

THAPAR INSTITUTE
COUNSELLING CELL
REPORT



June '24 – July '25

Thapar Institute Counselling Cell Events Report

Open Day at Thapar Institute of Engineering and Technology

- **Name of the event:** TIET Open Day 2024
- **Start date, end date and venue of the event:** June 7th to June 8th 2024 at Thapar Institute of Engineering and Technology
- **Number of members in the organising team:** 10
- **Name of the organising committee:** Yuvraj Gupta and Kirtveer Kharoud (Lead Ambassadors), Tanya (Vice-Lead Ambassador), Hardik Panwar (Event Lead), Pehu Bhatia, Shivansh Yadav (Department Heads) TICC MHSA's members: Agamjot Singh, Aakshi, Sanchit Nanda, Adish, Khushi Mehta, Arnav, Arshieya Khatri, Jiyaa Panwar, Nidhi Singh Sachdeva.
- **Number of participants:** more than 3000+ prospective students and parents
- **Description of the event:** The Thapar Institute of Engineering & Technology (TIET) hosted an engaging Open Day event on the 7th and 8th of June, welcoming prospective students and their parents to explore the campus and its diverse offerings. TICC, dedicated to promoting mental health awareness, played a crucial role in highlighting the institute's commitment to student well-being. The stall was strategically located to attract a steady flow of visitors throughout the two-day event. Members of TICC, known for their empathetic and supportive approach, were present at the stall to interact with guests. They provided detailed explanations about the society's mission, which focuses on creating a supportive environment for students to discuss their mental health concerns. The members elaborated on the various initiatives undertaken by TICC, such as confidential counselling services, stress management workshops, and awareness campaigns aimed at reducing the stigma associated with mental health issues. To conclude, it was a day when we successfully

spread the word about mental health to a diverse audience. TICC's desk was well complimented with various brochures, magazines and workbooks which were pivotal in spreading the word to the visiting parents.

- **Brochures:** TICC's society brochures were designed to consider several aspects parents would be keen to know. The brochure divided into various sections such as activities conducted, self-care oasis, parents support corner and the services TICC offers.
- **Bookmarks and Postcards:** Various bookmarks and postcards were designed with uplifting phrases as the key element and were distributed as a token of appreciation.
- **New Vision Magazine:** TICC's very own New Vision magazine was also put on display and was free to read for any visiting member. The magazine represents the cumulative effort of the entire TICC team and presents the direction towards which the cell is heading.
- **Impact of the event:** TICC, committed to promoting mental health awareness, played a key role in showcasing the institute's dedication to student well-being. Their stall, strategically located, attracted many visitors over the two days. TICC members, known for their empathy and support, interacted with guests, explaining the society's mission to create a supportive environment for discussing mental health concerns. They detailed various initiatives, including confidential counselling, stress management workshops, and stigma-reducing awareness campaigns. Overall, the event successfully spread the message of mental health awareness to a diverse audience.
- **Outcome of the Event:** The event significantly boosted mental health awareness, drawing substantial attention to TICC's mission and initiatives. Many visitors engaged with the stall, learning about the importance of mental well-being and the support available. The TICC members' empathetic interactions fostered a welcoming atmosphere, encouraging open discussions on mental health. The event effectively highlighted the institute's commitment to student well-being through various initiatives like counselling and workshops. As a result, the message of mental health awareness reached a wide and diverse audience, promoting a more supportive environment.

The organising team was as follows:

Name	Roll number	Branch	Year	Email
Yuvraj Gupta	102206251	ECE	2 nd	ygupta1_be22@thapar.edu
<u>Kirtveer Kharoud</u>	102104002	EE	3 rd	kkharoud_be21@thapar.edu
Tanya	702200069	BT	2 nd	ttanay_btech22@thapar.edu
Hardik Panwar	102104123	EE	3 rd	hpanwar_be21@thapar.edu
Agamjot Singh	142200081	TSLAS	2 nd	asingh1_blas22@thapar.edu
Adish	102306071	ECE	1 st	agarg_be23@thapar.edu
Aakshi	142200002	<u>TSLAS</u>	2 nd	aarora_blas22@thapar.edu
Khushi Mehta	102303769	COE	1 st	kmehta_be23@thapar.edu
Arnav	102395014	ENC	2 nd	aagarwal50_be23@thapar.edu
Sanchit Nanda	102203091	COE	2 nd	snanda_be22@thapar.edu
<u>Pehu Bhatia</u>	102203977	COE	2 nd	pbhatia_be22@thapar.edu
Shivansh Yadav	102203791	COE	2 nd	syadav_be22@thapar.edu
Nidhi Sachdeva	862302060	MA Psychology	2 nd	nsachdeva_ma23@thapar.edu
<u>Arshieya Khatri</u>	702200030	BT	2 nd	akhatri_btech22@thapar.edu
<u>Jiyaa Panwar</u>	862302029	MA Psychology	2 nd	jpanwar_ma23@thapar.edu

Bootcamp: A collaboration between TICC and CTD

- **Name of Event:** Bootcamp for first year students
- **Date and Venue of the Event:** 10th to 29th August 2024 in LP-101,102 & 103
- **Number of people in the organising committee:** 23 MHSAs from TICC
- **Number of participants:** Organised for the entire batch of first year students.
- **Description of the event:** Boot Camp 2024, held from August 10th to 29th at Thapar Institute, was a dynamic program aimed at guiding first-year undergraduate students through self-discovery, skill enhancement, and personal growth. Organized under the leadership of Yuvraj Gupta, Kirtveer Kharoud, Tanya, and Overall Event Lead Hardik Panwar, the program exemplified exceptional teamwork and leadership. A collaborative effort between the Centre for Training and Development (CTD) and the Thapar Institute Counselling Cell (TICC), the boot camp combined emotional growth with academic and professional development to instil confidence, resilience, and a growth mindset.

The program was structured around five carefully designed modules, each targeting a critical aspect of personal and academic success:

Understanding Yourself: Using the IPIP-NEO-120 test, students explored their personality traits, gaining insights into their strengths and weaknesses to enhance self-awareness and academic focus.

Improving Quality of Life: This module employed the SF-36 test to evaluate physical and mental well-being. Participants learned practical strategies for maintaining holistic health and happiness.

Executive Skills Development: Through the ESQ-R test, students assessed their abilities in concentration, attention, and planning. They explored techniques to boost productivity and improve time management.

Stress Mastery Workshop: A highlight of the camp, this module used the Brief COPE test to identify stress-coping styles. Students created personalized toolkits to manage stress effectively, fostering resilience in both academic and personal spheres.

Enhancing Social Intelligence: Focused on interpersonal skills, this module used the TSIS assessment to help students build stronger relationships and navigate social interactions with confidence and empathy.

