CHRIST
(DEEMED TO BE UNIVERSITY)
BANGALORE | DELHI NCR | PUNE

3 SDG

GOOD HEALTH AND WELL BEING

ANNUAL REPORT

2024-25

Healthy Lives, Thriving Communities



INDEX PAGE

Sl.No	Name of Event	Date	Pg No.	Document Link
1.	Illume Supervised Counselling Services	June 2024	1	SDG 3_BCC_S…
2.	Yoga Session on International Yoga Day 2024	21-06-2024	2	EVENT REPO…
3.	International Yoga Day - Yoga for Wellness	01-07-2024	3	SDG 3- Yoga a…
4.	Music for Wellness	04-07-2024	4	SDG 3, Music …
5.	Sweets Distribution on the Occasion of Teacher's Day	07-09-2024	5	Sweets Distrib…
6.	Walkathon for First Aid	11-07-2024	6	Walkathon eve…
7.	Nukkad Natak on World First Aid Day	17-09-2024	7	Nukkad Natak …
8.	Understanding Family Therapy: An Introductory Workshop	18-09-2024	8	SDG 3, Works…
9.	Seminar on emotional regulation	18-09-2024	9	SDG 17- Semi…
10.	Healing Waves: Ayurveda Balance Panchkarma Therapy	20-09-2024	10	HEALING WA…
11.	Echoes of Well-being: Sound and Therapy Techniques	20-09-2024	11	SOUND HEA…

12.	Mood Match, Sketch and Sense, Print and Personalise	08-10-2024	12	MentalHealthD…
13.	Guest Talk on "Pathways to Wellness"	09-10-2024	13	Pathways to W…
14.	Manovaanchit Mann Ki Chah: Wellness Workshop for medical staff	09-10-2024	14	Manovaanchit …
15.	Mental Health Awareness Session with Young Indians (Yi)	10-10-2024	15	MentalHealthD…
16.	LeadWell: The Stress-Free Leadership Challenges	15-10-2024	16	LeadWell Docu…
17.	Guest Lecture on The Child's Inner World	16-10-2024	17	SDG 3- Guest l…
18.	Visit to Old Age Home "Aangan" and "Anchal"	16-10-2024	18	(Visit to Old A…
19.	EquiLead-A session on Empathy and Inclusion	18-10-2024	19	SBM SDG 3 se…
20.	Nasha Mukt Bharat: A Campaign for a Drug-Free India	22-10-2024	20	SDG 3_BCC_S…
21.	Safeguarding Vulnerable Populations	23-10-2024	21	SDG 3.10,16 -…

22.	Screening of Not Today	25-10-2024	22	Not Today-SD…
23.	Types of Wellbeing and the connection to types of Life Experience	10-12-2024	23	SDG 3_BCC_S…
24.	Swachh Vayu, Swasth Jeevan	13-12-2024	24	Swach Vayu, S…
25.	Soul Scapes: A Tapestry of Emotions- Where Art Meets Healing	10-01-2025	25	Reverie_ SoulS…
26.	Ancient Indian psychologies for present-day individuals with mental health concerns	11-01-2025	26	Ancient Indian …
27.	Old Age Home Visit	19-01-2025	27	Old Age Home …
28.	COGNITIA 2025: Neuro-Ark (Intercollegiate Fest)	21-01-2025	28	COGNITIA_2…
29.	Faculty Fiesta 2025	22-01-2025	29	Event Report _…
30.	Sex Therapy Principles for Counselling Professionals	25-01-2025	30	report sex thera…
31.	Empowering Therapy: A Queer-Affirmative Approach	31-01-2025	31	QAT -Docume…
32.	Senior Citizen Gratitude Day	04-02-2025	32	Community lun…
33.	Suicide Prevention, Intervention, and Postvention for School Students	10-02-2025	33	Suicide prevent…

34.	Rise against Cancer: Walkathon and street-play	19-02-2025	34	SDG 3_BCC_S…
35.	The Compassion Corner: Your Safe Space	03-03-2025	35	Compassion C…
36.	Mind Matters: Building Resilience and Emotional Well-being	05-03-2025	36	SBM SDG 3 e…
37.	SDG Week Stall - Awareness Campaign on UTI	05-03-2025	37	Statistics and D…
38.	Menopause Awareness workshop for supporting staff	05-03-2025	38	IQAC_Menopa…
39.	Sustainability Week SBM Stalls	07-03-2025	39	SBMsdg 3 Sust…

Illume Supervised Counselling Services

Date: June 2024 to March 2025

Venue: R&D Block, Central Campus

No. of Participants: 184

The MSc Counselling Psychology Cohort organised an internship and supervised counselling initiative titled "Illume" to advance SDG 3 (Good Health and Well-being) by delivering accessible mental health care and fostering emotional wellness across the student community. Documented by Professor Erin Kennedy and guided by faculty supervisors including Dr Bhuvana Manohari N and Dr Divya Ballal, the initiative aimed to address diverse psychological concerns—such as anxiety, grief, relationship difficulties, academic stress, and personal development—while providing practical clinical training for postgraduate counselling interns. To execute the initiative, faculty maintained a streamlined digital intake process to assign incoming requests to five trainee counsellors, who conducted one-on-one therapy sessions supplemented by regular individual check-ins and monthly faculty supervision meetings. The activity achieved a transformative impact by establishing a safe, non-judgmental therapeutic environment that helped students enhance self-awareness, improve emotional regulation, and adopt effective coping strategies for long-term mental well-being.





Yoga Session on International Yoga Day 2024

Date: 21 June 2024

Venue: Psychology Lab 1, CHRIST Delhi NCR Campus

No. of Participants: 18

Team Wellgorithm, the Lifestyle and Wellness Club of the Department of Psychology, organised a yoga module for the department's faculty and non-teaching staff on the occasion of International Yoga Day 2024. Dr Oindrila Mukherjee, Assistant Professor in the Department of Psychology, led the session. The resource person began the session by identifying the mental health benefits of yoga as a part of one's daily routine alongside physical wellness. The participants practised guided postures, an Anulom Vilom Pranayama breathing exercise, as well as various other physical exercises like simple asanas and guided relaxation techniques. Special focus was given to centring one's breathing, body awareness, postural corrections, and unity of mind to prevent workroom exhaustion. The session ended with tips on using meditation and breathing exercises as a means of resilience against the frequent accumulation of daily stresses while at work.







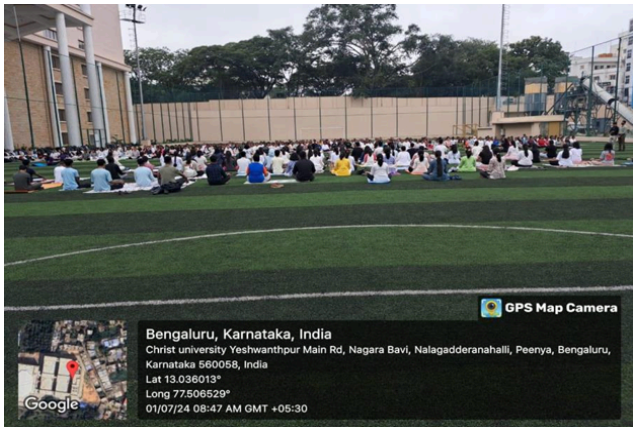
International Yoga Day - Yoga for Wellness

Date: 1st July 2024

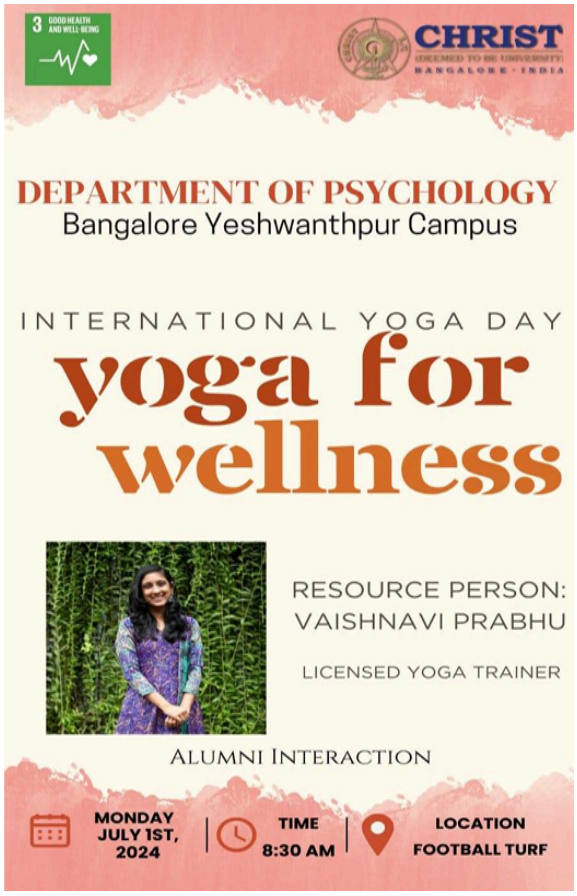
Venue: Turf Area, Bangalore Yeshwanthpur Campus

No. of Participants: 300+

The Department of Psychology organised a wellness activity titled "International Yoga Day - Yoga for Wellness" to promote physical and mental health among first-year students and assist them in managing stress during their transition to university life. The program was executed through a practical yoga session led by a resource person and national-level yoga trainer, Ms Vaishnavi Prabhu, who introduced participants to traditional Surya Namaskar and dynamic modern yoga flows designed for daily routines. A guest talk-cum-interaction was integrated into the event, where the expert shared insights on using yoga for mindfulness, stress management, self-care, and personal growth. The impact of the activity was highly positive; it equipped students with accessible wellness tools, encouraged a balanced approach to academic life, fostered a strong sense of community among peers, and inspired participants to prioritise holistic physical and mental well-being.







