



Event Report

Sl. No	Description	Remarks	Annexure
1	Title of the Event:	Mental Health Awareness Session- Foundation Day UBA	NA
2	Organizer(s): Name of the organizing department(s), school(s), or external partner	Dr. Neeraj Saini (UBA Coordinator), Dr. Kiran Devi (UBA Co-coordinator), Dr. Bhanupriya Rathore (SBSC) & Mr. Yash Binwani (SBSC)	NA
3	Date and Time:	11 November 2025, 10:00 AM to 02:00 PM	NA
4	Venue:	Iqbalpur Village Gurugram	NA
5	Purpose / Objective of the Event:	The objective of the <i>Mental Health Awareness Session</i> in Village Iqbalpur is to promote understanding of mental health and well-being among the community members, reduce stigma associated with mental illnesses, and encourage open discussions about emotional and psychological challenges. The session aims to educate villagers about early identification of stress, anxiety, and depression, and to provide guidance on coping strategies, self-care practices, and available support resources. Ultimately, the event seeks to foster a mentally healthy and supportive community environment that prioritizes overall well-being.	NA
6	Chief Guests / Speakers / Resource Persons:	Dr. Bhanupriya Rathore (SBSC) & Mr. Yash Binwani (SBSC)	NA
7	Participants Attendance:	Attached	I
8	Program Schedule:	Attached	II
9	Event Highlights:	Attached	III
10	Event Poster/Banner/Invitation card/letter	Attached	IV
11	Outcomes / Impact:	Attached	V
12	Feedback / Testimonials (Optional):	---	--
13	Photos (Geotag) as Attachment: <ul style="list-style-type: none">At least 10 individualAt least 02 collage	Attached	VI
14	Budget and Expenses (if applicable)	Attached	VII
15	Conclusion: Summarize the event and suggest follow-up actions if needed	Attached	VIII

16	Acknowledgments: Mention all supporting staff, volunteers, and sponsors	---	--
17	Promotional Link on Social Media <ul style="list-style-type: none"> • Pre Event Link • Post Event Link 	https://www.linkedin.com/posts/neeraj-saini-12aa40168_foundation-day-celebration-unnat-bharat-abhiyan-activity-7393943747706871808-dvPo?utm_source=share&utm_medium=member_desktop&rcm=ACoAACgFPLIBpsXLH03ilnwx4CI4mqRGvLKhaY	

Neeraj Saini

Signature:

Name: Dr Neeraj Saini

UBA Coordinator-SGT University

Annexure-I:**Student Members (School of Behavioural Sciences):**

S. No	Reg. no	Names	Course	Sem
1.	221902021	Avaani Chandra Sant	BSc (Clinical Psychology)	7th
2.	221902067	Tadar Shanti	BSc (Clinical Psychology)	7th
3.	221902090	Manya Sood	BSc (Clinical Psychology)	7th
4.	221902091	Aman Pandey	BSc (Clinical Psychology)	7th
5.	221902031	Shubhangi Rajput	BSc (Clinical Psychology)	7th
6.	221902068	Anisha Yadav	BSc (Clinical Psychology)	7th
7.	221902076	Bodheet Bhardwaj	BSc (Clinical Psychology)	7th
8.	221910019	Ishika Chauhan	BSc (Clinical Psychology)	7th
9.	221902063	Sakshi Pokhriyal	BSc (Clinical Psychology)	7 th
10.	221902069	Riya Kushwaha	BSc (Clinical Psychology)	7 th
11.	231927054	Hargun	BSc (Clinical Psychology)	5th
12.	231927068	Priyanka Kataria	BSc (Clinical Psychology)	5th
13.	231927058	Devanshu Yadav	BSc (Clinical Psychology)	5th
14.	231927065	Diya Sharma	BSc (Clinical Psychology)	5th
15.	231927029	Tanisha Sharma	BSc (Clinical Psychology)	5th
16.	231927037	Bhumi Kaushik	BSc (Clinical Psychology)	5th
17.	231927050	Nisha Batra	BSc (Clinical Psychology)	5th
18.	231927049	Meenakshi Lohan	BSc (Clinical Psychology)	5th
19.	231927080	Yamini	BSc (Clinical Psychology)	5 th
20.	231927014	Gungun Sharma	BSc (Clinical Psychology)	5 th
21.	231927027	Yash Kumar	BSc (Clinical Psychology)	5th
22.	231927012	Nishu	BSc (Clinical Psychology)	5th
23.	231927039	Sneha	BSc (Clinical Psychology)	5th
24.	231927024	Garvita	BSc (Clinical Psychology)	5th
25.	231927019	Neel Setya	BSc (Clinical Psychology)	5th

