

7.1.1.2 MEHEAL 2020: A REPORT

The Department of Applied Psychology, Vivekananda College, University of Delhi organized an online event on the 10th of October 2020, on the occasion of World Mental Health Day. The event was called “MEHEAL 2020” and it both, an abbreviation for Mental Health for all and a word play at Me-heal which meant self-healing. It was conducted on the online platform **Google meet** and live streamed on **Youtube**.

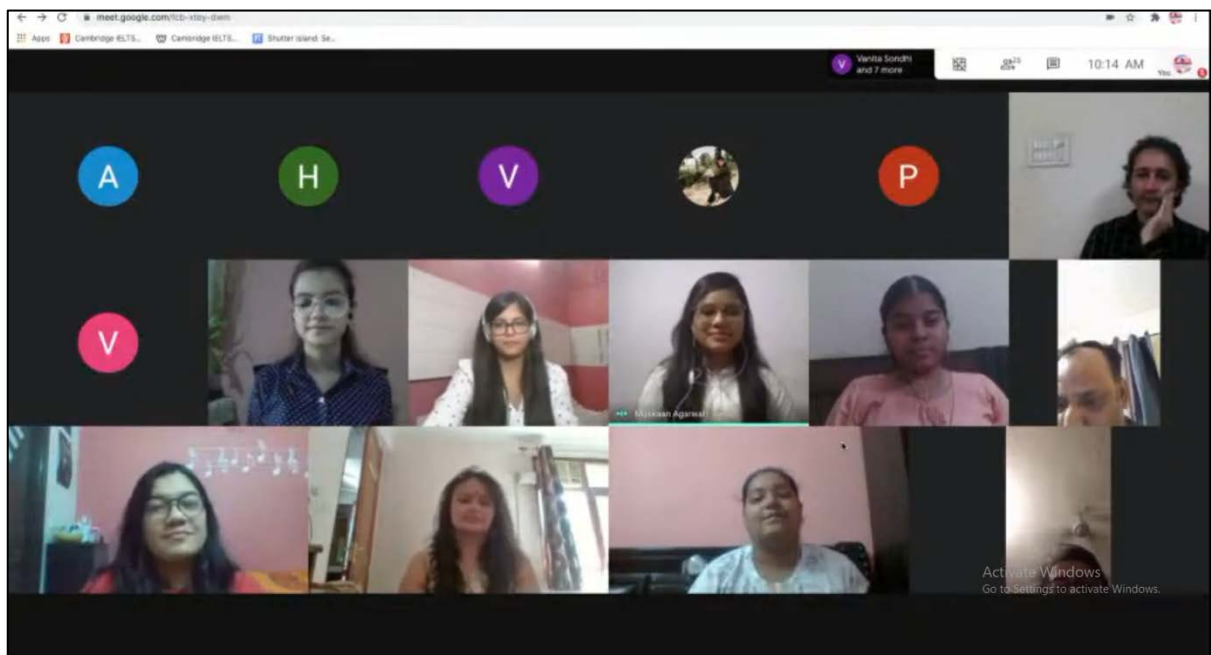


Image 1: Google Meet, Platform for the event

The event featured several Panel Discussions and Speakers enlightening the attendees about the challenges in their respective fields and how they cope with them, with a special emphasis on the importance of mental health. The idea was to bring about an awareness to the people that mental health is not only restricted to the field of psychology but it is important for everyone, no matter what field of work they belong to. First hand experiences of people from several walks of life helped in delivering this message.

Meheal was scheduled into 2 parts with a two-hour break in between so that the attendees could gain the most out of it without causing a strain to their eyes due to the online medium.

The program commenced at 10:00 am with a welcome note by **Dr. Hina Nandrajog**, the honorable principal of Vivekananda College. After the address, the event was kickstarted by an showcasing the video of an exclusive interview of **Mr. Himmat Singh** taken by Kritika Grewal, a student of the college. Himmat Singh is an Indian Cricketer who was named in India's team for the 2018 ACC Emerging Teams Asia Cup. He talked about “Sports and Mental Health” mentioning how he deals with the pressures of the game and uses it for the best of his benefit.

