



MANAS CVS
Mental Health and Advocacy Cell of CVS(2020-21)

| <u>Name of webinar/speaker session</u> | <u>No. of Participants</u> | <u>Date from- to</u> |
|---|----------------------------|----------------------|
| Webinar on 'Mental Health and College life' by Dr. Ridhi Murari and college counselor, Ms Saniya Bedi | 100 | 3rd April, 2021 |
| Speaker Session by Minni Singh and Sumit Pawar on 'The Indian Society and LGBTQIA+ Community' | 70 | 25th June, 2021 |

Webinar on 'Mental Health and College life' Dr. Ridhi Murari & Ms. Sanya Bedi

On 3rd April, 2021- within the first two months of its formation, MANAS CVS organized an interactive Webinar on 'Youth and Mental Health' with over 100 participants attending from Delhi and beyond. The honourable guests, Counseling psychologist Ms. Ridhi Murari and the new College Counsellor Ms. Saniya Bedi talked in great details on coping with the pandemic as youth and the best ways to deal with stress, followed by a highly interactive Q&A session with over 100 participants, record number for a brand new Cell.

The poster is for a webinar titled "Mental Health and College Life" in its "Pandemic edition". It is presented by MANAS (Mental Well Being Advocacy Cell, CVS). The event is scheduled for 3rd April 2021, starting at 4:00 pm onwards, and will be held on Google Meet. The speakers are Dr. Ridhi Murari, a psychologist, and Ms. Sanya Bedi, a college counselor. The poster also lists the convener, Dr. Richa Malhotra, and the principal, Prof. Inderjeet Dagar. Contact numbers for Rishaj (9752467204), Shagun (9818010921), and Mudita (9899372250) are provided at the bottom left. The background features a brain graphic and a small illustration of people sitting around a table.

MANAS
MENTAL WELL BEING ADVOCACY CELL, CVS
presents
A WEBINAR ON
Mental Health and College Life
Pandemic edition

3rd April 2021
4:00 pm onwards
Google meet

Dr. Ridhi Murari
Psychologist

Ms. Sanya Bedi
College counselor

Dr. Richa Malhotra
Convener

Prof. Inderjeet Dagar
Principal

Rishaj - 9752467204
Shagun - 9818010921
Mudita - 9899372250

Social Media Link:

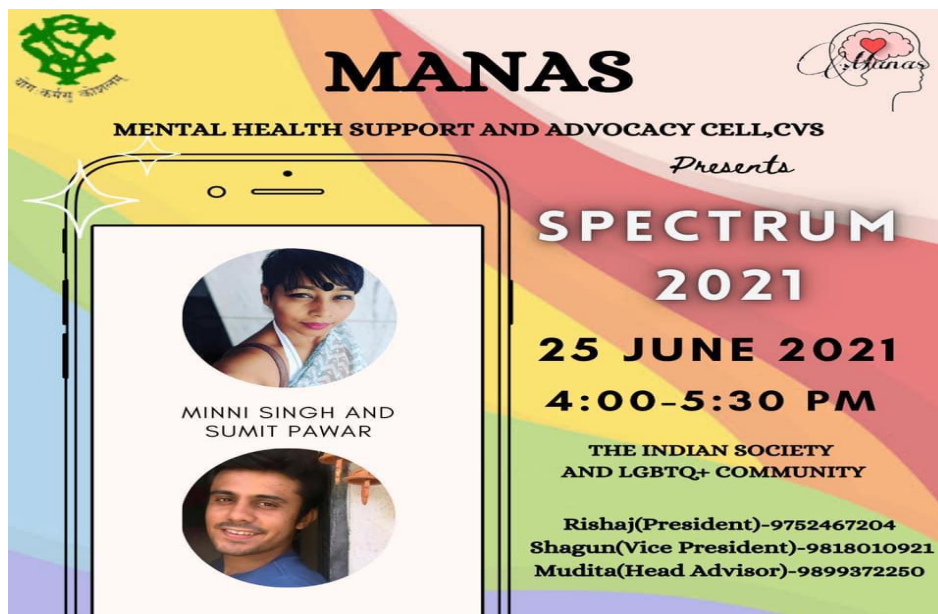
<https://www.instagram.com/p/CM4t0O5AF6k/?igshid=YmMyMTA2M2Y=>

Live Recording on facebook:

<https://www.facebook.com/SMCCVSDU/videos/977892492614640>

SPECTRUM Speaker Session on 'The Society and LGBTQIA+ Community' By Minni Singh ma'am and Sumit Pawar Sir

Acceptance remains a constant struggle for people from LGBTQIA+ community. Manas held a webinar on Indian society and the LGBTQIA + community on June 25, 2021 under its event SPECTRUM that is held every year to celebrate Pride Month. Guest speakers were Ms. Minni Singh and Mr. Sumit Pawar. The webinar started with a null speech of Minni ma'am. She talked about all the experiences she had in her past. After that, Mr. Sumit continued the webinar by answering the questions asked by audience. He was a very welcoming person, and since the session was relatable, people felt free and did not hesitate to ask him questions. The success of the webinar was due to the courage and humbleness of the speakers and curiosity of the students.



The poster is for a webinar titled 'SPECTRUM 2021' presented by MANAS (Mental Health Support and Advocacy Cell, CVS). The event is scheduled for June 25, 2021, from 4:00 PM to 5:30 PM. The speakers are Minni Singh and Sumit Pawar. The poster also lists the organizers: Rishaj (President) - 9752467204, Shagun (Vice President) - 9818010921, and Mudita (Head Advisor) - 9899372250. The background is a colorful gradient of yellow, orange, and red. The MANAS logo is in the top left, and a stylized brain logo with a heart is in the top right. The speakers' photos are shown in circular frames on a smartphone screen graphic.

MANAS
MENTAL HEALTH SUPPORT AND ADVOCACY CELL,CVS
Presents
**SPECTRUM
2021**
25 JUNE 2021
4:00-5:30 PM
THE INDIAN SOCIETY
AND LGBTQ+ COMMUNITY
Rishaj(President)-9752467204
Shagun(Vice President)-9818010921
Mudita(Head Advisor)-9899372250

Social Media Link:

https://www.instagram.com/p/CQQ1_-9gPi2/?igshid=YmMyMTA2M2Y=

This is to certify that the activity report (Teacher/Department/Society/Association) has been submitted for documentation to Internal Quality Assurance Cell, College of Vocational Studies, University of Delhi.

Anu Satyal

Dr. Anu Satyal
IQAC Cordinator
College of Vocational Studies

Ajay Jaiswal

Prof. Ajay Jaiswal
Officer on Special Duty
College of Vocational Studies
IQAC/Principal/अ.एस.डी. / प्रचारिका
College of Vocational Studies
कॉलेज ऑफ वोकेशनल स्टडीज
(University of Delhi) (दिल्ली विश्वविद्यालय)
Trivani Sheikh Sarai, Phase II
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New Delhi-110017/नई दिल्ली -110017