Music for Wellness

Date: 4 July 2024
Venue: Seminar Hall 1- Yeshwanthpur Campus
No. of Participants: 200+

The Department of Psychology hosted a guest lecture titled *Music for Wellness: A Journey of Peace and Harmony* to support SDG 3: Good Health and Well-Being. Guest speaker Prof. Krishna J C, Assistant Professor from the Department of Languages, delivered a presentation exploring music as a transformative tool for mental wellness and personal growth. The session drew on research insights, personal anecdotes, compelling examples, and an interactive Q&A where attendees discussed travel stories and music's impact. The report was compiled by Dr Sherin P. Antony, Assistant Professor in the Department of Psychology. The activity achieved a meaningful impact by demonstrating how music goes beyond leisure to enhance essential life skills such as adaptability, communication, and leadership, while fostering self-discovery, broadening perspectives, and stimulating creative well-being.





Sweets Distribution on the Occasion of Teacher's Day

Date: 07 September 2024

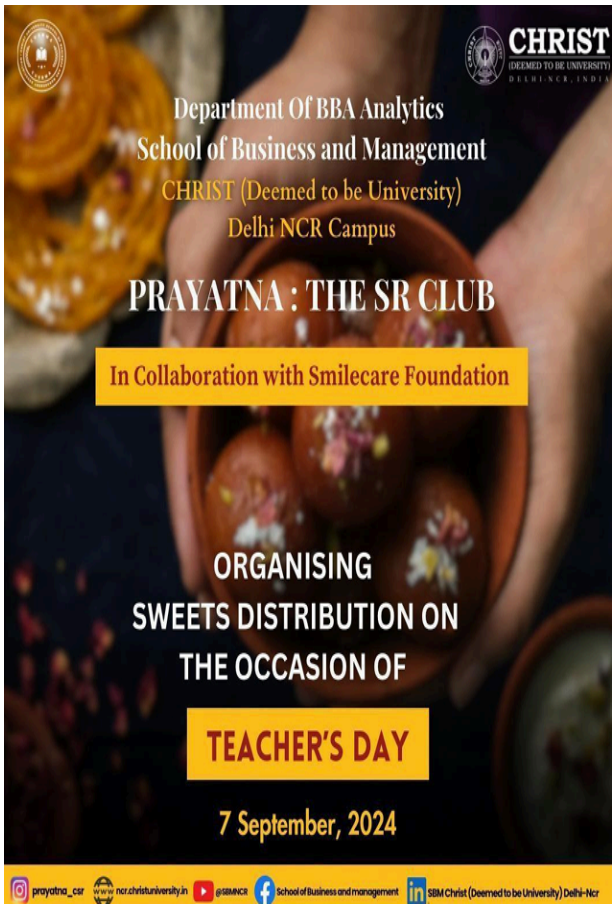
Venue: Chabiganj, Kashmere Gate, Delhi-NCR

No. of Participants: 60

The Department of Business Administration (BBA Analytics), through Prayatna: The Social Responsibility Club and in collaboration with the Smilecare Foundation, organised a social responsibility workshop centred around mental and emotional well-being for homeless young girls. The initiative aimed to educate participants on physical hygiene, stress management, nutrition, and self-care while fostering positive peer connections. Executed through interactive discussions, speakers guided the children on recognising emotions, managing stress, and maintaining balance. The session was further enriched by engaging team-building games, a peer-appreciation exercise, a live flute performance, and a sweet distribution drive. The event achieved a significant positive impact by raising health awareness, strengthening peer-supportive networks, and creating an uplifting environment that left the children with valuable coping skills and lasting joyful memories.







Walkathon for First Aid

Date: 11 September 2024

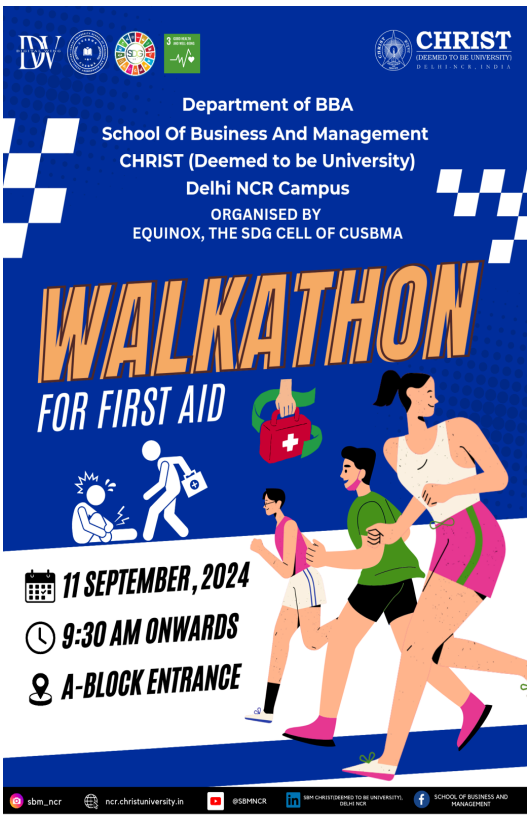
Venue: Saint Joseph Hospital, Mariam Nagar, Ghaziabad, Delhi NCR

No. of Participants: 100

A Walkathon organised by the SDG Cell of CUSBMA's BBA program was a unique celebration of World First Aid Day that simultaneously raised public awareness about life-saving intervention techniques. Through the program, community members learned about the importance of prompt first aid at the very beginning of one's knowledge base for medical emergencies. The first-year students, faculty, and volunteers did the walk, which had different demonstration booths at a few strategic places where people could take part. It was an incredible mix of people, and different first aid techniques were being illustrated there by medical professionals and students, such as how to handle choking, excessive bleeding, burns, and fractured bones, among others. We were very lucky to enjoy these sessions at our venue, with many hands-on first aid activities and expert medical consultants answering any questions that came along the way after the walk. It is also noteworthy that our awareness campaign ended with a thanksgiving message, which was delivered formally by Dr Kushagra Mishra.







Nukkad Natak on World First Aid Day

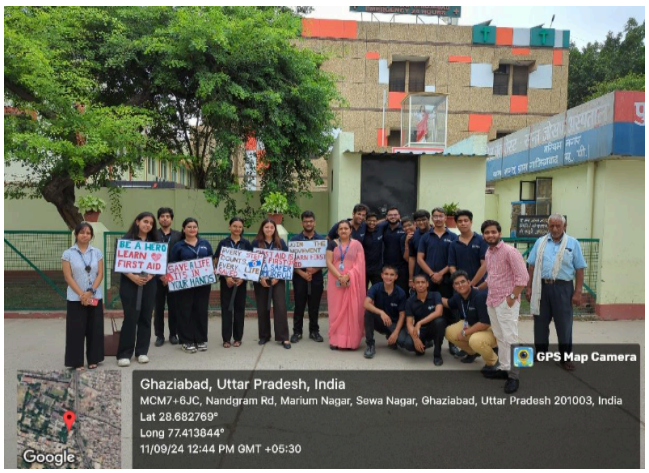
Date: 17 September 2024

Venue: St. Joseph's Hospital, Mariam Nagar, Delhi NCR Campus

No. of Participants: 150

The SDG Cell (Equinox) of CUSBMA organised a Nukkad Natak (street play) to commemorate World First Aid Day and promote community health awareness. The initiative aimed to educate the public on fundamental first aid techniques, cultivate a culture of community readiness, and emphasise that emergency response is a collective responsibility. The student team executed the play, incorporating live instrumental effects and realistic demonstrations of emergency scenarios such as choking, bleeding, burns, and fractures. The impact was significant; the dramatic and accessible format demystified basic medical procedures for a diverse audience, empowered onlookers with actionable knowledge, boosted public confidence to act as first responders, and strengthened overall community emergency preparedness.







Understanding Family Therapy: An Introductory Workshop

Date: 18 September 2024

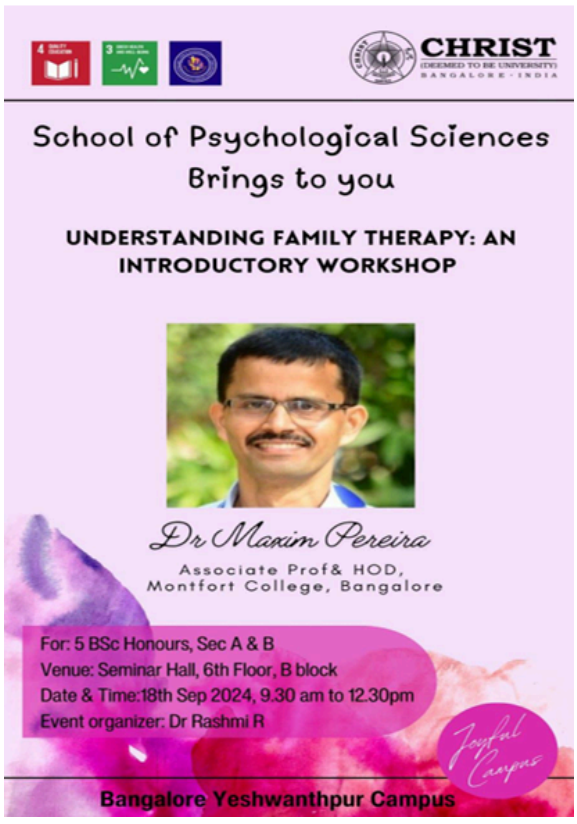
Venue: Seminar Hall, Yeshwanthpur Campus

No. of Participants: 120

The Department of Psychology organised an introductory workshop titled "Understanding Family Therapy" to deepen students' conceptual understanding of counselling practices, systemic therapy, and complex family dynamics. The session was facilitated through an interactive guest talk and workshop led by resource person Dr Maxim Pereira, who introduced various therapy modalities, stages of the family life cycle, and theoretical models like Minuchin's Structural Theory and Cognitive Behavioural Family Therapy. To make abstract clinical concepts concrete, the activity incorporated experiential learning techniques, including volunteer-led role-playing demonstrations, nursery rhyme exercises, and instructional videos illustrating system principles like homeostasis and boundaries. The impact of the workshop was significant, as it successfully bridged theoretical knowledge with practical applications, improved students' grasp of systemic interventions, and enhanced their understanding of conflict resolution and family-centred psychological care.







