



ATMA RAM SANATAN DHARMA COLLEGE (UNIVERSITY OF DELHI)

H.O.P.E : Healthy Outreach for Psychological Empowerment

Healthy Outreach for Psychological Empowerment (H.O.P.E.), Atma Ram Sanatan Dharma College, continues to be a cornerstone of student well-being, dedicated to fostering an emotionally aware and resilient campus. Under the guidance of Principal Prof. Gyantosh Kumar Jha and Convenor Dr. Vijjika Pandey Singh, the society has organized a diverse array of seminars and workshops that bridge the gap between academic pressure and mental health.

Empowering Through Creative Expression

The society's commitment to "healing through art" was a recurring theme this session. In November 2025, H.O.P.E. collaborated with Arteysania for an Art Therapy Workshop led by Ms. Bhumi Sharma. Students explored "active meditation" through painting- using colours and shapes- to reduce cortisol levels and map their internal emotional landscapes. This creative synergy culminated in the "Canvas of Hope" event in March 2026, where students translated complex emotions into visual art under the tagline "Paint your thoughts to u".

Navigating the modern psyche

H.O.P.E. also addressed contemporary and unconventional psychological topics. The "Into the Frozen World" seminar featured meteorologist Er. Bhupesh Kulhari, who provided a unique perspective on maintaining mental fortitude during long-term isolation and extreme climatic conditions. In a progressive collaboration with WUS, the society hosted Dr. Anshumali Misra to discuss "Aesthetic Surgery: From Stigma to Self-Empowerment". The session deconstructed social taboos, focusing on psychological readiness and improvements in self-image associated with reconstructive and cosmetic procedures.

Practical Tools and Vulnerability

Direct mental health intervention remained a priority. The academic year commenced with a Personality Development Seminar by Ms. Saniya Azim, focusing on self-awareness and assertive communication. This was followed by the high-impact BRAVE TALK workshop in collaboration with Maybelline, New York, and C.O.P.E. Led by counselor Ms. Kusha Mehra, the session introduced the "BRAVE" framework: Being present, Right setting, Active listening, Validating feelings, and Encouraging action.

In April 2026, H.O.P.E. joined forces with the NSS for an Anxiety Management Workshop, providing grounding exercises and mindfulness practices to combat exam-related stress. Perhaps the most poignant event was "Soul Unscripted," a sanctuary for "untold truths." By facilitating anonymous confessions and raw, unfiltered conversations about relationship complexities and self-esteem, the society successfully reduced the isolation many students feel.

From interactive journaling in "Letter to Future Self" to expert-led clinical seminars, H.O.P.E. has reaffirmed its mission to provide a non-judgmental space for psychological growth. By combining community service with psychological empowerment, the society ensures that every student at ARSD has the tools to navigate daily stressors with a "brave" and hopeful mindset.

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