



ATMA RAM SANATAN DHARMA COLLEGE (UNIVERSITY OF DELHI)

Healthy Outreach for Psychological Empowerment (H.O.P.E)

The Healthy Outreach for Psychological Empowerment (HOPE) society has consistently dedicated itself to fostering mental health awareness, emotional well-being, and psychological empowerment within the student community by organizing a wide range of programs, workshops, and interactive sessions aimed at reducing stigma, promoting dialogue, and encouraging self-care. With its core mission rooted in creating a supportive and empathetic culture, HOPE has undertaken several impactful initiatives over the past year. On 19th April 2024, a seminar titled “Mental Well-being & Exam Stress Management” led by Dr. Aman Dua focused on debunking common myths, understanding exam stress, and equipping students with practical coping mechanisms, including sharing helpline resources and conducting a substance use survey to promote proactive community well-being.

On 23rd August 2024, the session “Eat Your Way to Calm” was conducted by Dr. Arun Kumar Pandey, who explained the correlation between diet and mental health, emphasizing balanced macronutrient intake, the benefits of raw and partially cooked foods, and mindful eating practices, which concluded with an engaging Q&A session where participants shared experiences and sought further advice. On 4th September 2024, the Thought Sharing Session and Canvas of HOPE event, held in collaboration with Arteysania and COPE, provided a non-judgmental platform for students from various colleges share poetry, prose, and creative artwork, encouraging emotional expression and building self-confidence in a supportive atmosphere.

On 10th October 2024, HOPE observed World Mental Health Day by hosting a pledge-taking ceremony where over 100 students and faculty members gathered to commit to prioritizing mental well-being and refraining from mocking or belittling those suffering from mental health challenges; the event also featured a brief talk and journaling demonstration by psychology students, fostering a spirit of openness and support. Another key initiative was the expert talk on “Challenges and Opportunities in the Application of Extended Reality (XR) in Sport and Exercise,” held on 24th January 2025 and delivered by Dr. Oliver Runswick from King’s College London, where over 110 participants gained insights into the transformative role of XR technologies like AR, MR, and VR in sports, health, and recovery, exploring applications in injury rehabilitation, personalized therapy, and immersive training experiences while also discussing the ethical and logistical challenges of such innovations.

On 29th January 2025, a talk titled “Redefining Normal: Creating Room for Supportive Culture for Mental Health” by Mrs. Shubhrata Prakash addressed the urgent need to normalize mental health discussions and remove stigma, highlighting the importance of survivor stories, inclusive practices, and the wellness-illness continuum that recognizes mental health as dynamic and essential to overall well-being. From 6th to 8th February 2025, HOPE conducted a Youth Mental Health First Aid training program in collaboration with COPE, led by Ms. Mugdha Mhatre, which empowered 22 participants to identify signs of distress, practice active listening, respond with empathy, and provide immediate

psychological first aid, while also underlining the necessity of self-care for caregivers and the availability of resources for further training. Most recently, on 2nd April 2025, HOPE organized a session on the “Science of Happiness” by Professor Emeritus Dr. Satinder Singh Rekhi, who shared the philosophy that true happiness lies in cultivating a positive mindset, practicing compassion and kindness, finding purpose in everyday life, and managing stress through conscious choices. These diverse and meaningful events reflect HOPE’s unwavering commitment to promoting mental health through education, open dialogue, and community building, reinforcing its role as a beacon of psychological support and emotional empowerment on campus.