Each module included online self-assessments, interactive group discussions, and assignments to ensure practical learning and application. Participants were not only equipped with theoretical knowledge but also encouraged to implement new skills in real-life scenarios.

By the end of the program, students emerged with a deeper understanding of themselves, improved stress management, enhanced productivity, and refined interpersonal abilities. Certificates of achievement were awarded to those who successfully completed the program.

Boot Camp 2024 provided first-year students with a strong foundation for personal and professional success, equipping them with the tools needed to excel in their academic journey and beyond.

The students in the organising team were as follows:

Name	Phone Number	Email	Year	Branch
Aarushi	6284200737	agoyal_be23@thapar.edu	2nd	COBS
Anshika Saxena	7901953159	asaxena_btech23@thapar.edu	2nd	BT
Arsh Verma	8727019434	averma_btech23@thapar.edu	2nd	BT
Ashish Bhatia	6284348266	abhatia_blas24@thapar.edu	1st	BBA
Ayush Chaudhry	9717800838	achaudhry_be23@thapar.edu	2nd	COPC
Ayush Kumar Meena	7742264068	ameena_be23@thapar.edu	2nd	ECE
Dhanesh	9872277672	dgupta4_be23@thapar.edu	2nd	ECE
Himadri	6230953299	hsharma_btech23@thapar.edu	2nd	BT
Idrispreet	9478480216	iidrispreet_blas23@thapar.edu	2nd	B. Sc
Jasnoor Jaura	9772472727	jjaura_be23@thapar.edu	2nd	COE
Kavya Mahajan	7428331534	kmahajan1_be23@thapar.edu	2nd	COE
Khushi Mehta	9463890890	kmehta_be23@thapar.edu	2nd	COE
Manan Pareek	9461244888	mpareek_be23@thapar.edu	2nd	COE
Nancy Mehta	8307393787	nmehta_be23@thapar.edu	2nd	EIC
Prabhleen Kaur	9311893100	pkaur1_be23@thapar.edu	2nd	COPC
Saksham Bubber	9810808718	sbubble_be23@thapar.edu	2nd	MEC
Sherry Singh	7032018148	ssingh16_be23@thapar.edu	2nd	RAÍ
Shikhar Saxena	8755043412	ssaxena1_be23@thapar.edu	2nd	COSE
Shubham	8307675142	spathneja_be23@thapar.edu	2nd	RAI
Simarpreet Kaur	142300117	skaur3_blas23@thapar.edu	2nd	BA
Sukhman Singh	8077120379	ssingh32_be23@gmail.com	2nd	COPC
Sukhmani Kaur	9872728573	skaur12_be23@thapar.edu	2nd	RAI
Sukhnoor Kaur	8360674123	skaur14_be23@thapar.edu	2nd	ECE

The media taken during the event is attached below:



Thapar Students in a bootcamp session



A bootcamp session being taken by a mentor



A glimpse of bootcamp session conducted for first year students

- **Name of the Event/Activity.** - Society Fair
- **Start Date, End Date, and Venue of the Event.** – 1st September 2024 at Fete Area
- **Number of members in the organising team.** – 10.
- **Number of the participants.** – More than 3000 first-year students
- **Description of the event.** At the Society Fair held on 1st September 2024 at Thapar University, the Thapar Institute Counselling Cell (TICC) set up an engaging and informative stall aimed at spreading awareness about mental health and the services they provide. The TICC stall attracted students with its inviting atmosphere, offering resources on stress management, mental well-being, and tips for maintaining a balanced academic and personal life.

The stall featured interactive activities such as stress-relief exercises, informative brochures, and a mental health quiz that helped students better understand their emotional well-being. Additionally, various interactive games were played with the audience to help break the ice and encourage open conversations about mental health. These games promoted teamwork, self-reflection, and stress reduction, allowing students to engage in a fun and supportive environment.

The TICC team emphasised the importance of seeking help when needed and worked to break the stigma around mental health issues through these interactive sessions. Students were also encouraged to sign up for Let's Talk sessions—a platform for open dialogue and peer support where students can share experiences, discuss concerns, and learn from one another in a safe, non-judgmental space. The stall became a vibrant hub where students could unwind and feel supported in prioritising their mental health.

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Name	Roll number	Branch	Year	Email
Yuvraj Gupta	102206251	ECE	2 nd	ygupta1_be22@thapar.edu
<u>Kirtveer Kharoud</u>	102104002	EE	3 rd	kkharoud_be21@thapar.edu
Tanya	702200069	BT	2 nd	ttanay_btech22@thapar.edu
Hardik Panwar	102104123	EE	3 rd	hpanwar_be21@thapar.edu
Agamjot Singh	142200081	TSLAS	2 nd	asingh1_blas22@thapar.edu
Adish	102306071	ECE	1 st	agarg_be23@thapar.edu
Aakshi	142200002	<u>TSLAS</u>	2 nd	aarora_blas22@thapar.edu
Khushi Mehta	102303769	COE	1 st	kmehta_be23@thapar.edu
Arnav	102395014	ENC	2 nd	aagarwal50_be23@thapar.edu
Sanchit Nanda	102203091	COE	2 nd	snanda_be22@thapar.edu

The media taken during the event is attached below:



TICC Team which was present at TICC's stall at Society Fair



Dr. Sonam Dullat, President at TICC



First-year students interacting at the TICC stall



First-year students playing an interactive game at TICC's stall



TIIC Team with Dean Of Student Affairs Dr. Inderveer Chana, Director of TIET Dr. Padmakumar Nair and Dr. Sonam Dullat (Manager Student Counsellor), Deputy Director Dr. Ajay Batish and Ms. Nivedita Anand

- **Name of the event:** Calmfest (Day 1 of Luminescence '24)
- **Date and venue of the event:** 2nd September 2024 at SBOP Lawns.
- **Number of people in the organising team:** 50
- **Number of participants:** 1000+
- **Description of the event:** TICC's grandeur carnival named Calmfest started the journey of Luminescence. The carnival featured over 25 stalls and was held at the SBOP lawns. On the first day of the event series, the campus transformed into a lively carnival that attracted a large number of attendees, including students and faculty. The vibrant atmosphere was immediately palpable, with colourful decorations, festive music, and enthusiastic crowds contributing to the lively energy of the day. The event featured a bustling flea market, where local artisans and small businesses showcased their unique products, adding a diverse range of handmade crafts, fashion accessories, and souvenirs to the offerings.

TICC set up several interactive stalls with games and activities, which were designed to engage and entertain visitors. The game stalls, in particular, saw long lines of excited participants trying their luck and skills, while art stations provided creative spaces for attendees to explore their artistic sides. The pottery-making corner was a big hit, allowing people to try their hand at creating their clay masterpieces. There was also a dedicated area for skill-based stalls, where visitors could learn new crafts, try out new hobbies, and participate in mini-workshops.