26.	231927009	Nikhil	BSc (Clinical Psychology)	5th
27.	231927017	Chanchal	BSc (Clinical Psychology)	5th
28.	231927037	Bhumi	BSc (Clinical Psychology)	5th
29.	231927046	Harsh Gurjar	BSc (Clinical Psychology)	5th
30.	231927002	Preksha Sharma	BSc (Clinical Psychology)	5th
31.	231927013	Anushree	BSc (Clinical Psychology)	5th
32.	231927077	Akshay	BSc (Clinical Psychology)	5th
33.	231927061	Anshdip	BSc (Clinical Psychology)	5th
34.	231927018	Pooja	BSc (Clinical Psychology)	5th
35.	231927015	Subhaav	BSc (Clinical Psychology)	5th
36.	231927083	Manshi	BSc (Clinical Psychology)	5th
37.	241927050	Vaishnavi Garg Singh	BSc (Clinical Psychology)	3 rd
38.	241927006	Akshat Jain	BSc (Clinical Psychology)	3rd
39.	241927025	Jagriti	BSc (Clinical Psychology)	3rd
40.	241927027	Tanisha	BSc (Clinical Psychology)	3rd
41.	241909036	Archana	MSc (Forensic Psychology)	3 rd
42.	241909066	Harsh	MSc (Forensic Psychology)	3rd
43.	241909078	Latika Yadav	MSc (Forensic Psychology)	3 rd
44.	241909001	Akansha	MSc (Clinical Psychology)	3rd
45.	241909068	Priyanka	MSc (Clinical Psychology)	3rd
46.	241909023	Smahi Adlakha	MSc (Clinical Psychology)	3rd
47.	241909052	Prabh Mehar	MSc (Counselling Psychology)	3rd
48.	241909053	Hetal Padhiar	MSc (Counselling Psychology)	3rd

Annexure-II:**Program Schedule: Mental Health Awareness Session****Venue:** Village Iqbalpur**Date:** 11 November 2025**Time:** 10:00 AM – 02:00 PM

Time	Activity	Description / Responsible Person
10:00 AM – 10:15 AM	Welcome of Participants	Brief introduction by the organizing team.
10:15 AM – 10:30 AM	Inaugural Address	Welcome speech by Faculty In-charge highlighting the importance of mental health awareness.
10:30 AM – 11:15 AM	Expert Talk: Understanding Mental Health	Session by a mental health professional on recognizing signs of stress, anxiety, and depression.
11:15 AM – 11:45 AM	Interactive Session / Q&A	Open discussion and question–answer session with the expert.
11:45 AM – 12:15 PM	Break & Refreshments	Light refreshments for participants.
12:15 PM – 01:00 PM	Workshop: Coping Strategies and Mindfulness	Demonstration of simple relaxation, breathing, and mindfulness techniques.
01:00 PM – 01:30 PM	Group Activity / Role Play	Awareness-based group activities focusing on empathy, stress management, and peer support.
01:30 PM – 01:50 PM	Experience Sharing	Participants share key takeaways
01:50 PM – 02:00 PM	Vote of Thanks & Closing Remarks	Closing address by event organizers and expression of gratitude to speakers and participants.

Annexure-III

Event Highlights: Mental Health Awareness Session – Village Iqbalpur

The *Mental Health Awareness Session* held in Village Iqbalpur focused on promoting emotional well-being and breaking the stigma surrounding mental health issues in rural communities. The event witnessed enthusiastic participation from villagers, students, and local representatives.

Key highlights of the program included:

- **Expert Talk:** A detailed session by a mental health professional on identifying early signs of stress, anxiety, and depression, and understanding the importance of timely support and counseling.
- **Interactive Discussion:** Participants engaged in an open dialogue about personal experiences, misconceptions, and challenges related to mental health.
- **Mindfulness and Relaxation Workshop:** Demonstrations of simple breathing exercises and mindfulness practices to help reduce stress and improve emotional balance.
- **Community Engagement Activities:** Group discussions and role plays were conducted to encourage empathy, mutual support, and awareness on how to assist those in emotional distress.
- **Feedback Sharing:** Participants shared their learning experiences and expressed appreciation for the initiative aimed at creating a healthier and more supportive community environment.

The event successfully created awareness and motivated villagers to prioritize mental health as an essential part of overall well-being.

MENTAL HEALTH AWARENESS SESSION VILLAGE IQBALPUR



OBJECTIVE

Promote understanding of mental health and well-being, reduce stigma associated with mental illnesses, and encourage open discussions about emotional and psychological challenges.