Seminar on emotional regulation

Date:18 September 2024

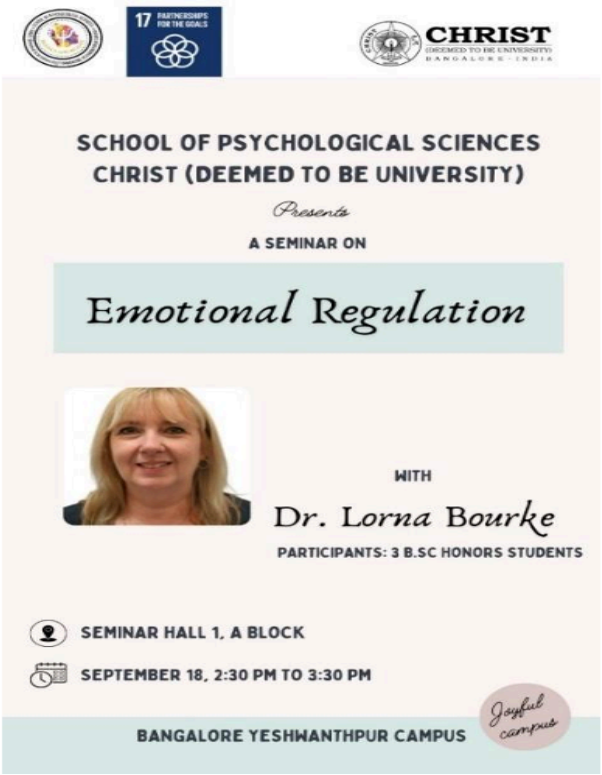
Venue: Seminar Hall 1, Yeshwanthpur Campus

No. of Participants: 148

The Department of Psychology conducted an academic seminar titled "Emotional Regulation" to educate undergraduate psychology students on how individuals manage their emotions and the significance of emotional intelligence in contemporary personal and professional environments. The activity was executed as an expert-led educational session featuring a guest talk by clinical and developmental psychologist Dr Lorna Bourke. The speaker presented an in-depth analysis comparing adaptive and maladaptive emotional regulation strategies while highlighting how family dynamics, socioeconomic status, and broad sociocultural contexts shape an individual's emotional development. Additionally, the presentation covered effective intervention strategies, self-regulation techniques, and the evolution of assessment scales used by modern corporations to measure emotional intelligence during recruitment. The impact of the seminar was highly meaningful, as it equipped attendees with vital psychological frameworks for self-awareness and emotional control, providing actionable insights into a critical life skill essential for personal well-being and future career success.







Healing Waves: Ayurveda Balance Panchkarma Therapy

Date: 20 September 2024

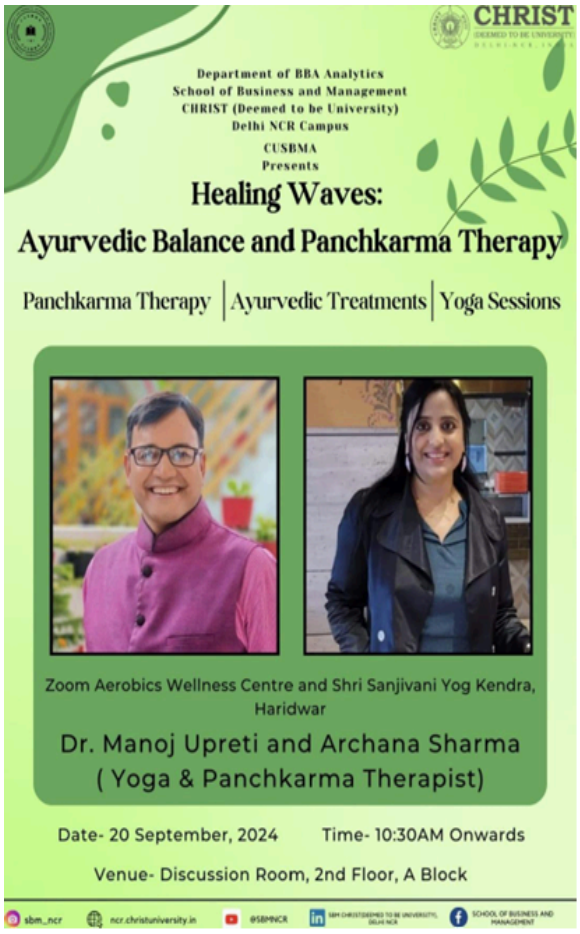
Venue: Discussion Room, 2nd Floor, Block A, CHRIST Delhi NCR Campus

No. of Participants: 14+ Registered Student Participants

The School of Business and Management (BBA Analytics) under CUSBMA held a wellness workshop on Healing Waves: Ayurveda Balance Panchkarma Therapy. The workshop was conducted by skilful trainers Dr Manoj Upreti and Archana Sharma from Zoom Aerobics and Shri Sanjivani Yog Kendra. The workshop familiarised students with traditional Ayurvedic health practices. The speakers elaborated on the central Ayurvedic idea of balance within the body and consciousness, including topics like holistic health and wellness and the five Panchkarma therapeutic cleansing processes. Students received tips on how to apply simple personal wellness routines to busy college lives. Topics covered included stress relief, diet, and self-care management. The Ayurveda therapies were demonstrated by the trainers in front of the audience. The group then discussed possible applications over tea and snacks.







Echoes of Well-being: Sound and Therapy Techniques

Date: 20 September 2024

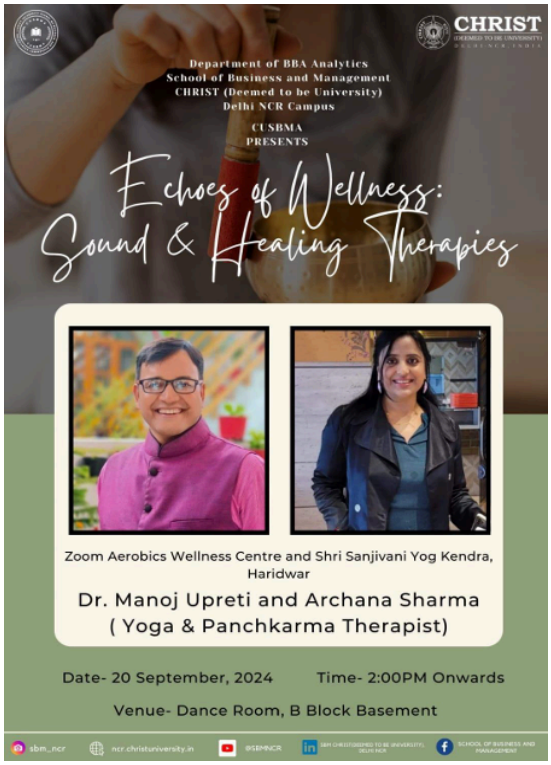
Venue: Dance Room, Delhi NCR Campus

No. of Participants: 14

The "Echoes of Wellness: Sound and Healing Therapies" event, organised by CUSBMA for BBA Analytics students, was held to introduce participants to the foundational principles of Ayurveda and demonstrate how traditional practices support physical and mental health. Designed to foster holistic health and provide practical stress-relief strategies, the session featured an insightful guest talk by external experts Dr Manoj Upreti and Archana Sharma, who educated attendees on Ayurvedic balance—emphasising harmony across mind, body, and spirit—and detailed the five detoxification processes of Panchkarma therapy. The speakers facilitated an engaging experience through interactive discussion, live demonstrations of therapeutic techniques, and actionable daily self-care and dietary guidance. The initiative made a strong, positive impact by deepening participants' understanding of the link between mental and physical well-being, enhancing their awareness of stress management, and inspiring them to adopt holistic health practices into their daily routines. Feedback underscored high participant satisfaction, active engagement, and a keen motivation to explore alternative wellness approaches further.







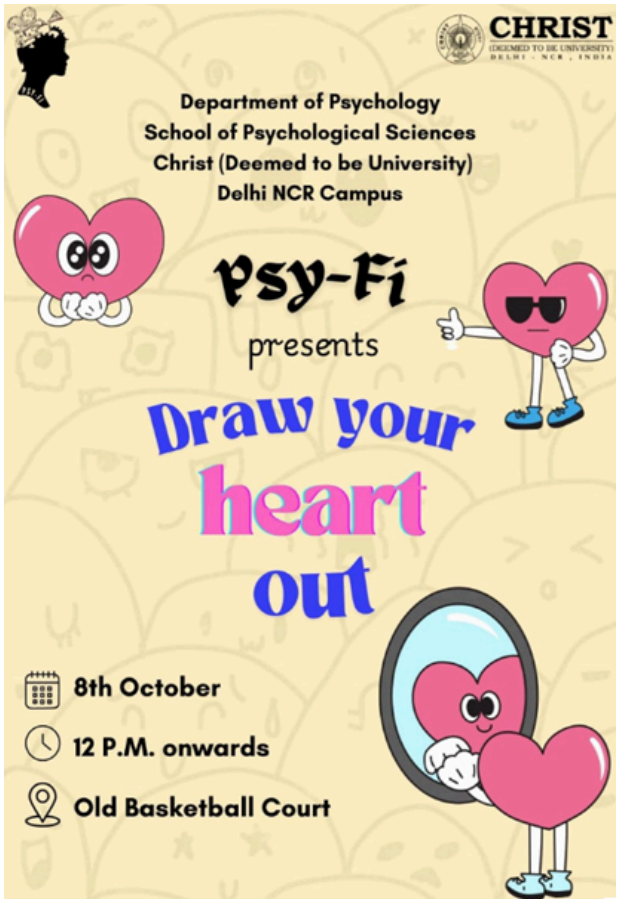
Mood Match, Sketch and Sense, Print and Personalise

Date: 8 October 2024

Venue: Synergy Square / Old Basketball Court, CHRIST Delhi NCR Campus

No. of Participants: All Department Students

The Psy-Fi Club organised a series of interactive mental health awareness stalls featuring engaging activities such as "Psychology of Lines," "Doodles Duo," "Sketch and Sense," and "Mood Match" to celebrate World Mental Health Day. The initiative aimed to promote mental well-being, destigmatise conversations around psychological health, and highlight the therapeutic intersection of art and self-reflection. Participants engaged through hands-on creative tasks, including pair doodling, symbolic line interpretations, emotional art expression, and memory games designed to foster bonding and stress relief. The activity provided a safe, interactive environment for students to unwind, raised awareness about normalising mood fluctuations, demonstrated creative outlets for emotional expression, and emphasised the importance of seeking professional support for persistent mental health concerns.