Various eatery stalls served an array of delicious treats, from local favourites to exotic cuisines, ensuring there was something to satisfy every palate. The food stalls were buzzing with activity as people indulged in savoury snacks, sweet desserts, and refreshing beverages, making the carnival a delightful culinary experience. The community spirit was evident, as attendees mingled, shared stories, and enjoyed the festive environment, creating a sense of togetherness and celebration.

The event concluded at 8:30 pm, leaving the attendees with smiles on their faces and fond memories of a day filled with fun, laughter, and camaraderie. The success of

Calmfest was evident in the overwhelming participation and positive feedback received from the attendees, marking it as a memorable start to the event series.

- **Impact of the event:** Calmfest, the opening event of the Luminescence series, brought together students, faculty, and visitors in a vibrant atmosphere that fostered community spirit and engagement. With over 25 stalls featuring interactive games, creative activities, and a flea market showcasing local artisans, the event promoted local talent and enriched the campus culture. The diverse food offerings and lively performances, including music and dance, kept the energy high, while the illuminated lawns added a magical touch, leaving attendees with lasting memories. Calmfest effectively set the tone for Luminescence, highlighting TICC's ability to create memorable and inclusive events.

The organising team was as follows:

Akshat Kakkar	102303730	akakkar_be23@thapar.edu	COE
Anushka	102304002	atiwari_be23@thapar.edu	ELE
Arnav Menra	102215105	amenra_be22@thapar.edu	ENC
Arshieya Khatri	702200030	akhatri_btech22@thapar.edu	BT
Dibyashree	702103029	dbasu_btech21@thapar.edu	BME
Ira Dahiya	102219005	idahiya_be22@thapar.edu	EEC
Nikita Thakur	702200052	nthakur_btech22@gmail	BT
Parusha Pal	102215040	ppal_be22@thapar.edu	Enc
Ridhi	102104011	Rbansal1_be21@thapar.edu	ELE
Sahil Saini	102203434	ssaini_be22@thapar.edu	COE
Kirtveer Kaur Kharoud	102104002	kkharoud_be21@thapar.edu	EE
Yuvraj Gupta	102206251	ygupta1_be22@thapar.edu	ECE
Tanya	702200069	ttanya_be22@thapar.edu	Biotech

Hritika Verma	102383008	hverma1_be22@thapar.edu	COE
Ishu Kumar	102215102	ikumar2_be22@thapar.edu	ENC
jahanvi kalia	102306066	jkalia_be23@thapar.edu	ECE
Jasreet kaur	102303932	jkaur9_be23@thapar.edu	COE
Jasveen Kaur Kainth	102103026	jkainth_be21@thapar.edu	COE
Kavya Mahajan	102303678	kmahajan1_be23@thapar.edu	COE
Khushi saldi	102206089	Ksaldi_be22@thapar.edu	ECE
Nishtha mehta	102319050	nmehta1_be23@thapar.edu	EEC
Siddharth Tiwari	102206080	Stiwari_be22@thapar.edu	ECE
Simarpreet Kaur	142300117	skaur3_blas23@thapar.edu	TSLAS
Sukhmani Kaur	102323051	skaur12_be23@thapar.edu	RAI
Tanya Sood	102203121	tsood_be22@thapar.edu	COE
Hardik Panwar	102104123	hpanwar_be21@thapar.edu	EE
Aman aasees kaur	102203175	akaur_be22@thapar.edu	COE
Angad Singh Bains	102203729	abains_be22@thapar.edu	COE
Anirudh Singla	102206139	asingla2_be22@thapar.edu	ECE
Arushi Gupta	102206190	agupta14_be22@thapar.edu	ECE
Asavri Kaur	102203940	akaur6_be22@thapar.edu	COE
Gunika	102319114	gsohal_be 23	EEC

The media taken during the event is attached below:



Audience members interacting in one of TICC's recreational stalls



View of Calmefest at dawn



Calmfest's centerpiece at display

- **Name of the event:** Khayal (Day 2 of Luminescence)
- **Date and venue of the event:** 3rd September 2024 at C-Hall.
- **Number of people in the organizing team:** 50
- **Number of participants:** 300+
- **Description of the event:** Our collaboration with Litsoc for the event "Khayal" on 03/09 was a poetic and musical journey that brought together a diverse group of talented students. In this pre-event, students were invited to perform pre-approved poems, music, and stories, each carefully selected to resonate with the theme of mental health. The performances provided a powerful platform for participants to express their thoughts, emotions, and personal experiences related to mental health through various forms of art.

The event also aimed to foster an environment of empathy and understanding, allowing attendees to connect on a deeper level with the performers' stories and messages. In addition to showcasing individual talent, "Khayal" encouraged collaborative performances. The atmosphere was one of introspection and creativity, with each performance adding to a collective narrative that emphasized the importance of mental well-being and the strength of sharing one's journey.

This collaborative effort with Litsoc not only highlighted the artistic talents within the college but also reinforced the importance of mental health awareness, leaving a lasting impact on both the participants and the audience. The event successfully created a safe space for dialogue, reflection, and artistic expression, making it a meaningful and memorable part of the "Luminescence" series.

- **Impact of the event:** The collaboration with Litsoc for the event "Khayal" had a profound impact by creating a safe, inclusive space that fostered dialogue, reflection, and artistic expression centred around mental health. The diverse performances of poetry, music, and storytelling allowed students to share their personal experiences and emotions, helping to deepen understanding and empathy among attendees. The event encouraged active engagement, making the audience feel connected to the performers and their messages. This event not only highlighted the artistic talents within the college but also reinforced the importance of mental health awareness, leaving a meaningful and lasting impression on both participants and the audience, and contributing significantly to the overall success of the "Luminescence" series.