DATE

TIME

11 November 2025 | 10 AM – 2:00 PM

JOIN US!

Annexure-V

Outcomes of the Event: Mental Health Awareness Session in Village Iqbalpur

1. **Enhanced Awareness on Mental Health:** The session successfully increased understanding among villagers about the importance of mental health, common psychological issues such as stress, anxiety, and depression, and the need to seek timely help.
2. **Reduction of Stigma and Myths:** Participants gained clarity on misconceptions related to mental illnesses. The discussions helped reduce social stigma and encouraged open dialogue about emotional well-being.
3. **Improved Knowledge of Support Systems:** Villagers were informed about available government and community health services, helplines, and counseling facilities that can be accessed for mental health support.
4. **Community Engagement and Participation:** The session witnessed active participation from all age groups, especially women and youth, who shared personal experiences and concerns, fostering a sense of community empathy and mutual support.
5. **Development of Positive Coping Strategies:** Through interactive discussions, attendees learned simple stress management techniques, relaxation exercises, and the importance of maintaining healthy lifestyles and social connections.
6. **Strengthened University–Village Partnership:** The event strengthened the collaboration between SGT University and the adopted village Iqbalpur under the Unnat Bharat Abhiyan initiative, reinforcing the university's commitment to holistic rural development.
7. **Follow-up Action Plan:** Based on the feedback, it will be planned to conduct periodic mental health camps and counseling sessions in collaboration with the Department of Clinical Psychology and Community Medicine of SGT University.

Annexure-VI





GPS Map Camera



Gurugram, Haryana, India



Badli Road, Farrukhnagar, Gurugram, Haryana 122505, India

Lat 28.492591, Long 76.884535

Tuesday, 11/11/2025 11:27 AM GMT+05:30

Note : Captured by GPS Map Camera

Annexure-VII

10/11/25
67/11/25

Ref. No. SGTU/UBA/35

Dated: 07 November 2025

To,

Hon'ble Vice-Chancellor
SGT University, Gurugram, Haryana

Subject: Request for approval of Budget for organizing a "Mental Health Awareness Session" in the UBA adopted village **Iqbalpur**, to celebrate the **Unnat Bharat Abhiyan Foundation Day** on **11th November 2025**, under SVSP, Unnat Bharat Abhiyan, SBSC & CED, SOET.

Respected Sir,

Under the SVSP, Unnat Bharat Abhiyan (UBA) & School of Behavioural Sciences with the Department of Civil Engineering, SOET, SGT University, we have planned to celebrate the **Unnat Bharat Abhiyan Foundation Day** on **11th November 2025** from **10:00 AM onwards**, in the village **Iqbalpur**. In alignment with this, we propose to organise a **Mental Health Awareness Session** in our adopted village **Iqbalpur** on the same day.

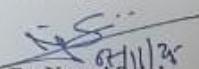
The objective of this camp is to **spread awareness about mental health, emotional well-being, stress management, and available support mechanisms**, especially among rural youth, women and elderly population. The session will be conducted with the help of faculty members (**Dr. Bhanupriya Rathore** and **Mr. Yash Binwani**, of the School of Behavioural Sciences and student volunteers under UBA and SBSC.

Budget Requirement

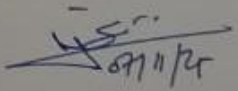
S. No.	Category	Distance	Amount (Rs.)
1	Travel Expenses (To and Fro)-Bus Seating Capacity-60-01 in No.	8 KM	3000.0
Grand Total			3000.0

In view of the above, we request your kind approval on the budget to conduct this outreach activity at Village Iqbalpur on 11 November 2025, along with permission for departmental participation.


Best Regards,


Dr. Neeraj Saini
Unnat Bharat Abhiyan Coordinator
SGT University

Forwarded to VC office for kind
consideration & approval please


7/11

UBA C-11



Annexure-VIII

Conclusion

The *Mental Health Awareness Session* conducted in Village Iqbalpur proved to be a meaningful and impactful initiative under the Unnat Bharat Abhiyan program of SGT University. The event successfully fulfilled its objective of sensitizing the rural community about the importance of mental well-being and breaking the silence around mental health issues.

Through interactive discussions, expert guidance, and active community participation, the session fostered a better understanding of emotional health and encouraged villagers to adopt positive coping mechanisms. The event not only strengthened the bond between SGT University and the local community but also laid the foundation for continuous outreach programs focusing on mental health, wellness, and holistic rural development.

Overall, the session contributed significantly towards creating an inclusive and supportive environment where mental health is recognized as an integral part of overall well-being.