Guest Talk on "Pathways to Wellness"

Date: 9 October 2024
Venue: Mini Auditorium, Delhi NCR Campus
No. of participants: 100+ Participants

Guest Talk on "Pathways to Wellness: A Focus on SDG 3 ": Prayatna, the Social Responsibility Club, in association with the SDG Cell of the Department of BBA Analytics, educated the audience on healthy living practices and holistic wellness among the student body at large. Mr Lokendra Tomar, CEO and Founder of Diabexy, was the guest keynote speaker and gave insights on disease-related management and other preventative practices. Based on his entrepreneurial venture in the health-tech industry in India, Mr Tomar linked his path-breaking insights drawn from the parallel physiology of the disease management process with the day-to-day consumption of nutrition and metabolic balancing for the prevention and moderation of chronic lifestyle ailments such as diabetes. He also placed strong emphasis on mental health management, mindfulness techniques, and exercise. Towards the end of the program, there was an engaging question-and-answer session, where students spoke about their individual health issues and learned about the practical life-skill of maintaining sustainable daily lifestyle habits as per SDG 3 standards.







Manovaanchit Mann Ki Chah: Wellness Workshop for medical staff

Date: 9 October 2024

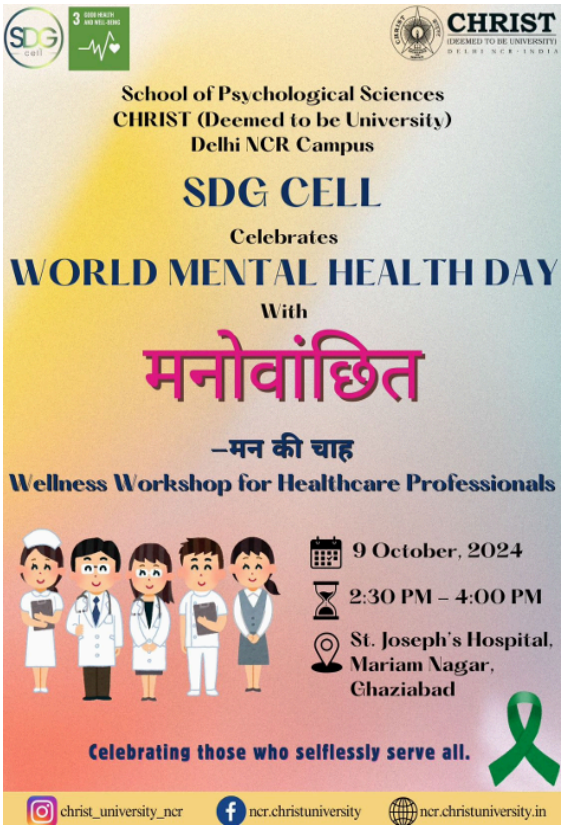
Venue: St. Joseph's Hospital, Mariam Nagar, Ghaziabad

No. of Participants: Healthcare Professionals and Hospital Staff

The "Manovaanchit - Mann ki Chah" wellness workshop was organised by the SDG Cell of the School of Psychological Sciences to celebrate World Mental Health Day and promote mental well-being in alignment with Sustainable Development Goal 3: Good Health and Well-Being. Designed specifically for healthcare professionals who selflessly serve others, the initiative aimed to offer a supportive space for stress relief, self-expression, mindfulness, and relaxation. The workshop was conducted through a series of interactive, hands-on activities rather than a formal guest talk. Facilitators led participants through a "Drawing a Safe Space" creative exercise, a "5-4-3-2-1" sensory grounding technique, cooperative dance and movement games, and a guided Progressive Muscle Relaxation (PMR) session. These activities equipped healthcare workers with practical coping mechanisms to manage everyday anxiety and physical tension while fostering a strong sense of community. The event had a profoundly positive impact, leaving attendees feeling deeply relaxed and centred, while inspiring student facilitators to actively advocate for accessible mental health resources.







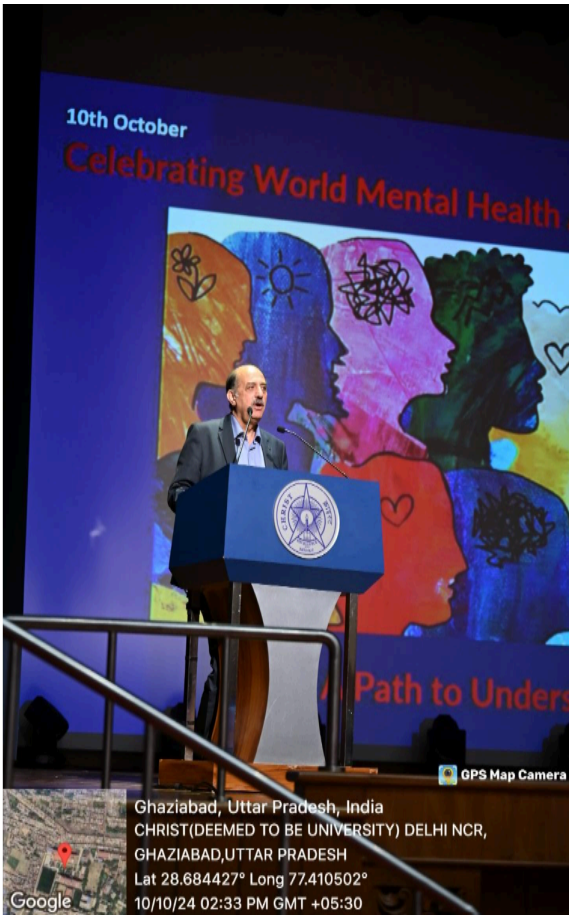
Mental Health Awareness Session with Young Indians (Yi)

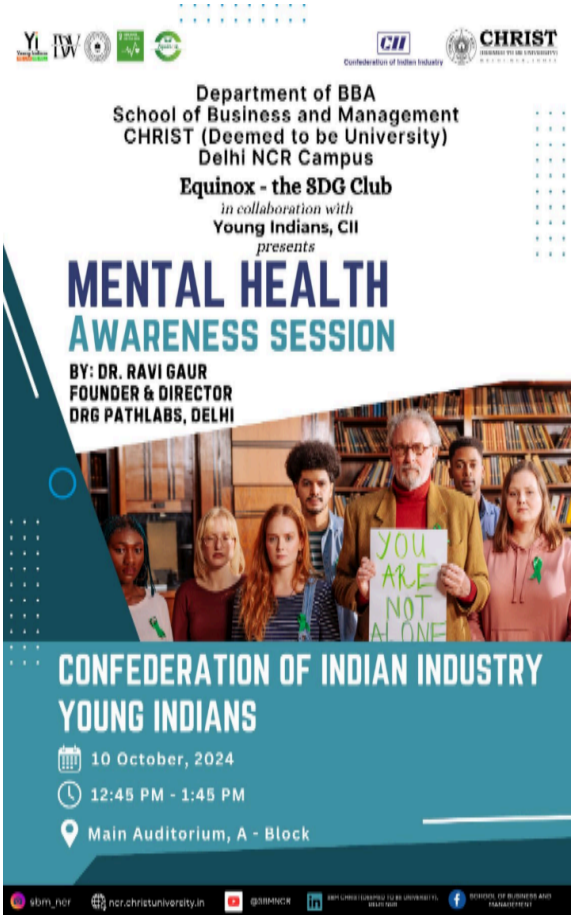
Date: 10 October 2024

Venue: Main Auditorium, CHRIST Delhi NCR Campus

No. of Participants: 572 Undergraduate Students

The Mental Health awareness session was organised by the School of Business and Management (Department of BBA), in association with Young Indians (Yi) and the Confederation of Indian Industry (CII). A session for creating awareness about Mental Health was held on World Mental Health Day. Dr Ravi Gaur, Founder and Director of DRG Pathlabs, addressed the gathering about the differences between mental health and mental illness and about the influence of the environment on well-being. He dispelled ten prevalent mental health myths, presented the WHO Self-Reporting Questionnaire (SRQ) screening tool, and discussed some lifestyle management techniques related to mobile usage and stress management. Yi representatives briefed students about youth leadership and project execution on Yi's Yuva vertical in other important social sectors.





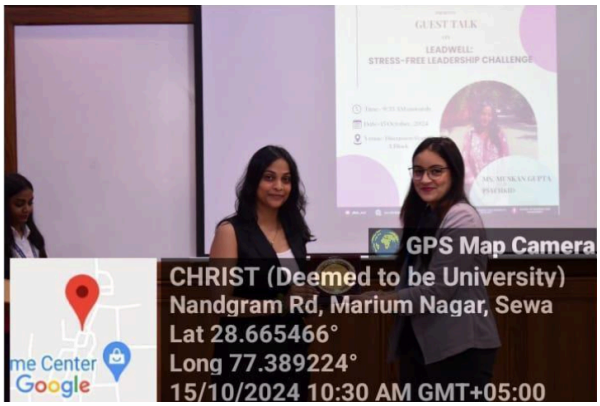
LeadWell: The Stress-Free Leadership Challenges