The organising team was as follows:

Akshat Kakkar	102303730	akakkar_be23@thapar.edu	COE
Anushka	102304002	atiwari_be23@thapar.edu	ELE
Arnav Menra	102215105	amenra_be22@thapar.edu	ENC
Arshieya Khatri	702200030	akhatri_btech22@thapar.edu	BT
Dibyashree	702103029	dbasu_btech21@thapar.edu	BME
Ira Dahiya	102219005	idahiya_be22@thapar.edu	EEC
Nikita Thakur	702200052	nthakur_btech22@gmail	BT
Parusha Pal	102215040	ppal_be22@thapar.edu	Enc
Ridhi	102104011	Rbansal1_be21@thapar.edu	ELE
Sahil Saini	102203434	ssaini_be22@thapar.edu	COE
Kirtveer Kaur Kharoud	102104002	kdcharoud_be21@thapar.edu	EE
Yuvraj Gupta	102206251	ygupta1_be22@thapar.edu	ECE
Tanya	702200069	ttanya_be22@thapar.edu	Biotech

Hritika Verma	102383008	hverma1_be22@thapar.edu	COE
Ishu Kumar	102215102	ikumar2_be22@thapar.edu	ENC
jahanvi kalia	102306066	jkalia_be23@thapar.edu	ECE
Jasreet kaur	102303932	jkaur9_be23@thapar.edu	COE
Jasveen Kaur Kainth	102103026	jkainth_be21@thapar.edu	COE
Kavya Mahajan	102303678	kmahajan1_be23@thapar.edu	COE
Khushi saldi	102206089	Ksaldi_be22@thapar.edu	ECE
Nishtha mehta	102319050	nmehta1_be23@thapar.edu	EEC
Siddharth Tiwari	102206080	Stiwari_be22@thapar.edu	ECE
Simarpreet Kaur	142300117	skaur3_blas23@thapar.edu	TSLAS
Sukhmani Kaur	102323051	skaur12_be23@thapar.edu	RAI
Tanya Sood	102203121	tsood_be22@thapar.edu	COE
Hardik Panwar	102104123	hpanwar_be21@thapar.edu	EE
Aman aasees kaur	102203175	akaur_be22@thapar.edu	COE
Angad Singh Bains	102203729	abains_be22@thapar.edu	COE
Anirudh Singla	102206139	asingla2_be22@thapar.edu	ECE
Arushi Gupta	102206190	agupta14_be22@thapar.edu	ECE
Asavri Kaur	102203940	akaur6_be22@thapar.edu	COE
Gunika	102319114	gsohal_be 23	EEC

The media taken during the event is attached below:



Audience in C-Hall for event Khayal



TICC's organizing team for event Khayaal



A performance showcased during Khayaal

- **Name of the event:** Muskurao by Luminescence
- **Date and venue of the event:** 4th September 2024 at Open Air Theatre (OAT)
- **Number of people in the organising team:** 50
- **Number of participants:** 2000+
- **Description of the event:** Day 3 of the event took place at the Open-Air Theatre on 4th September and was titled "Muskurao" by Luminescence. The evening commenced with an engaging act by the Mudra Society, which set an energetic tone for the event. This was followed by a dynamic dance performance by NOX, the dance society, showcasing a blend of rhythm and creativity that captivated the audience. The stage was then graced by Saivya, who delivered a soulful singing performance and was later followed by a duo performance by Harsh and Simanta, whose harmonious voices created a memorable musical experience.

The highlight of the evening was the performance by Nayab Midha, a renowned poet, who was the main speaker of the event. Her act, "Muskurao," resonated deeply with the audience, offering a poignant and reflective exploration of the evening's theme. The event was attended by distinguished guests, including the Dean of Student Affairs and various college officials, who were present to support and celebrate the performances.

As the event drew to a close, the organizers honoured Nayab Midha with a special memento, recognizing her contribution and impactful performance. The event not only showcased a range of artistic talents but also provided a platform for meaningful expression and connection, making "Muskurao" a memorable and enriching experience for all attendees.

- **Impact of the event:** The "Muskurao" event on Day 3 left a lasting impact by showcasing a range of artistic talents and fostering deep emotional connections. Performances by Mudra Society, NOX, Saivya, and the duo Harsh and Simanta engaged the audience and set a vibrant tone. The highlight, Nayab Midha's poignant poetry, resonated deeply with attendees, aligning with the event's theme and encouraging reflection. The presence of distinguished guests and the memento awarded to Nayab Midha further emphasized the event's significance, making "Muskurao" a memorable and enriching experience for all.

The organising team was as follows:

Akshat Kakkar	102303730	akakkar_be23@thapar.edu	COE
Anushka	102304002	atiwari_be23@thapar.edu	ELE
Arnav Menra	102215105	amenra_be22@thapar.edu	ENC
Arshieya Khatri	702200030	akhatri_btech22@thapar.edu	BT
Dibyashree	702103029	dbasu_btech21@thapar.edu	BME
Ira Dahiya	102219005	idahiya_be22@thapar.edu	EEC
Nikita Thakur	702200052	nthakur_btech22@gmail	BT
Parusha Pal	102215040	ppal_be22@thapar.edu	Enc
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Kirtveer Kaur Kharoud	102104002	kkharoud_be21@thapar.edu	EE
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Hritika Verma	102383008	hverma1_be22@thapar.edu	COE
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jahanvi kalia	102306066	jkalia_be23@thapar.edu	ECE
Jasreet kaur	102303932	jkaur9_be23@thapar.edu	COE
Jasveen Kaur Kainth	102103026	jkainth_be21@thapar.edu	COE
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Arushi Gupta	102206190	agupta14_be22@thapar.edu	ECE
Asavri Kaur	102203940	akaur6_be22@thapar.edu	COE
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The media taken during the event is attached below:



The organizing team for Muskurao by Luminescence



Audience in OAT for Muskurao by Luminescence



Ms Nayab Midha performing her act



Ms Nayab Midha being felicitated by Dr Sonam Dullat and Dr Varleen Kaur

Let's Talk Session on Coping with Anxious Thoughts: A Transformative Session

- **Name of the Event:** Coping with Anxious Thoughts
- **Date and Venue of the Event:** October 15, 2024 in Tan-202
- **Number of Members in the organising team:** 5
- **Number of participants:** 20
- **Description of the event:**

A session titled "Coping with Your Anxious Thoughts" was conducted to provide insights into anxiety and equip participants with practical strategies to manage it effectively. The session aimed to demystify anxiety, emphasizing that it is a shared human experience rather than a personal flaw.

- **Activities:**

Mind Mapping with Colours:

Participants were provided with coloured markers and sheets of paper to create personalized mind maps. The activity involved mapping out their anxious thoughts and linking them to potential triggers, feelings, and coping strategies. Using different colours for each category helped participants visualize their thought patterns and identify areas where they could intervene. This creative exercise encouraged self-reflection and provided a tangible way to organize and address their thoughts.

Anxiety Jar Creation:

Participants were given glass jars, small slips of paper, and decorative supplies such as stickers and glitter. They were instructed to write down their anxious thoughts on the slips of paper and place them in the jar. The jar symbolized containment of their worries, serving as a visual reminder that anxiety could be acknowledged without letting it overwhelm them. Participants then decorated their jars, personalizing them as tools for reflection and growth.

4-7-8 Breathing Method: A technique involving inhaling through the nose for four counts, holding the breath for seven counts, and exhaling through the mouth for eight counts was demonstrated. This method was highlighted as a way to calm the mind and body.

