



ATMA RAM SANATAN DHARMA COLLEGE

(UNIVERSITY OF DELHI)

Challenges of Mental Health on Youth

Date of the Program: 16th March 2021

No. of Participants: 81

Organized by: Popular Lecture Series, ARSD College

Collaboration: Department of Psychology, University of Delhi

Speaker: Prof. Anand Prakash, Department of Psychology, University of Delhi

YouTube Link: <https://www.youtube.com/watch?v=FfDdTf7OCi4>

Under the Aegis of Internal Quality Assurance Cell (IQAC)

ATMA RAM SANATAN DHARMA COLLEGE
(University of Delhi)
Accredited Grade 'A' By NAAC
All India 13th Rank in NIRF (MHRD)

Organizes National Webinar under Popular Lecture Series on

CHALLENGES OF MENTAL HEALTH ON YOUTH

On
March, 16th, 2020 || 11:00 AM

Speaker: **Prof. Anand Prakash**
Department of Psychology
University of Delhi

JOIN WEBINAR: (ZOOM)

WATCH LIVE ON:

Patron: **Prof. Gyantosh Kumar Jha**
Principal

Dr. Vinita Tuli
Convener, Webinar Committee

Dr. Vikas Kumar
Convener, Popular Lecture Series

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Prof. Anand explained each and every challenge of mental health issue with example which helped us to understand the nuances of psychological problems of youth. He highlighted that the half of the world population is lying between the ages of 15-24, it means at the age of 25 they are entering into the mental health challenges. He focuses on how drastically this pandemic has changed the human mind or thinking in last one year. He highlighted some of the issues like: loneliness has gone up, lack of social contact among people; youth is experiencing the sense of directionless, lack of geographical space experience and very little interaction with environment. Prof. Anand Prakash emphasized that what is the need of youth in today's time? And he identified some of the important needs like education, employment



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and better health care etc. He said that in Bhartiya tradition education is the expression of self or is the tool to realize the self. But in modern philosophy education is related to employability and there should have been co-relation between education and employment which is related to skill knowledge. He also emphasized that youth is a prime time of formative years. But there is a little resource allocated for their health care particularly mental health. Lastly, he said that all institutions and society at large should focus on our youth in real terms than only we can solve the problem of mental health issue. The programme ended with the vote of thanks proposed by Dr. Vikas Kumar. He summarized and reinforced the views expressed by the speaker and thanked him for his inspiring, informative and thought-provoking talk that had generated many relevant questions from the students and faculty members.

Poster

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List of Participants

Sr. No.	College Rollno	Name	
1	20/83506	INDU	Indu
2	20/83133	RAHUL HANSDAH	Rahul
3	20/83539	JYONGTEN LEPCHA	Jyongten
4	20/83792	ARYAN SATIJA	Aryaan
5	20/83692	JAHANVI GOEL	Jahani
6	20/83501	ASHRITA SORENG	Ashrita
7	20/83711	ANISHA METHI	Anisha
8	20/83670	SHRUTI DUA	Shruti
9	20/83714	SWETA DUBEY	Sweta
10	20/83573	NISHA	Nisha
11	20/83005	SHRUTI SHREYA	
12	20/83528	RIVA	Riva
13	20/83673	SNEHA BATRA	Sneha
14	20/83229	NEERAJ SINGH	Neeraj
15	20/83520	TANYA	Tanya
16	20/83058	HEMANT YADAV	Hemant
17	20/83687	NIKITA GUPTA	Nikita
18	20/83836	VARUN KUMAR SHRIVASTAVA	Varun
19	20/83697	JAGRITI MEHROTRA	Jagritha
20	20/83773	VANDITA GOSWAMI	Vandita
21	20/83031	RAJAN KUMAR	Rajan
22	20/83200	SWEKSHA NIRANJAN	Sweksha
23	20/83173	FIZA KAZMI	Fiza
24	20/83629	DEEP RAJ	Deep
25	20/83036	PREETI GARG	Preeti
26	20/83758	SHUBHAM SINGH SIRARI	Shubham
27	20/83533	ARGHA KUSUM DUBEY	Argha
28	20/83033	AMAN KUMAR JAISWAL	Aman
29	20/83612	KIRTI BHOLA	Kirti
30	20/83787	MONIKA	Monika
31	20/83514	TRIPTI ARORA	Tripti
32	20/83628	AMAN	Aman
33	20/83659	ROHIT TEKARIA	Rohit
34	20/83766	NISHIKA MITTAL	Nishika
35	20/83504	PRIYANKA YADAV	Priyanka
36	20/83649	NIKUNJ RAJESH WANDILE	Nikunj
37	20/83675	ARNAV KUMAR	Arnav
38	20/83241	SURAJ KORANGA	Suraj
39	20/83079	DIYA RAINA	Diya



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40	20/83767	YUVRAJ SINGH
41	20/83690	PRIYANKA BISHT
42	20/83727	SAYALI V SHINDE
43	20/83090	FAGUN SARASWAT
44	20/83027	SONAM KAUFER SHEKHAWAT
45	20/83719	SUHANI DHAMIJA
46	20/83048	ISHA BATHLA
47	20/83591	SHANTANU SAROJ
48	20/83025	GEETANSH SINGLA
49	20/83755	VIDHI GUPTA
50	20/83049	AYUSHI TRIVEDI
51	20/83163	RISHABH RAJ
52	20/83160	VIDUSHI RASTOGI
53	20/83822	SHUBHA GUPTA
54	20/83235	VAIBHAV BHATT
55	20/83109	AKASH TIWARI
56	20/83513	KIRTI SHARMA
57	20/83753	PREETI AGGARWAL
58	20/83072	VARANJEET KAUR
59	20/83166	LUV SETIA
60	20/83658	RITIKA VATS
61	20/83567	IBTASAM KHAN
62	20/83155	VANSIKA PATHAK
63	20/83199	PREETI
64	20/83699	MUSKAAN JAIN
65	20/83105	DAKSH YADAV
66	20/83723	VRITTI CHAUDHARY
67	20/83237	NATASHA TIWARI
68	20/83211	AKASH KUMAR
69	20/83610	GAUTAM KUMAR
70	20/83150	YUVRAJ
71	20/83055	MONIKA
72	20/83104	ADITYA RAI
73	20/83024	YOGESH YADAV
74	20/83011	ANURAG SINGH
75	20/83194	TENZIN TSUNDUE
76	20/83609	ABHISHEK KUMAR
77	20/83817	AYUSHI AGARWAL
78	20/83678	ANISH YADAV
79	20/83007	YUKTA
80	20/83696	TANU RANA

Yuvraj
Priyanka
Sayali
Fagun
Sonam
Suhani
Isha
Shantanu
Geetansh
Vidhi
Ayushi
Rishabh
Vidushi
Shubha
Vaibhav
Akash
Kirti
Preeti
Varanjeet
Luv
Ritika
Ibtasam
Vansika
Preeti
Muskaan
Daksh
Vritti
Natasha
Akash
Gautam
Yuvraj
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Anurag
Tenzin
Abhishek
Ayushi
Anish
Yukta
Tanu