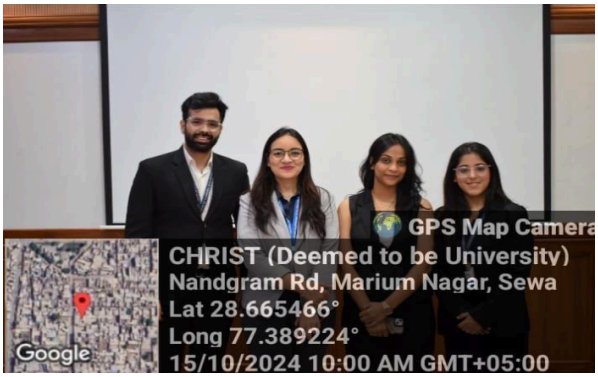
Date: 15 October 2024

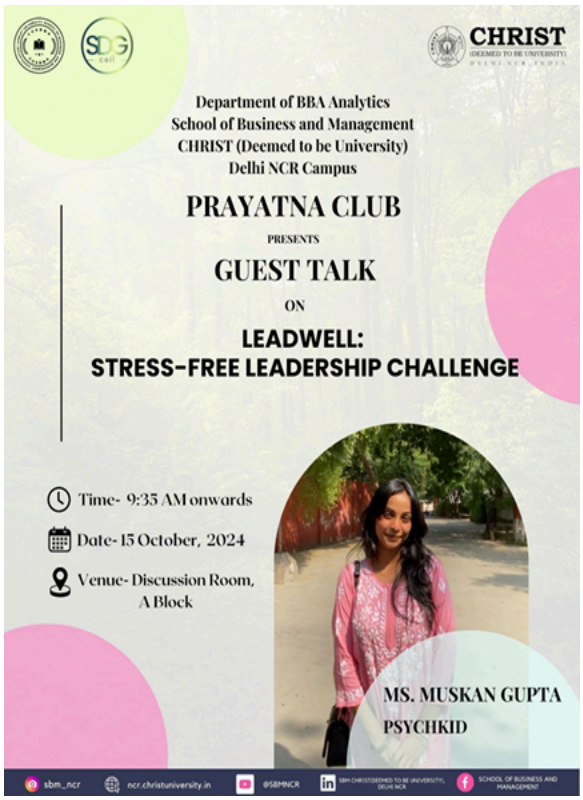
Venue: Discussion Room, CHRIST Delhi NCR Campus

No. of Participants: 40+

The Prayatna Club of the School of Business and Management organised "LeadWell: The Stress-Free Leadership Challenges," a guest talk session designed to help future leaders manage academic and workplace stress while maintaining personal mental well-being. The event featured a guest talk by psychologist Ms Muskan Gupta, who shared practical strategies for integrating self-care, stress management, and emotional resilience into everyday leadership practices. Through an interactive presentation and a dedicated Q&A segment, attendees engaged directly with the speaker to discuss personalised coping mechanisms and mental health strategies. The activity made a significant positive impact by equipping participants with actionable tools for balanced decision-making, emphasising the vital connection between effective leadership and mental health. High satisfaction ratings and feedback reflected that attendees felt deeply inspired by the session, gaining valuable perspectives on cultivating sustainable self-care and resilience in fast-paced environments.







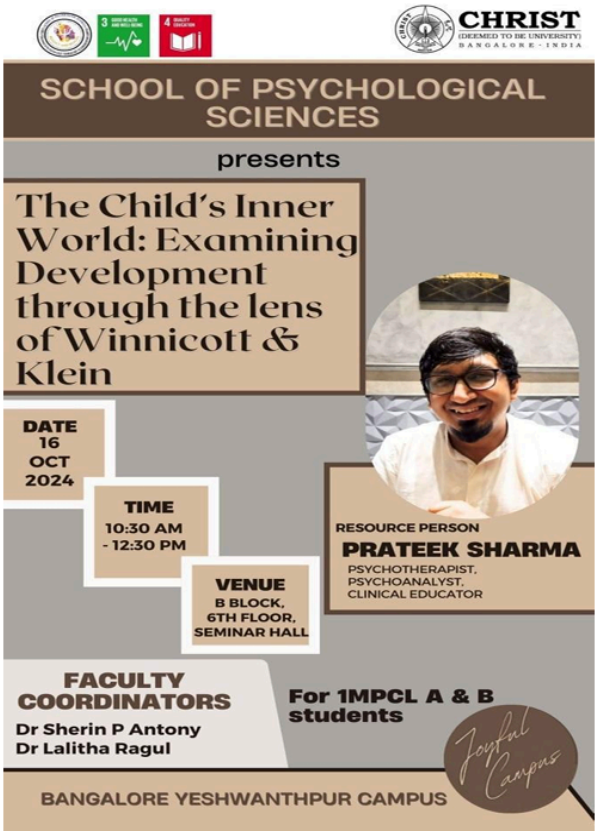
Guest Lecture on The Child's Inner World

Date: 16 October 2024
Venue: Seminar Hall, Bangalore Yeshwanthpur Campus
No. of participants: 120 Students

This was an invited advanced guest lecture held in the Department of Psychology, School of Psychological Sciences, titled "The Child's Inner World: examining development through Winnicott & Klein". It was run by registered clinical psychologist and psychoanalyst Mr Prateek Sharma and targeted first-year MSc Clinical Psychology students. This presentation focused on Kleinian Object Relations Theory, pointed out how internal representations, unconscious fantasies, and the paranoid-schizoid-aggressive position versus the depressive position influence emotional development, and focused on her early analyses and play therapy techniques. It contrasted this with Winnicott's emphasis on outward prototypical caregiving and outlined his "holding environment", "good-enough parenting", "transitional objects" and false versus true self hypotheses. It ended with clinical issues surrounding the now long-dead and largely irrelevant psychodynamic theories.







Visit to Old Age Home "Aangan" and "Anchal"

Date: 16 October 2024
Venue: Old Age Homes, near Hindon Road, Ghaziabad
No. of participants: 10 Student Volunteers (engaged with 20 elderly residents)

Equinox, the SDG Club of the School of Business and Management (BBA Department) at CHRIST (Deemed to be University), Delhi NCR, organised an essential outreach program to the "Aangan" and "Anchal" old age homes, directly aligning with SDG 3 (Good Health and Well-being) by targeting the emotional and mental wellness of vulnerable seniors. Guided by faculty coordinators Dr Pratibha Giri and Prof. Charu Sehgal, student volunteers conducted the activity by actively interacting with the elderly residents, listening to their life stories, and offering a comforting, empathetic presence. The students further engaged the residents with a lively song and dance performance to bring companionship, while distributing cheerful smiley badges and gift hampers to address their comfort needs. This initiative was conducted primarily to honour Senior Citizens' Day, combat social isolation, and uplift the psychological well-being of the elderly while promoting holistic development and civic awareness among the youth. The impact of the drive was highly significant; it directly enhanced the emotional health and spirits of the senior citizens, making them feel deeply valued, while successfully cultivating empathy, social responsibility, and a strong commitment to community health service among the participating students.







EquiLead-A session on Empathy and Inclusion

Date:18 October 2024
Venue: Syndicate Room, Audi Block, Central Campus, Bangalore
No. of participants: 44 Students

The SDG Cell, School of Business and Management, conducted an intra-departmental guest lecture equi-lead to create awareness on disability. The session was conducted by the guest speaker, Mr Mansoor Ahmed, CBM India Trust- Corporate Partnership Manager. As a wheelchair user and athlete, he enlightened students with his own life experiences that helped the participants open up their minds and delivered effective ways to work around the physical/ social barriers. He also highlighted the efforts of CBM India Trust, a non-profit organisation that focused on designing accessible recreation parks for children with disabilities. Based on the psychological impact of discrimination by society, he then emphasised structural accessibility in the institution and corporate sectors. The students were made to participate in self-reflection activities using paper triggers on how they sensed and perceived inclusivity in the sessions and were encouraged to become empathetic leaders.







Nasha Mukt Bharat: A Campaign for a Drug-Free India

Date: 22 October 2024

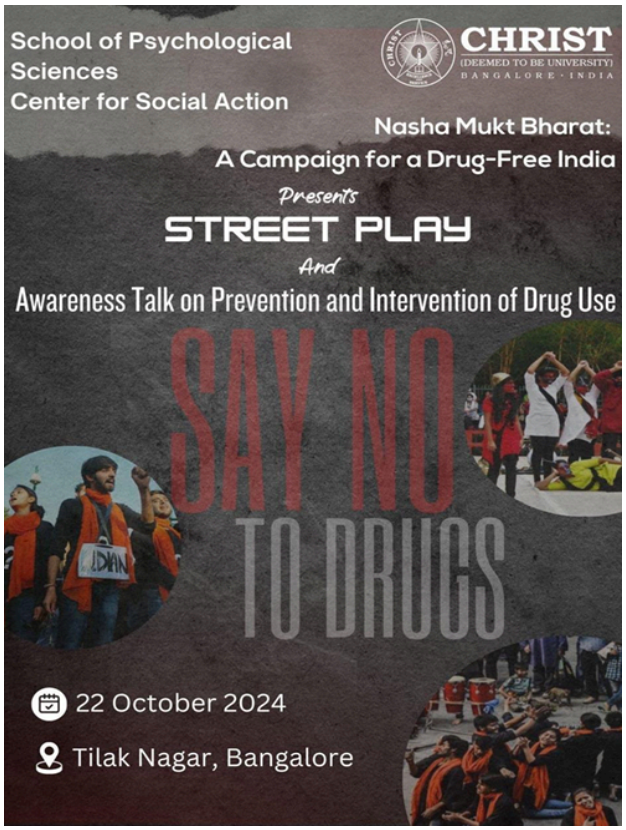
Venue: St. Antony's Church Centre, Tilak Nagar, Bangalore

No. of Participants: 100+

The School of Psychological Sciences, in collaboration with the Centre for Social Action (CSA), organised the "Nasha Mukt Bharat: A Campaign for a Drug-Free India" initiative to raise awareness regarding the hazards of substance misuse, youth drug addiction, and passive smoking. The event aimed to educate local community members, particularly mothers of adolescents, about substance abuse prevention, management, and available support systems. The initiative was conducted through a combination of creative and formal engagements: student volunteers performed a thought-provoking street play depicting the emotional and physical toll of addiction, followed by the distribution of take-home awareness materials. A guest talk was delivered by Dr Mutharaju Arelingaiah, a mental health and addiction expert from NIMHANS, who shared crucial insights into effective intervention strategies, health impacts, and youth safeguard mechanisms, followed by an interactive Q&A session. The campaign made a significant impact by equipping families with actionable knowledge, dispelling stigmas around addiction, encouraging healthy lifestyle choices, and strengthening community-level resolve toward building a drug-free society.