5-4-3-2-1 Grounding Technique: A grounding exercise focusing on the senses to bring attention to the present moment was introduced. Participants learned to identify five things they could see, four they could touch, three they could hear, two they could smell, and one they could taste.

- **Impact of the event:** The session concluded with a Q&A, where participants expressed their thoughts and gratitude for the actionable advice shared. The interactive discussions helped reinforce the session's key takeaways.

The organising team was as follows:

Name	Phone Number	Email	Year	Branch
Aarushi	6284200737	agoyal_be23@thapar.edu	2nd	COBS
Anshika Saxena	7901953159	asaxena_btech23@thapar.edu	2nd	BT
Arsh Verma	8727019434	averma_btech23@thapar.edu	2nd	BT
Ashish Bhatia	6284348266	abhatia_blas24@thapar.edu	1st	BBA
Ayush Chaudhry	9717800838	achaudhry_be23@thapar.edu	2nd	COPC

The participants were as follows:

Name	Roll No.	Branch	Year	Contact No.	Email
Anshika Rathore	1024030413	COE	1st	9981853020	arathore_be24@thapar.edu
Bhawyya	102303471	COE	2nd	8284059737	bbhawyya_be23@thapar.edu
Suryansh Gupta	1024190044	EEC	1st	9418592911	sgupta16_be24@thapar.edu
Neharika	1424000083	BA	1st	9417295806	nneharika_blas24@thapar.edu
Manveer Kaur	1024150226	ENC	1st	7901767202	mkaur3_be24@thapar.edu
Simran	1024170131	COPC	1st	8307254495	ssimran1_be24@thapar.edu
Karan Kumar	1424000066	BBA	1st	9234366969	kkumar_blas24@thapar.edu
Mridul Sharma	1024150204	ENC	1st	8595470739	msharma4_be24@thapar.edu
nishtha narula	1024150349	ENC	1st	9915203966	nnarula_be24@thapar.edu
payas mittal	1424000127	BA	1st	9876920214	pmittal_blas24@thapar.edu
Divyansh Kumar	1024170267	COPC	1st	8791283021	dkumar7_be24@thapar.edu
Amishka Pasricha	8624020003	MA	1st	9988095579	apasricha_ma24@thapar.edu
Arshia Garg	102303702	COE	2nd	8847206041	agarg16_be23@thapar.edu
Prabhsimran Singh	1024220033	EVD	1st	7658043689	psingh19_be24@thapar.edu
Swikriti Shanker	702300020	BT	2nd	8851716100	sshanker_btech23@thapar.edu
Ashi Golyan	1024240094	AIML	1st	9024530938	agolyan_be24@thapar.edu
Jiya Malhotra	8624020029	Ma	1st	7015373847	jmalhotra_ma24@thapar
Aryan Singh Thakur	102302002	CIE	2nd	7807818441	athakur6_be23@thapar.edu
Anshika Srivastava	7024000005	BT	1st	9810130091	asrivastava_btech24@thapar.edu
Yatharth Atre	102352005	CIE	2nd	9041180554	yatre_be23@thapar.edu
Gunpreet Kaur	1024060202	ECE	1st	8178187385	gkaur4_be24@thapar.edu

The media taken during the event is attached below:



TICC MHSA conducting a Let's Talk session



The organising team for the Let's Talk Session



Students attending Let's Talk Session

TICC Induction meet for newly recruited MHSAs

- **Name of the event:** TICC Induction meet
- **Date and Venue:** 29th November, 2024 in C-Hall
- **Number of people in the organising team:** 23
- **Number of participants:** 100+
- **Description of the event:** On the 29th of November 2024, Thapar Institute Counselling Cell conducted its induction meet. The event aimed to introduce new members to the cell's vision and responsibilities. The meet began with a welcome address by our lead ambassador Shivansh, highlighting the importance of mental health and the cell's role on campus.

Senior members shared insights on the cell's achievements and initiatives. Icebreaker activities were conducted to foster teamwork and friendship. The new recruits were introduced to the various departments and their roles in making the society work together as one unit.

The session concluded with a Q&A segment and a vote of thanks, leaving participants motivated and well-informed about their role in the society.

The members in the organising team were as follows:

Name	Phone Number	Email	Year	Branch
Aarushi	6284200737	agoyal_be23@thapar.edu	2nd	COBS
Anshika Saxena	7901953159	asaxena_btech23@thapar.edu	2nd	BT
Arsh Verma	8727019434	averma_btech23@thapar.edu	2nd	BT
Ashish Bhatia	6284348266	abhatia_blas24@thapar.edu	1st	BBA
Ayush Chaudhry	9717800838	achaudhry_be23@thapar.edu	2nd	COPC
Ayush Kumar Meena	7742264068	ameena_be23@thapar.edu	2nd	ECE
Dhanesh	9872277672	dgupta4_be23@thapar.edu	2nd	ECE
Himadri	6230953299	hsharma_btech23@thapar.edu	2nd	BT
Idrispreet	9478480216	iidrispreet_blas23@thapar.edu	2nd	B. Sc
Jasnoor Jaura	9772472727	jjaura_be23@thapar.edu	2nd	COE
Kavya Mahajan	7428331534	kmahajan1_be23@thapar.edu	2nd	COE
Khushi Mehta	9463890890	kmehta_be23@thapar.edu	2nd	COE
Manan Pareek	9461244888	mpareek_be23@thapar.edu	2nd	COE
Nancy Mehta	8307393787	nmehta_be23@thapar.edu	2nd	EIC
Prabhleen Kaur	9311893100	pkaur1_be23@thapar.edu	2nd	COPC
Saksham Bubber	9810808718	sbubble_be23@thapar.edu	2nd	MEC
Sherry Singh	7032018148	ssingh16_be23@thapar.edu	2nd	RAÍ
Shikhar Saxena	8755043412	ssaxena1_be23@thapar.edu	2nd	COSE
Shubham	8307675142	spathneja_be23@thapar.edu	2nd	RAI
Simarpreet Kaur	142300117	skaur3_blas23@thapar.edu	2nd	BA
Sukhman Singh	8077120379	ssingh32_be23@gmail.com	2nd	COPC
Sukhmani Kaur	9872728573	skaur12_be23@thapar.edu	2nd	RAI
Sukhnoor Kaur	8360674123	skaur14_be23@thapar.edu	2nd	ECE

The participants were as follows:

