



## **MANAS- The Mental Health Advocacy Cell** **of CVS**

<b>NAME OF THE EVENT</b>	<b>NO. OF PARTICIPANTS</b>	<b>DATE</b>
ANNUAL EVENT: AMANAH	85	9 <sup>TH</sup> -10 <sup>TH</sup> OCTOBER 2021
BI-ANNUAL EVENT: SAMATHA	320	7 <sup>TH</sup> APRIL 2022
SPECTRUM	23	28 <sup>TH</sup> JUNE 2022

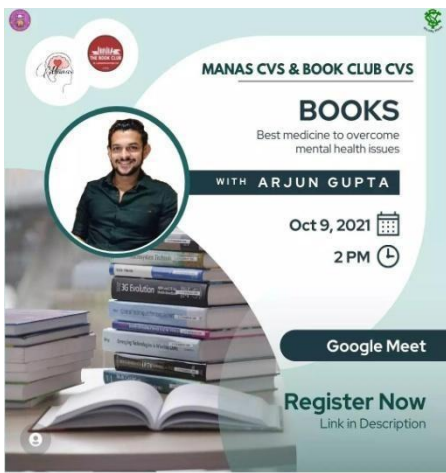
### **ANNUAL EVENT 2021: AMANAH**

On the occasion of World Mental Health Day, Manas organized the event AMANAH on 9th & 10th October, 2021, inviting speakers namely - Ms. Arouba Kabir, Ms. Charvi Jain and Ms. Sahana V Rajan. The session turned out to be of great success thanks to the speakers who talked openly about mental health problems like anxiety and role of parents in a child's behavior and went on talking about how ways to deal with mental health problems can vary from person to person which really resonated with each and every person who attended the webinar.

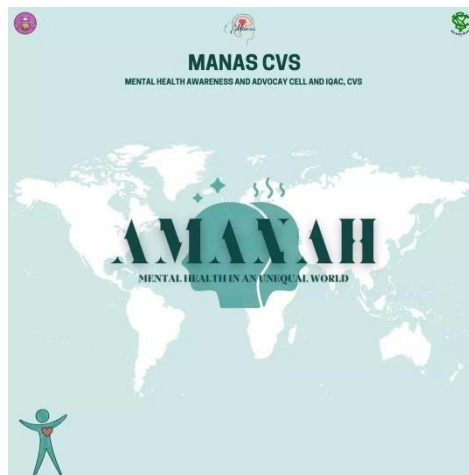
#### **About the speakers**

- Introducing Arouba Kabir, Mental Health Therapist/ Counselor as well as the founder of Ensow Wellness, promoting physical & mental health. Her Presence will bless our audience with enriching discussions on Mental Health.
- Introducing Sahana V Rajan, lecturer of philosophy at Jindal Global Business School joining us at Amanah Webinar. She has researched work on Scientific Metaphysics & will be imparting her knowledge on Mental health in an unequal world.
- Introducing Charvi Jain, a Psychologist who devised Therapy India refurbishing the perception of counseling & giving it a personal & comfortable approach. Discourse with her over our Amanah webinar was stirring.

**Posters for the speaker sessions in collaboration with book club are given below**



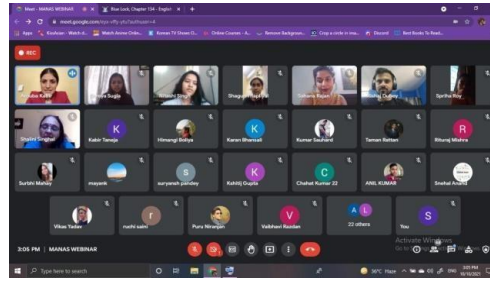
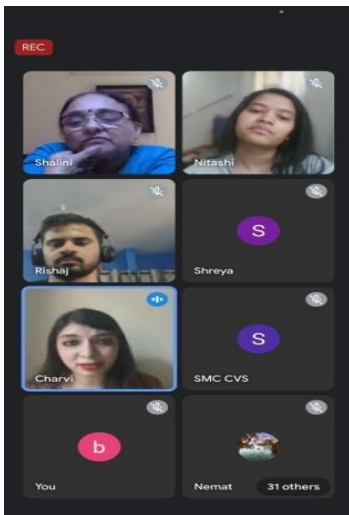
**For the Annual Event, Manas also conducted quiz competitions related to Mental Health and the below are some posters for the same.**



**Here are the posters of the webinar**



**Here are some screenshots taken during the webinar.**



### LINKS TO THE SOCIAL MEDIA OF THE EVENT

- <https://www.instagram.com/p/CUfJWq2qZBb/?igshid=YmMyMTA2M2Y=>
- [https://www.instagram.com/p/CUr\\_\\_kzqILT/?igshid=YmMyMTA2M2Y=](https://www.instagram.com/p/CUr__kzqILT/?igshid=YmMyMTA2M2Y=)
- <https://www.instagram.com/p/CUsAbb3qB4r/?igshid=YmMyMTA2M2Y=>
- <https://www.instagram.com/p/CUsAi1dqzUm/?igshid=YmMyMTA2M2Y=>
- <https://www.instagram.com/p/CUsJflkKqnh/?igshid=YmMyMTA2M2Y=>
- <https://www.instagram.com/p/CUUpOqEKPkm/?igshid=YmMyMTA2M2Y=>
- <https://www.instagram.com/p/CUUp1iHqOG9/?igshid=YmMyMTA2M2Y=>
- <https://www.instagram.com/p/CUuq8xmqidL/?igshid=YmMyMTA2M2Y=>

## BI-ANNUAL EVENT 2022- SAMATHA

On April 7th, 2022, Samatha' 22, the Bi-Annual event of Manas CVS, the Mental Health Advocacy Cell of the College of Vocational Studies, was organized. The event consisted of a musical therapy session and a treasure hunt.