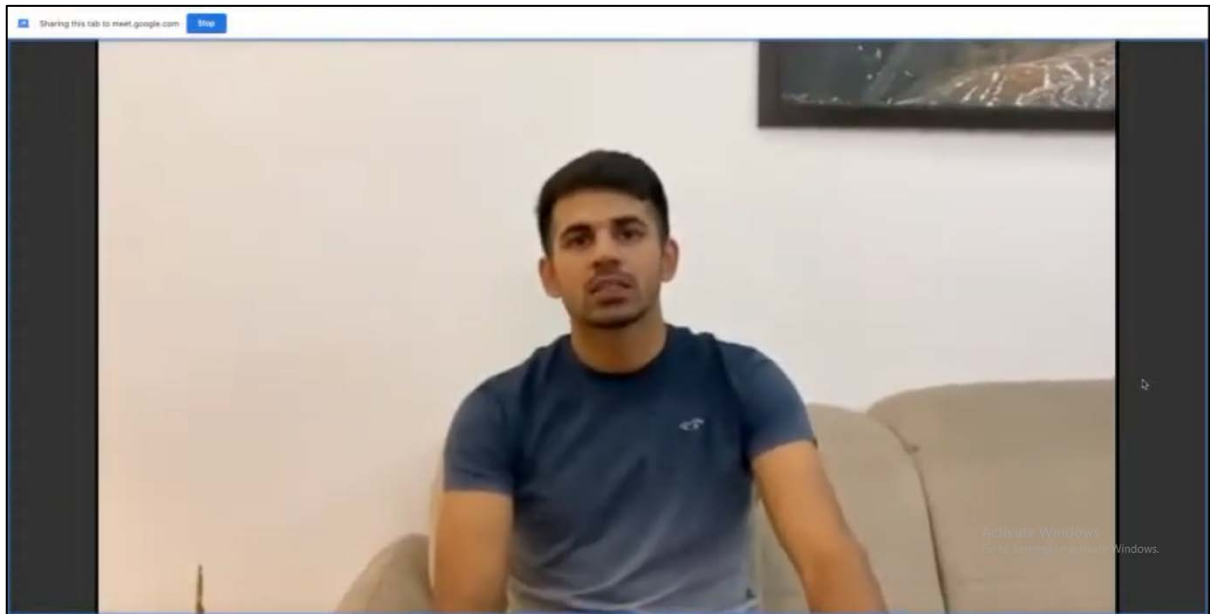


Image 2: Himmat Singh

This was followed by a panel discussion on “Media and Mental Health”, which was moderated by Kritika Grewal, included three distinct panelists from the field of media. The panel included **Mr. Harshit Bansal**, an Instagram inspiration and the founder of ‘Humans of Cinema’. **Ms. Shinata Chauhan**, a 20 year old Indian Model and beauty pageant titleholder, was the next panelist. The final member on the panel was **Ms. Ritu**, also known as **Albeli Ritu**, a well-known youtuber. They talked about how media impacts one’s mental health, the struggles they face and how they cope with them and their tips and advices for everyone from their learnings.

The next session that took place was by **Viraj Singh Katoch**, a young social worker and the Founder of Defx Talks. The theme of his address was “Defence and Mental Health” and it was moderated by Surbhi Sharma, another student of Vivekananda College. He shared the experiences faced by army personnel and how they deal with difficult situations. He included

several anecdotes and excerpts from the interviews he took of the officers in the military. It was followed by an interactive session with the attendees.



Image 3: Viraj Singh Katoch

A workshop on expressive arts therapy was conducted by **Tanushree Sangma**, an Expressive Arts Based Therapist and Psychologist from Fortis Healthcare. She demonstrated how the medium of art can help one in coping with their negative thoughts. Some students of the college shared their artworks with everyone afterwards which led to the conclusion of her workshop.

The last speaker of the day, before the break, was by **Mihir Mhaskar** a second year law student and the founder of a Mental Health Support Group at National Law School, Bangalore. He conducted an extremely interactive session titled “The Rainbow Road” which aimed at spreading awareness about the mental health struggles faced by the LGBTQIA+ community. The session was moderated by Muskaan Agarwal and comprised mostly of several questions and answers between the attendees and the speaker.

After a 2-hour break, the second half of the event commenced with a panel discussion on “Creative expression and Mental Health”. It was moderated by Ishti Gupta and the respected panel of speakers included **Swati Barik**, a poet and a select writer with Terribly Tiny Tales;

Amit Gupta, a budding artist and **Vanika Sangtani**, a writer and the Founder of Denied. They each shared how their field of creative expression helps them in liberating their mind and finding happiness. After their respective speeches, the floor was opened to the attendees for their questions.