Name	Roll Number	Branch	Year	Phone	Email
Anshika Rathore	1024030413	COE	1st	9981853020	arathore_be24@thapar.edu
Bhawyyaa	102303471	COE	2nd	8284059737	bbhawyyaa_be23@thapar.edu
Suryansh Gupta	1024190044	EEC	1st	9418592911	sgupta16_be24@thapar.edu
Neharika	1424000083	BA	1st	9417295806	nneharika_blas24@thapar.edu
Manveer Kaur	1024150226	ENC	1st	7901767202	mkaur3_be24@thapar.edu
Simran	1024170131	COPC	1st	8307254495	ssimran1_be24@thapar.edu
Karan Kumar	1424000066	BBA	1st	9234366969	kkumar_blas24@thapar.edu
Mridul Sharma	1024150204	ENC	1st	8595470739	msharma4_be24@thapar.edu
Nishtha Narula	1024150349	ENC	1st	9915203966	nnarula_be24@thapar.edu
Payas Mittal	1424000127	BA	1st	9876920214	pmittal_blas24@thapar.edu
Divyansh Kumar	1024170267	COPC	1st	8791283021	dkumar7_be24@thapar.edu
Amishka Pasricha	8624020003	MA	1st	9988095579	apasricha_ma24@thapar.edu
Arshia Garg	102303702	COE	2nd	8847206041	agarg16_be23@thapar.edu
Prabhsimran Singh	1024220033	EVD	1st	7658043689	psingh19_be24@thapar.edu
Swikriti Shanker	702300020	BT	2nd	8851716100	sshanker_btech23@thapar.edu
Ashi Golyan	1024240094	AIML	1st	9024530938	agolyan_be24@thapar.edu
Jiya Malhotra	8624020029	Ma	1st	7015373847	jmalhotra_ma24@thapar
Aryan Singh Thakur	102302002	CIE	2nd	7807818441	athakur6_be23@thapar.edu
Anshika Srivastava	7024000005	BT	1st	9810130091	asrivastava_btech24@thapar.edu
Yatharth Atre	102352005	CIE	2nd	9041180554	yatre_be23@thapar.edu
Gunpreet Kaur	1024060202	ECE	1st	8178187385	gkaur4_be24@thapar.edu
Manu Kumar	1024150270	ENC	1st	7986376608	mkumar1_be24@thapar.edu
Jaswin Kaur	1024030241	COE	1st	8427915596	jkaur13_be24@thapar.edu
Vanshi Puri	1024170272	COPC	1st	8264810401	vpuri_be24@thapar.edu

Manya Sabherwal	1024030288	COE	1st	9988114455	msabherwal_be24@thapar.edu
Vanshika Khurana	1024030163	COE	1st	7973471214	vvanshika_be24@thapar.edu
Jai Vardhan	102302003	CIE	2nd	8542072766	jvardhan_be23@thapar.edu
Diya Mahajan	1424000031	TSLAS	1st	7087935058	dmahajan_blas24@thapar.edu
Vanshika Raghuvanshi	1424000120	BBA	1st	7017189253	vraghuvanshi_blas24@gmail.com
karman singh Talwar	1024030724	coe	1st	8264386780	ktalwar_be24@thapar.edu
Pulkit Mittal	102306178	Ece	2nd	7814321293	Pmittal1_be23@thapar.edu
Jahnvi Sayal	6284527471	MA Psych	1st	6284527471	jsayal_ma24@thapar.edu
Saatwik Tijaria	1024060227	ECE	1st	8909161141	stijaria_be24@thapar.edu
Shrey Bhatnagar	102306255	Ece	2nd	8005983180	sbhatnagar_be23@thapar.edu
Priyanshu Joshi	1024020038	CIE	1st	9773869890	pjoshi1_be24@thapar.edu
Jasguneet kaur	1424000055	Tslas	1st	7986565772	jkaur_blas24@thapar.edu
Manya Sethi	1024180044	COBS	1st	9888021045	msethi_be24@thapar.edu
Mana Gupta	102304066	ELE	2nd	8307860944	mgupta1_be23@thapar.edu
Anushka Kerketta	1024030853	COE	1st	9471195845	akerketta_be24@thapar.edu
Gurman Singh	1024031074	COE	1st	6280582146	gsingh_be24@thapar.edu
Harniwaz Singh Chahal	1024020050	CIVIL	1st	9837300031	hchahal_be24@thapar.edu
Aaryan gauba	102315014	ECE	2nd	6284999939	agauba_be23@thapar.edu
Navya Kalra	1024050048	EIC	1st	6283917711	nkalra_be24@thapar.edu
Jassika kahlon	1424000062	Tslas	1st	8307219218	jkahlon_blas24@thapar.edu
Ruel Bhati	102303765	COE	2nd	7727056786	rbhati_be23@thapar.edu
Samridhi Mahajan	7024000002	BT	1st	6230776508	smahajan_btech24@thapar.edu
Pranav Yadav	102365002	ENC	2nd	9560089053	pyadav_be23@thapar.edu
Pulkit Mittal	102306178	Ece	2nd	7814321293	pmittal1_be23@thapar.edu
Mohammad Aaban	102303015	COE	2nd	8178048660	maaban_be23@thapar.edu

Aadya Bansal	102365009	ENC	2ND	9413335539	abansal_be23@thapar.edu
AryanGanesh Kavuri	102309020	MEC	2ND	9850175544	akavuri_be23@thapar.edu
Jasnoor Jaura	102303225	COE	2nd	9772472727	jjaura_be23@thapar.edu
Swikriti Shanker	702300020	BT	2nd	8851716100	sshanker_btech23@thapar.edu
Nishtha Sidana	1024030334	COE	1st	9779958463	nsidana_be24@thapar.edu
Anshika Rathore	1024030413	COE	1st	9981853020	arathore_be24@thapar.edu
Ashi Golyan	1024240094	AIML	1st	9024530938	agolyan_be24@thapar.edu
Idrispreet	142300020	BSc	2nd	9478480216	iidrispreet_blas23@thapar.edu
Ananya Singh	702300043	BT	2nd	8887706453	asingh_btech23@thapar.edu
Ruel Bhati	102303765	COE	2nd	7727056786	rbhati_be23@thapar.edu
Jahnvi Sayal	8624020023	MA Psych	1st	6284527471	jsayal_ma24@thapar.edu
Kavya Mahajan	102303678	COE	2nd	7428331534	kmahajan1_be23@thapar.edu
Simerose Kaur	1024030248	COE	1st	7814112297	skaur4_be24@thapar.edu
Manvi Gajrani	1024170367	COPC	1st	9056554114	mgajrani_be24@thapar.edu
Yatharth Atre	102352005	CIE	2nd	9041180554	yatre_be23@gmail.com
Jivitesh Pasrija	102353021	COE	2nd	9817707772	jpasrija_be23@thapar.edu
Nehal Malhotra	102313030	COE	2nd	9877402449	nmalhotra_be23@thapar.edu
Nishtha Sidana	102430334	COE	1st	9779958463	nsidana_be24@thapar.edu
Ayush Kumar Meena	102306145	ECE	2nd	7742264068	ameena_be23@thapar.edu
Abhijay Nagal	1024170013	COPC	1st	8219981893	anagal_be24@thapar.edu
Gurkirat Singh Randhawa	1024030849	COE	1st	7710797445	grandhawa_be24@thapar.edu
Jasguneet kaur	1424000055	Tslas	1st	7986565772	jkaur_blas24@thapar.edu
Khushi Lamba	1424000071	TSLAS	1st	8826973948	klamba_blas24@thapar.edu
Toshiv Kumar	1024060266	ECE	1st	7018502713	tkumar1_be24@thapar.edu
Ananya Sharma	1424000012	TSLAS	1st	9717089745	asharma1_blas24@thapar.edu
Shrey Bhatnagar	102306255	ECE	2nd	8005983180	sbhatnagar_be23@thapar.edu