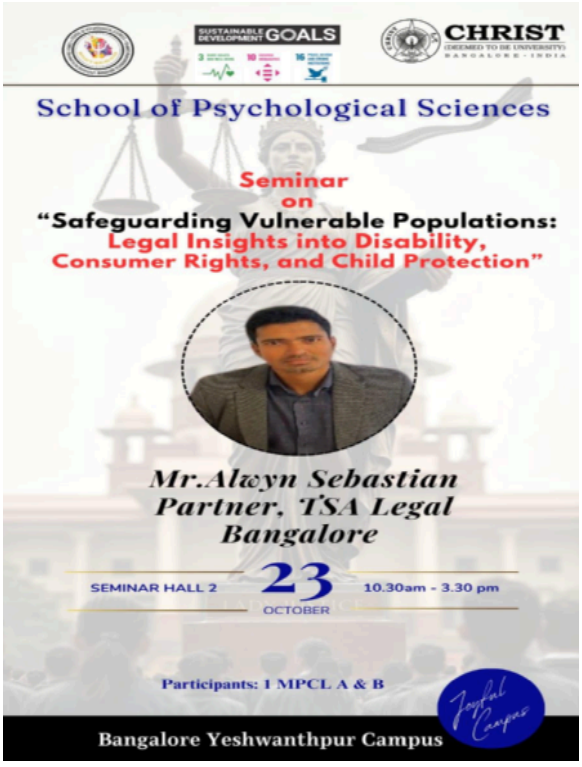
Safeguarding Vulnerable Populations

Date: 23 October 2024
Venue: Seminar Hall 2, Yeshwanthpur Campus
No. of Participants: 100+

The Department of Psychology organised a seminar titled "Safeguarding Vulnerable Populations: Legal Insights into Disability, Consumer Rights, and Child Protection" under the leadership of HOD Dr Sherin P. Antony, directly contributing to UN Sustainable Development Goal 3 (Good Health and Well-being) by addressing mental healthcare rights and child protection frameworks. An expert guest talk was delivered by Mr Alwyn Sebastian, Partner at TSA Legal, who provided legal and psychological perspectives on key legislation, including the Mental Healthcare Act 2017, the Persons with Disabilities Act, and the Protection of Children from Sexual Offences (POCSO) Act. The session aimed to bridge complex legal structures with psychological health, contextualising how legal protections impact the well-being of vulnerable groups. Delivered through accessible language, the lecture emphasised ethical considerations, mandatory reporting, and confidentiality obligations when dealing with special populations. The seminar achieved a strong educational impact, equipping attendees with foundational legal awareness, ethical sensitivity, and practical knowledge to safeguard mental health rights, earning an exceptional average rating of 4.85 out of 5 in participant feedback.







Screening of Not Today

Date: 25 October 2024

Venue: KE Auditorium, Central Campus, Bangalore

No. of Participants: 60

The SDG Cell, in collaboration with the Department of Theatre Studies, organised a film screening of *Not Today* followed by an interactive talk session with the film's writer and director, Aditya Kripalani. In alignment with SDG 3: Good Health and Well-Being, the initiative was held to engage students and faculty in meaningful discussions regarding mental health, suicide prevention, and psychological representation in cinema. The activity was conducted by screening the feature film, which follows characters navigating profound life challenges, and concluding with a direct dialogue with the director. During this session, he shared his creative inspirations and discussed how media can drive social change. The impact of the event was highly positive, reinforcing the importance of personal choices, community engagement, and resilience, while instilling a renewed sense of hope and raising awareness about crucial mental health issues.



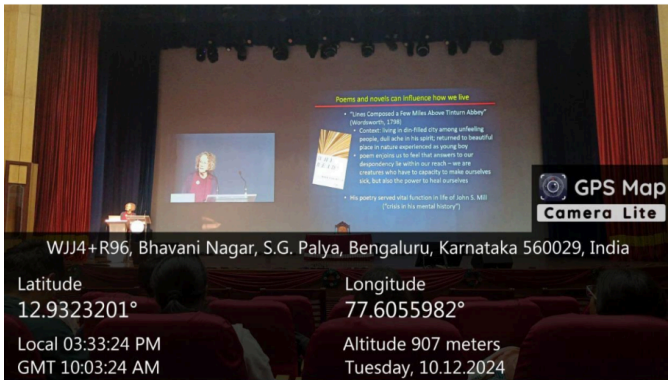
Types of Wellbeing and the connection to types of Life Experience

Date: 10 December 2024

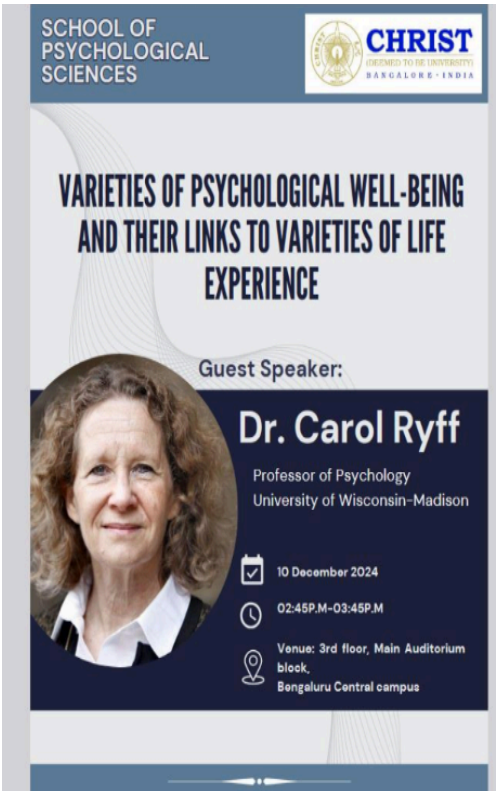
Venue: 3rd Floor, Main Auditorium, Central Campus

No. of Participants: 800+

The School of Psychological Sciences, in collaboration with the Office of International Affairs, organised an academic session titled "Varieties of Wellbeing and their links to Varieties of Life Experiences" to explore positive psychology, adult development, and human flourishing. The activity was conducted through a guest talk delivered by renowned psychologist Dr Carol Ryff from the University of Wisconsin-Madison, who shared empirical insights from her seminal work on the Eudaimonic approach and the Six-Dimension Scale of Psychological Wellbeing. She discussed key findings from the Midlife in the United States (MIDUS) research, preventative wellbeing interventions, and how societal inequalities pose challenges to overall well-being. The presentation was followed by an interactive Q&A session addressing the role of media, arts, and humanities in promoting mental health. The impact of the event was significant, as it broadened students' academic perspectives, deepened their understanding of evidence-based psychological scales, and inspired participants to further explore preventive interventions and holistic approaches to human development.







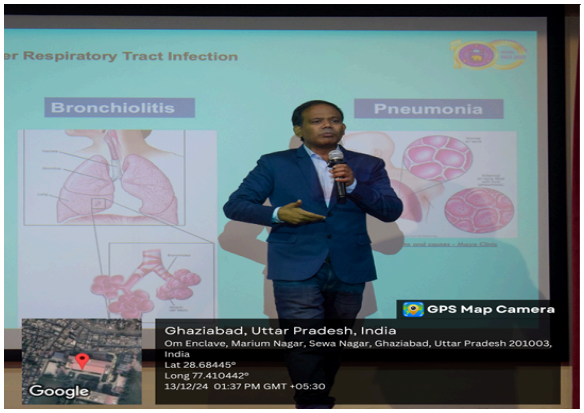
Swach Vayu, Swasth Jeevan

Date: 13 December 2024

Venue: Seminar Hall, Delhi NCR Campus

No. of Participants: 40

The Department of BBA Analytics organised an awareness session titled "Swach Vayu, Swasth Jeevan" to address the severe health risks associated with air pollution under UN SDG 3 (Good Health and Well-being). Coordinated by Prof. Diksha Pandey alongside student coordinators Joshya Jasuja and Krrish Kathuria, the initiative aimed to educate non-teaching staff and student representatives on the grave health impacts of deteriorating air quality. Guest talks were delivered by Mr Sanjay Mohan and Dr Vijay Kumar from the Society for Environment and Sustainable Development. Dr Vijay Kumar emphasised how winter AQI spikes contribute to life-threatening conditions such as bronchitis, heart disease, and COPD, noting that air pollution ranks as the second leading cause of global mortality. Mr Sanjay Mohan outlined actionable measures to reduce emissions, including minimising excessive car usage. The event achieved a strong educational impact by deepening participants' understanding of particulate sources and respiratory hazards, empowering them to adopt eco-friendly practices, and fostering a shared commitment to environmental health.





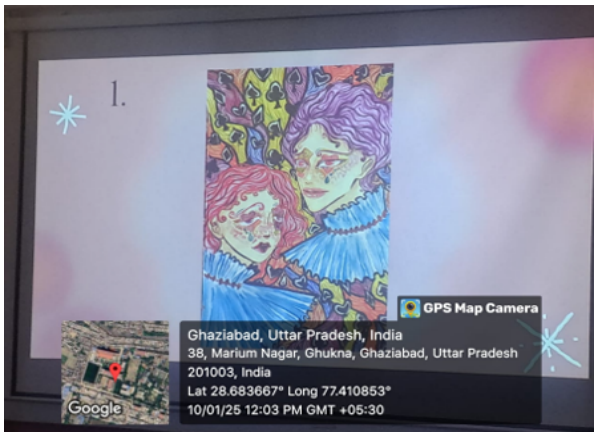


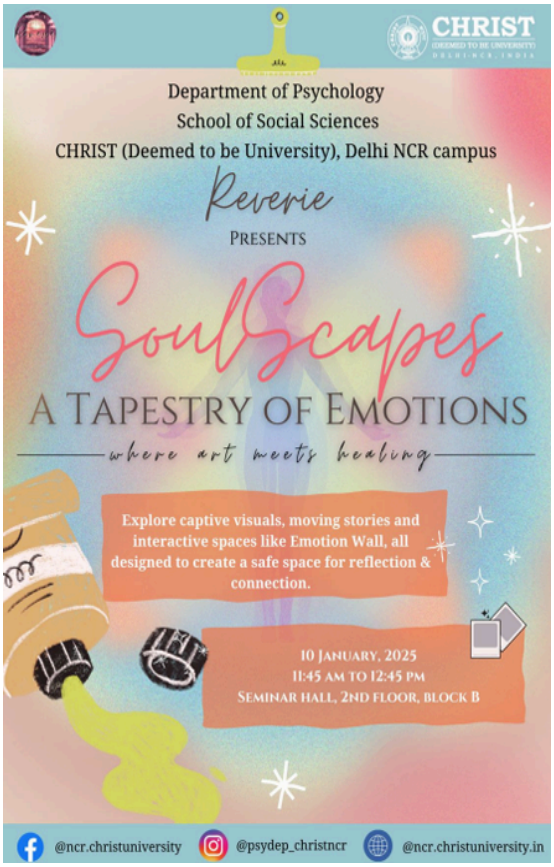
Soul Scapes: A Tapestry of Emotions- Where Art Meets Healing

Date: 10 January 2025
Venue: Seminar Hall, CHRIST Delhi NCR Campus
No. of participants: 19+

Reverie hosted an expressive arts event titled "Soulscapes: A Tapestry of Emotions- Where Art Meets Healing" through the Literature and Arts Club of the Psychology Department. This reflective space was an opportunity for students to present original visual art and tell the personal experiences and emotional narratives behind their artwork. The event included a curated presentation of art by Vincent van Gogh, which examined the ways in which traditional and modern art can be tools for emotional self-regulation and personal healing. Directed by faculty rapporteur Prof. Purwai Pravah, attendees engaged in introspective discussion after each presentation, examining points of divergence and convergence, vulnerability and resilience. Ambient music set a comfortable atmosphere in which students from disciplines outside of psychology approached one another, learned about each other's creative processes, and safely shared personal feelings with one another.







