BREAKING THE STIGMA: OPENING ABOUT MENTAL HEALTH" is being organized on 10th October 2021 by the Psychology Department. Your presence under campaign is necessary. Information related to the program is as follows:

Chief Guest: Honourable Pro Vice Chancellor Prof. Mahaveer Agarwalji and Prof. Sadhvi DevpriyaJi.

Time: 2.00 pm to 4.00 pm

Place: Psychology Lab

Vaishali
DR. VAISHALI GAUR
HOD, DEPARTMENT OF PSYCHOLOGY
UNIVERSITY OF PATANJALI, HARIDWAR
Head Psychology Dept.

Copy To:

- Dean Research & Academics
- Dean/Humanities and Ancient Studies/ Allied and Applied Science/Yoga Science
- Hostel Warden/Girls/
- Girl's hostel
- Boys' hostel

REPORT FOR MENTAL HEALTH DAY CAMPAIGN

Psychology Department, University of Patanjali organized a social awareness program “**BREAKING THE STIGMA: OPENING ABOUT MENTAL HEALTH**” On 10th October 2021 on account of World Mental Health Day following the theme announced by World Federation of Mental Health “**MAKE MENTAL HEALTH AND WELL BEING PRIORITY FOR ALL GLOBAL PRIORITY**”. The Objective of program is to raise awareness about mental health and to reduce the stigma that surrounds it. The campaign aims to encourage individuals to speak openly about their mental health issues, seek help when needed and support others who may be struggling with mental health issues. The lighting of lamp was done by Dr. MahavirAgrawal, Pro Vice Chancellor and Dean SadhviDvpriyaji, faculty of ancient studies and humanities.



Promotion of mental health awareness by faculty members and students

The event was a huge success. Brainstorming sessions were conducted, and students came forward and shared their own life experiences about their own mental health journey. Dr. Vaishali Gaur (head of psychology department) and Dr. Abhishek K. Bhardwaj gave their final words and encouraged students to openly speak about their mental health issues and even encourage others to speak out and break the stigma.



Wall paintings in relation to mental health issues



Promotion of mental health by various activities