Kartavya Singh Raizada	702300042	Biotech	2nd	9815160567	Kraizada_betech23@thapar.edu
Priyanshu Joshi	1024020038	CIE	1ST	9773869890	pjoshi1_be24@thapar.edu
Sukhmani Kaur	102323051	RAI	2nd	9872728573	skaur12_be24@thapar.edu
Abhinav Nagpal	1024150177	ENC	1st	8146340380	anagpal_be24@thapar.edu
Diya Raina	7024000011	Biotech	1st	9711485660	draina_btech24@thapar.edu
Shubham	102323078	RAI	2nd	8307675142	spathneja_be23@thapar.edu
Dhriti Singla	102306120	ECE	2nd	7696933482	dsingla4_be23@thapar.edu
Ananya Singh	702300043	Biotech	2nd	8887706453	asingh_btech23@thapar.edu
Manishka Asrani	1024230041	RAI	1st	9310386635	masrani_be24@thapar.edu
Dhruv Yadav	102306251	ECE	2nd year	8791107691	dyadav_be23@thapar.edu
Aryan Singh Thakur	102302002	CIE	2nd	7807818441	athakur6_be23@thapar.edu
Khushi Lamba	1424000071	TSLAS	1st	8826973948	klamba_blas24@thapar.edu
AryanGanesh Kavuri	102309020	MEC	2nd	9850175544	akavuri_be23@thapar.edu.
Sukriti	702300039	BT	2nd	9416954433	skumar_btech23@thapar.edu
Simanta	102483083	COE	2nd	8720921090	ssaha_be23@thapar.edu
Tushar Mahajan	1424000118	TSLAS	1st	7807844252	tmahajan_blas24@thapar.edu

The media taken during the event is attached below:



The Induction meet being hosted by TICC Core members



An ending note being delivered by the Vice-lead Ambassadors



The Core team at TICC



A department briefing being given by Let's Talk Department

Digital Detox: Finding Balance in a Hyper connected World

Name of the event: Digital Detox: Finding Balance in a Hyper connected World

Date and Venue of the event: 9th January, 2025 in TAN-105

Number of people in the organising team: 8

Number of participants: 65+

Description of the Event: A session on "Digital Detox" was conducted on January 9 in T-105 to address the overuse of digital devices and its effects on mental and physical well-being. The session aimed to encourage participants to adopt mindful practices and reduce screen time for a healthier lifestyle.

Activities Conducted:

Screen Time Reflection Activity: Participants checked their screen time and were asked to place their phones on the table with the ringer on and screens facing down for the duration of the session. This activity promoted active engagement and mindfulness.

Social media Guessing Game: Popular social media memes were displayed on the screen, and participants guessed the background music associated with them. This fun and interactive activity highlighted the pervasive influence of digital content on daily life.

"Never Have I Ever" Game: A game of "Never Have I Ever" was played with prompts such as "Never have I ever touched my phone first thing in the morning." This engaging activity encouraged self-reflection on digital habits in a relaxed and enjoyable manner.

Conclusion: The session highlighted the harmful effects of excessive digital use, including stress, reduced sleep quality, and social isolation. Participants gained insights into the benefits of a digital detox, such as improved focus, deeper connections, and better sleep. Practical tips for reducing screen time, like silencing unnecessary notifications, unplugging periodically, and using analog alternatives, were shared. The activities fostered greater awareness of digital habits and motivated participants to adopt healthier practices.

The list of organising team is as follows:

Name	Roll No.	Branch	Year	Email	Designation
Manan Pareek	102303570	COE	2nd	mpareek_be23@thapar.edu	Let's Talk Head
Arsh Verma	702300078	BT	2nd	averma_btech23@thapar.edu	Let's Talk Head
Anshika Saxena	702300091	BT	2nd	asaxena_btech23@thapar.edu	Let's Talk Head
Ashish Bhatia	1024000025	BBA	1st	abhatia_blas24@thapar.edu	Let's Talk Head
Sukhnoor Kaur	102306074	ECE	2nd	skaur14_be23@thapar.edu	Let's Talk Head
Bhawyya	102303471	COE	2nd	bbhawyya_be23@thapar.edu	MHSA
Mohammad Aaban	102303015	COE	2nd	maaban_be23@thapar.edu	MHSA
Arshia Garg	102303702	COE	2nd	agarg16_be23@thapar.edu	MHSA

The list of participants is as follows:

Anshika Rathore	1023030413	COE	2nd
Ashish	102397009	COPC	3rd
Suryansh Gupta	1023190044	EEC	2nd
Neharika	1423000083	BA	1st
Manveer Kaur	1023150226	ENC	2nd
Simran	1023170131	COPC	2nd
Karan Kumar	1424000066	BBA	2nd
Mridul Sharma	1023150204	ENC	2nd
Nishtha Narula	1023150349	ENC	2nd
Payas Mittal	1424000127	BA	2nd
Divyansh Kumar	1023170267	COPC	2nd
Amishka Pasricha	8623020003	MA	2nd
Aryan Khanna	1423000024	TSLAS	2nd
Prabhsimran Singh	1023220033	EVD	2nd
Swikriti Shanker	702300020	Biotechnology	2nd
Ashi Golyan	1024240094	AIML	2nd
Jiya Malhotra	8623020029	Ma	2nd
Aryan Singh Thakur	102302002	CIE	2nd
Anshika Srivastava	7024000005	Biotechnology	2nd
Yatharth Atre	102352005	CIE	2nd
Gunpreet Kaur	1023060202	ECE	2nd
Manu Kumar	1023150270	ENC	2nd
Jaswin Kaur	1023030241	COE	2nd
Vanshi Puri	1023170272	COPC	2nd
Manya Sabherwal	1023030288	COE	2nd
Vanshika Khurana	1023030163	COE	2nd
Jai Vardhan	102302003	CIE	2nd
Diya Mahajan	1424000031	TSLAS	1st
Vanshika Raghuvanshi	1424000120	BBA	1st
Karman Singh Talwar	1023030724	coe	2nd
Pulkit Mittal	102306178	Ece	2nd