Ancient Indian psychologies for present-day individuals with mental health concerns

Date: 11 January 2025

Venue: Seminar Hall, CHRIST Delhi NCR Campus

No. of Participants: 116 PG Students

The Department of Psychology organised a guest lecture titled: 'Ancient Indian Psychologies for present-day individuals with mental health concerns' under the Beyond the Books: Clinical Insights Series. The talk was presented by Professor Bhavit Bansal (from the CCRYN, Ministry of AYUSH), who informed MSc Clinical Psychology final-year students about using Ayurvedic psychology. The focus was on converging and aligning the three primary bio-energies or doshas: Vata, Pitta, and Kapha, which determine mental functioning, behavioural and temperamental traits, and emotional strength, along with mind and brain activity. The teacher explained the science behind yoga and pranayama for those three bio-energies and their governing system through HRV regulation and autonomic nervous system activities, and assimilation of circadian hour rhythms and entrainment of physiognomical dormancy/ activity cycles. Students reviewed a doha quiz to determine their own dominant stress responses (self dosha). The session ended with new clinical practice guidelines informed by those ancient psychologies.







Old Age Home Visit

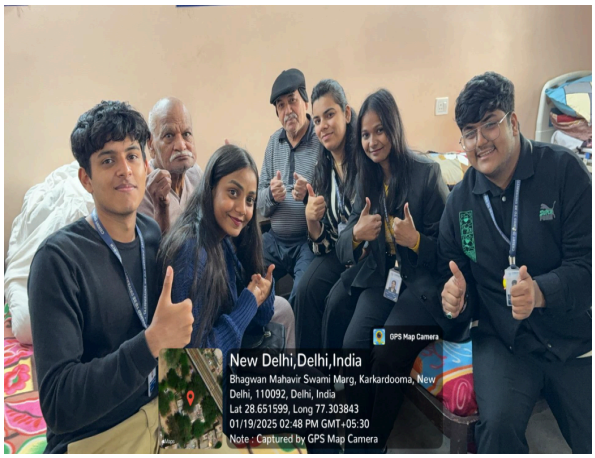
Date: 19 January 2025

Venue: Shashiraj Old Age Home, Delhi

No. of Participants: 20 Student Volunteers

The Prayatna Club, in collaboration with Warriors Without Cause, organised an Old Age Home Visit centred around social responsibility. The initiative aimed to address senior isolation, offer emotional comfort, and provide companionship to elderly residents who often long for care and belonging. During the visit, student volunteers spent quality time engaging in heartfelt, personal conversations with the senior citizens, sharing life experiences and reflections, and serving food and refreshments as a shared meal. The activity had a profound emotional and social impact; it reduced feelings of loneliness among the elderly, made them feel deeply valued and cared for, and fostered strong intergenerational connections. Furthermore, the experience instilled a heightened sense of empathy, social responsibility, and community engagement among the participating students, encouraging an ongoing commitment to social welfare.







COGNITIA 2025: Neuro-Ark (Intercollegiate Fest)

Date: 21 January 2025

Venue: Main Auditorium, Mini Auditorium,

Conference Hall, and Synergy Square

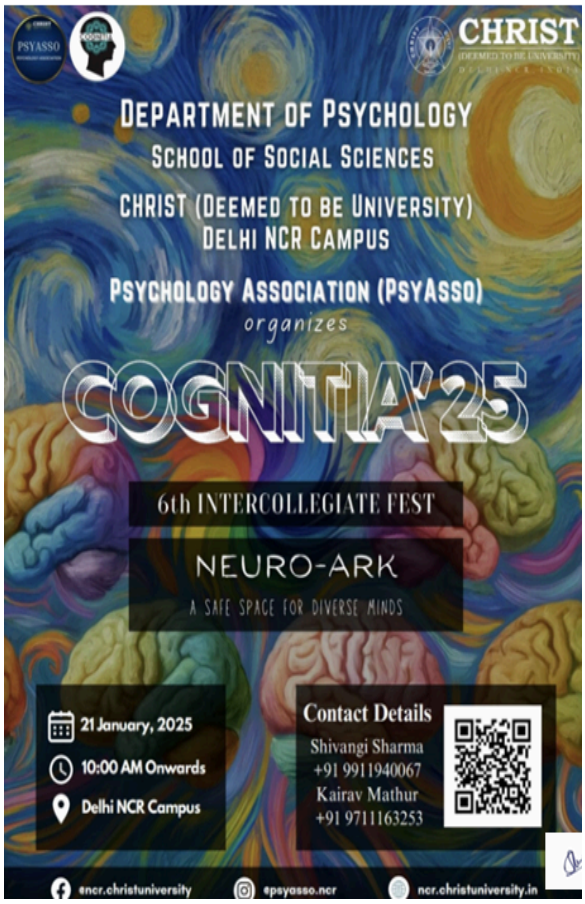
No. of Participants: 150+ Attendees across individual competitive tracks

The Department of Psychology at CHRIST (Deemed to be University), Delhi-NCR, organised its 6th Intercollegiate Fest, "COGNITIA 25: Neuro-Ark: A Safe Space for Diverse Minds". The activity aimed to promote mental health awareness, destigmatise psychosocial issues, and foster community building by exploring psychology through artistic and academic mediums. Executed through diverse sub-events, the fest featured psychosocial dramas addressing resilience (*Manthan*), forensic criminal profiling (*Once Upon a Crime*), energetic rap face-offs (*Beats and Bars*), expressive dance performances (*Cypher Showdown*), and an interactive carnival with mental wellness stalls. The fest created a significant impact by boosting participant confidence, encouraging interdisciplinary learning, and fostering empathy among the audience. It provided a collaborative space for students across Delhi-NCR to display creative talents while sparking meaningful conversations around mental health, individual differences, and social inclusion.









Faculty Fiesta 2025

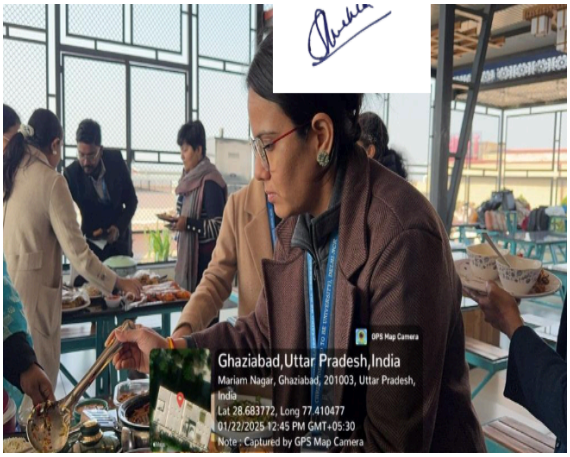
Date: 22 January 2025

Venue: Rooftop Cafeteria, CHRIST Delhi NCR Campus

No. of Participants: 51

The Faculty Fiesta 2025 was organised by Team Wellgorithm to give faculty members a dedicated opportunity to unwind, hit the refresh button, and bond with their colleagues. Structured around an engaging Harry Potter theme, the event was executed through a series of interactive and energetic activities, including assigning members to themed groups, playing a creative choices game called "This & That," performing a lively "Dance Hook Step" activity, revealing secret missions, and sharing food during a collaborative potluck. The session concluded with the distribution of Tokens of Appreciation and candy packets. The event had a highly positive impact, successfully helping participants relax from their busy daily schedules, boosting overall morale, and fostering team spirit, creativity, and mutual understanding. Feedback reflected widespread enthusiasm, with attendees rating the experience as extremely fun and beneficial, while expressing a strong desire to make such wellness gatherings a regular occurrence.









Sex Therapy Principles for Counselling Professionals

Date: 25 January 2025
Venue: Conference Hall, Block B, CHRIST Delhi NCR Campus
No. of participants: 80 Final-Year MSc Students and 1 Faculty

The Department of Psychology, School of Social Sciences, conducted a guest lecture on understanding sex therapy by the name "Sex Therapy Principles for Counselling Professionals. This was conducted by Dr Mohd Afsar, Consultant and Assistant Professor & Clinical Psychologist, Chacha Nehru Bal Chikitsalya, for final-year MSc Counselling Psychology students. Dr Afsar explained sex therapy to the students by explaining the clinical difference between sexual deviation and sexual dysfunction and the psychopathology of sexual problems, and offered the seven major heads in conducting a sexual history, i.e., presenting problem, beginnings of problem, partner and other relevant information, sexual history, sexual response, sexual technique, and development of hyper sexuality. He also explained how to prevent clinician embarrassment and protect client privacy. The session ended with a question/ answer session which prepared students for sensitive, structured, and non-judgemental counselling.