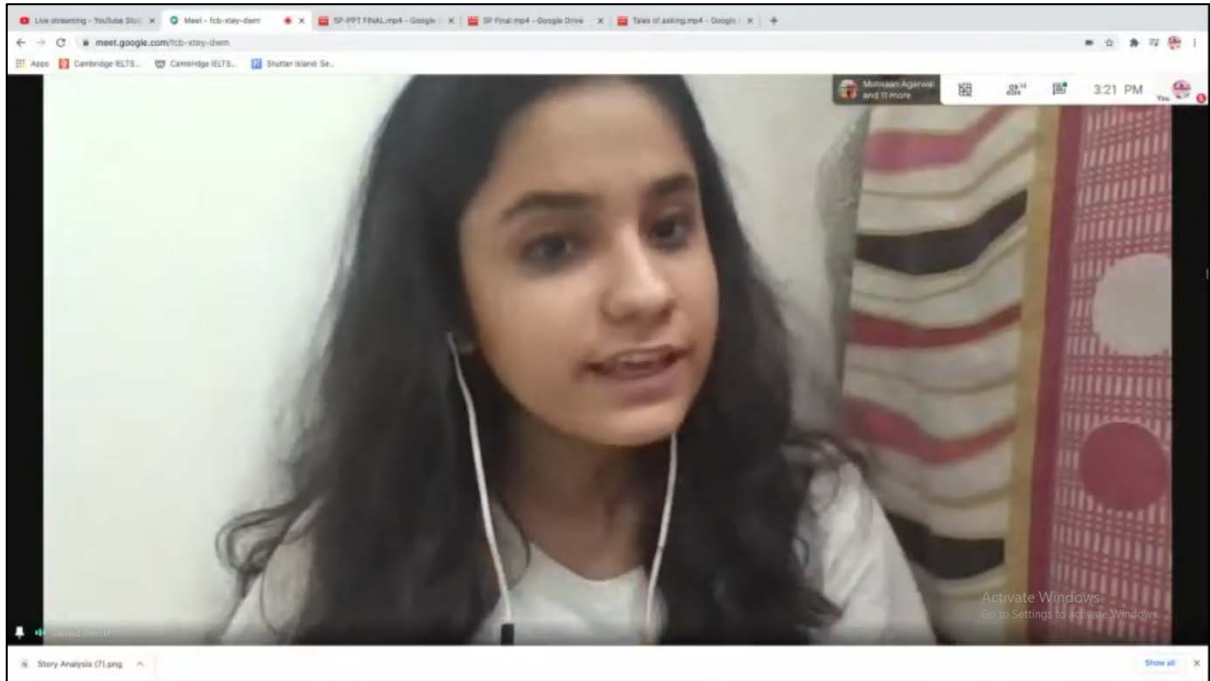


Image 4: Vanika Sangtani

The final speaker of the event was **Jayant Singh**, an entrepreneur and the founder of Bid4Best whose session was on “Business and Mental Health”. He enlightened the audience about the pressures that one faces in the competitive world of business. After his insightful talk, a special session by the Final Year Students on “Suicide Awareness and Prevention”. It included videos and presentations which introduced ways to help oneself and others, to everyone watching and also helped in raising awareness on Suicide Prevention.

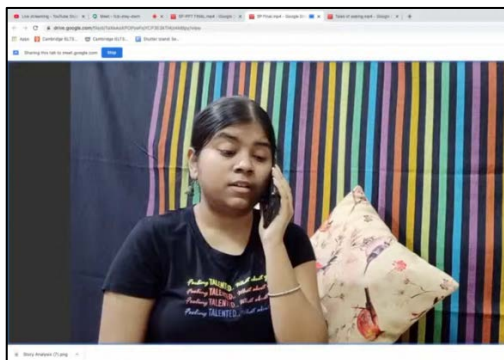


Image 5: A snippet of the video Titled “Choose to Stay”



Image 6: A presentation on suicide awareness

The event was brought to a formal end by a 'Thank You' note which was delivered by Shohini, a second-year student of the college. A stand-up set was performed by Aakash Kumar to give a light-hearted and happy conclusion to the Meheal 2020.