A "free hugs" booth was set up at the entrance of the old building with the aim of filling the air with comfort and positivity. Two boards named "Dil ki Baat" were set up outside the seminar hall for people to write up their feelings anonymously without the fear of being judged. Gauri mam the representative of the society spoke a few words on mental health which was followed by our guest Shambhavi mam's musical therapy session with soothing songs like "Naam goom jayega". Audience were clearly enthralled by the experience. Treasure hunt had the students divided in groups of 4-5. A lot of mystery lovers put bits together with the help of hints in the form of QR codes around the college. A team revealed the real truth and were deemed as the winners of the treasure hunt. The event as a whole was a great success and had enormous participation.

### About the Speaker:

Shambhavi Das is an Indian classical vocalist, Music therapist and founder of Surdemy, which offers Music lessons and also therapy sessions. Through Music Therapy, she helps children with disabilities like Autism, ADHD, Schizophrenia, Downs, Hypertension. And also adults suffering from stress, anxiety, depression, Insomnia, MDD, OCD etc. She is a PhD scholar from Delhi University and also a contributor in B-Magazine.

**Participants list:** [Samatha Registrations](#)

Posters for the registration of the event are given below.



Pictures of the participants during the session.



**Picture of the session taken by Shambhavi Das on the importance of Musical Therapy.**



**LINK TO SOCIAL MEDIA OF THE EVENTS-**

<https://www.instagram.com/p/Cb5Q1WODp6a/?igshid=YmMyMTA2M2Y=> <https://www.instagram.com/p/Cb5RcExjf1-/?igshid=YmMyMTA2M2Y=> <https://www.instagram.com/p/Cb5Rf7kjNe4/?igshid=YmMyMTA2M2Y=>  
[https://www.instagram.com/reel/CcabJ\\_Chfvc/?igshid=YmMyMTA2M2Y=](https://www.instagram.com/reel/CcabJ_Chfvc/?igshid=YmMyMTA2M2Y=)

## **SPECTRUM**

MANAS CVS- Mental Health and Advocacy Cell of CVS, organized an exciting and informative webinar on 28<sup>th</sup> June, 2022 with influencer Hiten Noonwal, on the occasion of their prestigious event "Spectrum", celebrating the "Pride Month. Besides the extremely interactive webinar, the team also organized three competitions for the students to in. These included:

- Monologue participate Competition (Topic: Why should I justify my sexuality?)
- Art and Comic Strip Competition (Topic: Sabse bada rog, Kya kahenge log)
- Speech Competition (Topic: Don't Queer Couples deserve to be parents?)

**About the Speaker-** Hiten Noonwal is a performance artist and multidisciplinary designer & educator. They were listed by Vagabomb among the top seven genderfluid artists in the world, who are breaking stereotypes through their performances and recognises themselves as a free bird who sets their imagination free to break all boundaries and a design educator with unconventional teaching methods.

**Posters of the event which includes Monologue competition & Art & Comic strip competition**



**Poster of the Speaker Session with Hiten Noonwal**



**Below is the screenshot for the webinar.**



**LINKS TO THE SOCIAL MEDIA OF THE EVENT**

[https://www.instagram.com/p/CfDwCK\\_hyqH/?igshid=YmMyMTA2M2Y=](https://www.instagram.com/p/CfDwCK_hyqH/?igshid=YmMyMTA2M2Y=)

[https://www.instagram.com/p/CfDwYh\\_BIX2/?igshid=YmMyMTA2M2Y=](https://www.instagram.com/p/CfDwYh_BIX2/?igshid=YmMyMTA2M2Y=)  
<https://www.instagram.com/p/CfDwgWrB90h/?igshid=YmMyMTA2M2Y=>  
<https://www.instagram.com/p/CfDw2IRBF-o/?igshid=YmMyMTA2M2Y=>  
<https://www.instagram.com/p/CfDxIO0BjPP/?igshid=YmMyMTA2M2Y=>  
<https://www.instagram.com/p/CfDxVQ8hZSM/?igshid=YmMyMTA2M2Y=>

### **Benefits from the Events**

MANAS has been a great success since it was formed. It broke the silence of people on mental health and normalized the fact that Mental health issues can be discussed openly ,and yes, they do exist! Our main aim is to remove the silence, taboo & stereotypes, our society faces over Mental Health issues. MANAS is striving hard to achieve its goal and this journey is getting more and more beautiful as we are progressing!

This is to certify that the activity report (Department/Society) for the academic year 2021-22 has been submitted for documentation to Internal Quality Assurance Cell, College of Vocational Studies

*Anu Satyal*  
18.11.2022

Dr. Anu Satyal  
IQAC Coordinator  
College of Vocational Studies

*J. Dagar*  
17.11.22

Prof. Inder Jeet Dagar  
Principal  
College of Vocational Studies  
Principal/प्रधानाचार्य  
College of Vocational Studies  
कॉलेज ऑफ वोकेशनल स्टडीज  
(University of Delhi) (दिल्ली विश्वविद्यालय)  
Triveni Sheikh Sarai, Phase-II,  
त्रिवेणी शेख सराय, फेज- II,  
New Delhi-110017/नई दिल्ली -110017