Empowering Therapy: A Queer- Affirmative Approach

Date: 31 January 2025

Venue: Mini Auditorium, CHRIST Delhi NCR Campus

No. of participants: 14+ Documented Survey Attendees / Masters Cohort and Volunteers

Empowering Therapy: A Queer-Affirmative Approach. Atishaya, the Gender Cell of the Department of Psychology, School of Social Sciences, organised an engaging workshop, "Empowering Therapy: A Queer-Affirmative Approach". Ms Shruti Garg, a UK- trained drama and movement therapist and founding member of Raasta India, guided the first-year MSc Counselling Psychology students and cell volunteers in learning inclusive clinical practices. The workshop provided insight into queer inclusiveness- queer terminology, social location, and psychological effects of heteronormativity and systemic oppression. The participants engaged in experiential group activities, such as envisioning a utopian society wherequeer identities are normative, to examine their own hidden assumptions and develop clinical reflexivity. The facilitator extolled approaches to combat queerphobia in clinician and institutional contexts. The session ended with an interactive Q&A session to build empathic, clinical, and affirmative skills in psychological support.







Senior Citizen Gratitude Day

Date: 4 February 2025

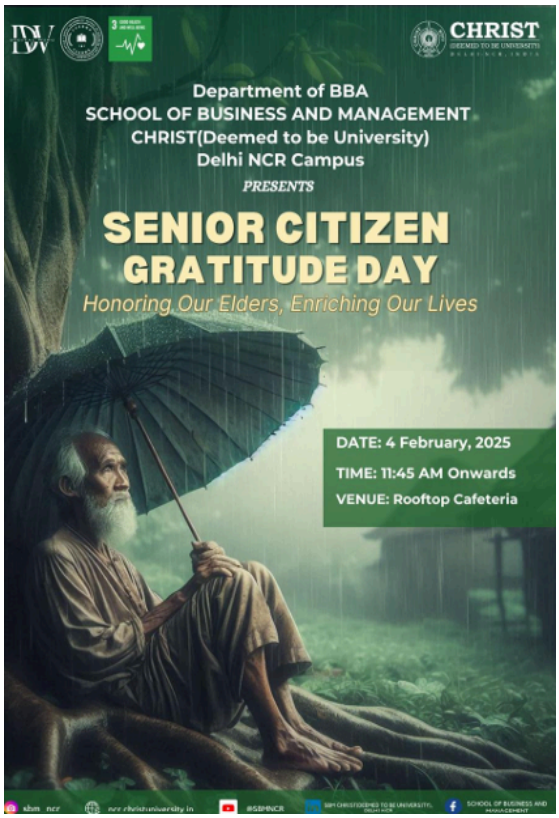
Venue: Rooftop Cafeteria, CHRIST Delhi NCR Campus

No. of Participants: 8

The Department of BBA, School of Business and Management at CHRIST (Deemed to be University), Delhi-NCR, organised the "Senior Citizen Gratitude Day" community lunch under the theme "Honouring Our Elders, Enriching Our Lives". Initiated by the SDG Club, the event aimed to honour elderly community members, raise awareness about social responsibility, and cultivate values of compassion, empathy, and respect among students. To execute this, student volunteers and faculty members hosted senior citizens from a local old age home, welcoming them with warm hospitality and serving them a heartwarming meal. Beyond the meal service, participants actively engaged in meaningful conversations, giving the elderly guests a platform to share their life experiences and wisdom. The activity generated a profound social impact by bridging generational gaps and strengthening intergenerational bonding. By promoting kindness, respect, and inclusivity for often-overlooked members of society, the initiative successfully reinforced community engagement, leaving a lasting impression of gratitude and service on both the students and the senior guests.







Suicide Prevention, Intervention, and Postvention for School Students

Date: 10th February 2025
Venue: Room B 50, Delhi NCR Campus
No. of Participants: 50+

The Department of Psychology at the Delhi NCR Campus organised an academic guest lecture titled "Suicide Prevention, Intervention, and Postvention for School Students" to advance UN SDG 3 (Good Health and Well-Being) by prioritising youth mental health and suicide prevention. The activity was undertaken because equipping future professionals with practical mental health crisis skills is crucial for reducing youth self-harm and creating supportive, suicide-aware educational environments. The session featured an expert talk led by Dr Akshita, Assistant Professor at SGT University, Gurugram, who shared specialised insights with final-year undergraduate students on recognising early warning signs, delivering timely crisis interventions, and implementing compassionate postvention strategies in school settings. The initiative achieved a significant educational and community impact by enhancing mental health literacy among graduating students, strengthening their capacity to respond effectively to psychological emergencies, and fostering a culture of early intervention and long-term well-being in academic communities.





Rise against Cancer: Walkathon and street-play

Date: 19 February 2025

Venue: Audi Block, Central Campus

No. of Participants: 83

The MSc Health and Well-Being & Clinical Psych Oncology cluster, in collaboration with the Indian Cancer Society, organised the "Rise Against Cancer" initiative, featuring a walkathon and street play to raise public awareness of cancer prevention, early screening, and mental health support. The activity involved students marching while chanting slogans, displaying placards, and distributing bilingual informative pamphlets to the public. Upon reaching their destination, participants performed an emotionally compelling, three-act street play depicting the physical, emotional, and psychological struggles of cancer patients. The initiative made a significant impact by demystifying cancer risks, highlighting caregiver burnout, fostering interdisciplinary student collaboration, and equipping the community with crucial knowledge on timely screenings and preventative health practices.







The Compassion Corner: Your Safe Space

Date: 3 March 2025

Venue: Synergy Square, CHRIST Delhi NCR Campus

No. of Participants: 37

The Department of Psychology, as part of Sustainability Week, hosted "The Compassion Corner" awareness stall to promote mental health awareness and emotional well-being in alignment with Sustainable Development Goal 3 (Good Health and Well-being). The initiative aimed to emphasise psychological well-being as an essential component of overall health, reduce mental health stigma, and build social connection among students and faculty. To achieve this, the stall organised interactive, psychology-based activities, including an expressive "Never Have I Ever" icebreaker, "Emotional Charades" to build emotional intelligence, lip-reading through the "Whisper Challenge," guided stress-relief via Progressive Muscle Relaxation (PMR), and a positive "Affirmation Wall". The event generated a significant positive impact by creating a supportive environment that fostered empathy, social connection, and daily positivity. Participants gained practical insights into stress management and emotional expression, with attendee feedback reflecting unanimous interest in future wellness initiatives.







Mind Matters: Building Resilience and Emotional Well-being

Date:5 March 2025
Venue: Audi Block, Central Campus, Bangalore
No. of participants: Approximately 60 Students

The SDG Cell of the School of Business and Management organised an interactive event called Mind Matters: Building Resilience and Emotional Well-being during the Sustainability Week. The event was headed by the certified behavioural trainer Ms Anitha Selvan to educate the 1st-year BBA Decision Science students about the area of psychological wellness in line with SDG 3. Ms Anitha spoke of the modern-day psychological issues faced by Gen Z, mostly the cognitive hazards of social media addiction and screen exposure. She delivered a demo of stress-coping techniques, including visualisation, mindfulness, daily introspection, and the box breathing technique. This was complemented by Ms Vineeta's talk about community-based volunteering as a tool to develop empathy, self-esteem, and improve multi-generational communication. An interactive quiz to sort the participants into specific psychological categories and suggest corresponding routines to manage one's emotional state rounded off the event.





SDG Week Stall - Awareness Campaign on UTI

Date: 5 March 2025
Venue: Garden Street, Central Campus.
No. of Participants: 150-180

The Department of Statistics and Data Science organised an interactive awareness campaign stall focused on SDG 3 (Good Health and Well-being) to educate the university community on personal health and medical literacy, specifically targeting Urinary Tract Infection (UTI) awareness. Organised by Dr Mini Jayan, the initiative sought to break down health taboos and enhance student knowledge regarding effective hygiene, prevention habits, and symptom recognition through engaging learning methods. To execute the program, organisers created two gamified educational activities: a "Spin the Wheel" game where participants distinguished facts from common myths surrounding UTIs, and a "Simon Says" game where students physically acted out preventive practices or froze when presented with specific symptoms. The activity delivered significant impact by dispelling medical misconceptions, building functional healthcare literacy in an enjoyable format, and equipping students with essential preventive health knowledge. No guest talks were conducted during this stall event.





Menopause Awareness workshop for supporting staff

Date: 5 March 2025

Venue: Seminar Hall, CHRIST Delhi NCR Campus

No. of Participants: 25

The Department of Economics, Political Science, and Sociology organised "Madhyam Umra, Nayi Umang!", an educational workshop on menopause self-care aimed at promoting good health and well-being. Organised in collaboration with the KUKA Foundation, the initiative addressed menopausal awareness, physical and emotional changes, and hygiene practices. The session featured interactive discussions led by expert facilitators and NGO representatives, along with an insightful guest talk by faculty coordinator Dr Reeta Tomar on managing health transitions, nutritional guidance, and dispelling common social stigmas surrounding women's health. Participants received practical self-care strategies, dietary tips, stress management advice, and sanitary pads to encourage better hygiene accessibility. The event created a profound positive impact by dismantling taboos, providing a safe space for open dialogue, and empowering attendees with essential knowledge to manage their personal health confidently. Feedback highlighted increased comfort in discussing menstrual and menopausal health, along with strong appreciation for the practical assistance and informative nature of the session.







Sustainability Week SBM Stalls

Date: 7 March 2025
Venue: Block 1 Entrance, Central Campus, Bangalore
No. of participants: Open Campus Footfall across all departments

Interactive Fitness and Wellness Stall: The School of Business and Management (SDG Cell) hosted an active day of fitness stalls at the entrance near Block 1 during Sustainability Week to raise awareness about the UN SDG 3(Good Health and Well-Being). Created to promote active leisure pursuits for stress relief and stress-busting, the event attracted a wider cross-section of students to engage in various written and physical challenges to promote mental and physical health. Activities included Twister games to build physical flexibility and accurate mobility, hopping activities that increased overall endurance to boost mental stress avoidance, push-up competitions to affirm muscular strength, and magnetic dart games that strengthened hand-eye coordination awareness and amplified mental acuity. The event was open all day to provide students with an enjoyable, lively moment to take a break from academic mission, realise the importance of physical conditioning, get a taste of leisure-mode gradual eating sport, and get a feeling of how leisure activities and the so-called Gamification of Inertia promote life-to-let-go MOT variables.






CHRIST (DEEMED TO BE UNIVERSITY)
HOSUR ROAD
BENGALURU - 560029
KARNATAKA, INDIA