



SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC Approved)

Gurugram, Delhi-NCR

Budhera, Gurugram-Badli Road, Gurugram (Haryana) – 122505 Ph. : 0124-2278183, 2278184, 2278185

Name of the Event: Workshop on “Mental Health”

**Faculty of Science under the aegis of the International ACS
Student Chapter, SGT University**

Date: 1st June 2022

Brief Report:

The workshop is specifically organized to impart the knowledge and awareness about mental health and certain issues faced by students in day-to-day life leading to anxiety and stress which will help the students to know about the self and measures to deal with the issues.

The event started with a brief introductory talk by Dr. Nutan Sharma about the workshop and the important aspects to be covered in it.

Prof. (Dr.) Lakhwinder Singh (Dean, FOSS, SGT University) threw light on the emerging mental health problems among youngsters and some serious real-life cases, and the need for awareness of this topic.

The invited speaker Dr. Shalu Joon (Assistant Professor, Clinical Psychology, Faculty of Behavioral Sciences, SGT University), has addressed the students through demonstrations and presentation mode by considering mental health issues (physical and biological types), their symptoms, conduction of various mental health drills:

- Color drill
- Mind processing drills
- Picture drill

OCD (Obsessive Compulsive Disorder) #Stress#Anxiety#Depression

Students learned about various aspects and types of mental health issues, their signs and symptoms, certain drills to diagnose the level of mental health problems, their prevention and cure. The event was attended by 110 students of Faculty of Science.



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Images of the Event:



Dr Lakhwinder Singh welcoming the Guest



Speaker of the event delivering the lecture

Date:- 30/05/2022

B.Sc. (Hons.) Forensic Science

Workshop on Mental Health 2nd Semester

Attendance Sheet

<u>Name</u>	<u>Registration No.</u>
Vandana	(20) 211704020
Pragati	211704025
Nilcitra	211704018
Harehita	211704044
Vanshika	211704011
Divya	211704024
(Saniya)	211704039
Nidhi	211704009

[Signature]
30/05/2022
Head
Department of Chemistry
Faculty of Science
SGT University, Budhera, Gurugram

S.No.	Students Name	Class
211705016	37 Priyanka	M.Sc Forensic Science (2nd Sem.)
211705015	38 Shiwani	"
211705017	39 Ashu	"
211705002	40 Varsha	"
211705013	41 Varsha Yadav	"
211704042	42 Abhishek Kumar	B.Sc. forensic science (2nd sem.)
211704043	43 Samya	B.Sc Forensic Science (2nd Sem.)
211704005	44 Vanshika	"
211704036	45 Anjan	"
211704022	46 Parth Anand	"
211704046	47 Nishita	"
211704002	48 Vibhuti	"
211704041	49 Jyoti	"
211704014	50 Khushi Yadav	"
211704019	51 Rashi	"
211704049	52 Anitka Das.	B.Sc. Forensic Science (2nd Sem.)
211704012	53 Shalini Mishra	"
211704001	54 Palak Saini	"
211704028	55 Chirag Bisht	"
211704027	56 Vikash Thakur	"
211704006	57 Komal	"
211704003	58 Neetu	"
211704013	59 Harsh Yadav	"
211704033	60 Vikas Rao	"
211704037	61 Surya Bhatt	"
211704031	62 Ashish	"
201704031	63 Muskan	B.Sc. Forensic Science (IV Sem.)
201704033	64 Shakshi Tyagi	"
191703020	65 Deepika	B.Sc (Non-Med) VI Sem
191703017	66 Jagriti	"
191703012	67 Karan	"
201704040	68 Digvijay	B.Sc Forensic Science 4th sem
201704007	69 Rahul Thakur	B.Sc. Forensic Science 4th Sem.
201704013	70 Hemakshya Dagar	B.Sc forensic science 4th Sem
201704018	71 Aditya Thakur	B.Sc forensic science 4th Sem

201704032	1. Vishal	Bsc H. forensic Science
201704020	2. Jhamvi	Bsc H° Forensic Science
201704006	3 Moksha	Bsc (H) Forensic Sci. 4 th sem
201704091	4 Nishitha	Bsc. (H) Forensic Sci. 4 th sem.
201704024	5 Vrishiti	Bsc (H) Forensic 4 th sem.
211704026	6 Jahnvi	Bsc(H) Forensic 2nd sem.
211706021	7 Deevyanshu	M.Sc. Chem. - 1st year.
211706006	8 Ishita Gupta	M.Sc. Chem 2nd Sem.
211706015	9 Chinmay	M.Sc Chem. 2nd Sem.
211706005	10 Bharti	M.Sc chem. 2nd sem.
211706004	11 Vijeta	M.Sc. Chem. 2nd Sem
211706009	12 Vishaka	M.Sc Chem. 2nd Sem
211706018	13 Mansi	M.Sc chem 2nd Sem
201704021	14 Meghanshu	B.Sc. (H) forensic science (4 th)
201704023	15 Garima	B.Sc. (H) FS (4 th sem)
201704003	16 Shivani	B.Sc. (H) FS (4 th sem)
211706008	17 Deepshikha	M.Sc Chemistry 2nd Sem.
201704036	18 Iska Rathi	B.Sc. forensic, 4 th sem
201704034	19 Akshara Gupta	Bsc Forensic Science(H) 4 th Sem.
211706013	20 Rashi Verma	M.Sc chemistry 2nd sem.
211706007	21 Smriti Sharma	M.Sc Chemistry 2nd Sem.
201703001	22 Sakshi Parashar	B.Sc Non-Medical 4 th SEM
201703002	23 Muskan Dagar	B.Sc Non-Medical 4 th SEM
201703004	24 Lokesh.	B.Sc Non-Medical 4 th SEM
201703005	25 Swin	B.Sc Non-Medical 4 th SEM
201702006	26 Shubhanshu	B.Sc Non-Medical 4 th SEM
191703022	27 RIYA	B.Sc (N.M) 6 th Sem
191703023	28 SONAM	Bsc (N.M) 6 th Sem
191703002	29 Shivani	Bsc (N.M) 6 th Sem
191703008	30 Ruby	Bsc (N.M) 6 th Sem
201704014	31 Himanshu	B.Sc. (Hons.) forensic science (IV) sem.
201704012	32 Komal	B.Sc. (Hons.) forensic science (IV) sem
201704004	33 Srishiti	B.Sc. (Hons.) forensic science (IV) sem
201704019	34 Bandana Patel	B.Sc (Hons) forensic science (IV th sem)
201704015	35 Beyer	B.Sc (Hons) forensic Science (IV th Sem)
201704010	36 Preeti	B.Sc (Hons) forensic science (IV th sem)

Head
Department of Chemistry
Faculty of Science
Jodhpur University, Jodhpur, Gujarat

Date :

Page No .

Date :

Page No .

Vinita	191703019	BSC (Non-medical) 6 th sem
Tamona	191703006	"
Abhishek	191703001	"
Hement	191703016	"
Yogesh 14	191703014	"
Vishesh	191703024	"

30/5/2021

Head
Department of Chemistry
Faculty of Science
SGT University, Budhera, Gurugram

- | | | | |
|---------------|-----------|-------------------|-----------------------------------|
| 1. Harima | 211707002 | <u>Verdy</u> | M.Sc (Math's) 2 nd sem |
| 2. Reetu Kani | 211707003 | <u>Rol</u> | " |
| 3. Nishu | 211707004 | <u>Hishufelis</u> | " |

Total participants = 110

Agarwal
30/5/2022
Head
Department of Chemistry
Faculty of Science
SGT University, Gurgaon, Gurugram

12/12/2021
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