Jassika Kahlon	1424000062	Tslas	2nd
Ruel Bhati	102303765	COE	2nd
Samridhi Mahajan	7024000002	Biotechnology	2nd
Pranav Yadav	102365002	ENC	2nd
Sherry Singh	102323042	RAI	2nd
Aadya Bansal	102365009	ENC	2nd
AryanGanesh Kavuri	102309020	MEC	2nd
Jasnoor Jaura	102303225	COE	2nd
Swikriti Shanker	702300020	Biotechnology	2nd
Nishtha Sidana	1024030334	COE	2nd
Anshika Rathore	1023030413	COE	2nd
Ashi Golyan	1023240094	AIML	2nd
Idrispreet	142300020	BSc	2nd
Ananya Singh	702300043	Biotechnology	2nd
Ruel Bhati	102303765	COE	2nd
Jahnvi Sayal	8624020023	MA Psych	1st
Nishika Garg	1424000084	BBA	1st
Chetan Mehngi	102397008	COPC	2nd
Awanti Prakash	702300066	Biotechnology	2nd
Anushka Singh	702300021	Biotechnology	2nd
Pratham Jha	702300053	Biotechnology	2nd

The media taken during the event is attached below:



MHSA sharing his personal experiences related to the session



Patiala, Punjab, India

Thapar University Area, Patiala, 147004,
Punjab, India

Lat 30.353637, Long 76.368469

01/09/2025 06:09 PM GMT+05:30

Note : Captured by GPS Map Camera

MHSA sharing the impacts of using social media in daily life



MHSAs concluding the session with a hearty discussion with the participants



Dr. Sonam Dullat sharing her insights on this topic among participants.

Behind the screen: Culture of faking it on social media

Name of the event: Behind the screen: Culture of faking it on social media

Date and Venue of the Event: 16th January 2025, TAN-106

Number of People in the Organizing Team: 6

Number of Participants: 70+

Description of the Event:

The workshop, "Behind the screen: Culture of faking it on social media" was held on January 16th in TAN-106 to explore the growing culture of curated digital personas and their impact on mental health and self-perception. This interactive and engaging session encouraged participants to reflect on the authenticity of their online presence and the influence of social media on daily life. Through thought-provoking discussions and creative activities, the event aimed to foster awareness about the psychological effects of social media, inspire healthier habits, and promote a shift toward embracing authenticity in a hyperconnected world.

• Activities Conducted:

1. Poll on Social Media Personas: Participants were polled on the "social media mask" they most relate to, such as the Perfectionist, Comedian, or Realist. This helped them recognize their own online behaviors in a light-hearted yet thought-provoking manner.

2. Skit on Social Media Realities: Two engaging skits were performed, highlighting the stark difference between online personas and real-life scenarios. These acted as icebreakers, making participants introspect on the curated realities often portrayed online.

3. Never Have I Ever - Social Media Edition: A special version of the "Never Have I Ever" game with prompts like "Never have I ever edited a picture to look better" encouraged participants to openly share and laugh about their digital habits, fostering a sense of community and understanding.

4. Picture Perfect Game: Participants were divided into four groups and given props to create the "perfect picture." The exercise demonstrated the effort and staging often required to achieve digital perfection, encouraging participants to embrace authenticity instead.

5. Write Your Strengths and Insecurities Game: Participants wrote down their strengths and insecurities on paper. They were then asked to crumble their insecurities and leave them in a designated spot, symbolizing letting go of self-doubt. They took their strengths home as a reminder of their immense potential and

individuality.

• **Impacts of the event:**

1) Increased Awareness:

Attendees became more mindful of their online behavior.

2) Sense of Community:

The activities created a supportive environment, helping participants feel connected and understood in their struggles with social media pressures.

3) Encouragement to Embrace Authenticity:

Participants left motivated to challenge societal standards of perfection and prioritize their individuality over online approval.

4) Empowerment to Let Go of Insecurities:

Symbolic activities like crumpling and discarding insecurities empowered participants to focus on their strengths and embrace self-confidence.

5) Practical Changes:

Many participants committed to adopting healthier digital habits, such as reducing screen time and being more genuine in their social media interactions.

The event left a lasting impression, inspiring attendees to value authenticity and prioritize mental well-being in a hyper-connected world.

• ***Outcome of the event:***

The session emphasized the importance of embracing authenticity in the digital age. Participants gained insights into the psychological impacts of online behaviors, the pressure of validation, and the value of real-life connections. Practical tips like mindful posting, reducing screen time, and valuing privacy were discussed to encourage a more balanced approach to social media. The activities not only promoted awareness but also instilled a sense of community, motivating participants to break free from the cycle of comparison and embrace their unfiltered selves.

The list of organizing team is attached below:

Name	Roll no.	Branch	Year	Email	Designation
Anshika Saxena	702300091	BT	2nd	asaxena_btech23@thapar.edu	Let's talk head
Amishka Pasricha	8624020003	MA- Psychology	1st	apasricha_ma24@thapar.edu	MHSA
Anshika Rathore	1024030413	COE	1st	arathore_be24@thapar.edu	MHSA
Karan Kumar	1424000066	BBA	1st	kkumar_blas24@thapar.edu	MHSA
Priyanshu Joshi	1024020038	Civil engineering	1st	pjoshi1_be24@thapar.edu	MHSA
Vanshika Khurana	1024030163	BE computer engineering (COE)	1st	vvanshika_be24@thapar.edu	MHSA

The list of participants is as follows:

Anshika Rathore	1023030413	COE	2nd
Ashish	102397009	COPC	3rd
Suryansh Gupta	1023190044	EEC	2nd
Neharika	1423000083	BA	1st
Manveer Kaur	1023150226	ENC	2nd
Simran	1023170131	COPC	2nd
Karan Kumar	1424000066	BBA	2nd
Mridul Sharma	1023150204	ENC	2nd
Nishtha Narula	1023150349	ENC	2nd
Payas Mittal	1424000127	BA	2nd
Divyansh Kumar	1023170267	COPC	2nd
Amishka Pasricha	8623020003	MA	2nd
Aryan Khanna	1423000024	TSLAS	2nd
Prabhsimran Singh	1023220033	EVD	2nd
Swikriti Shanker	702300020	Biotechnology	2nd
Ashi Golyan	1024240094	AIML	2nd
Jiya Malhotra	8623020029	Ma	2nd
Aryan Singh Thakur	102302002	CIE	2nd
Anshika Srivastava	7024000005	Biotechnology	2nd
Yatharth Atre	102352005	CIE	2nd
Gunpreet Kaur	1023060202	ECE	2nd
Manu Kumar	1023150270	ENC	2nd
Jaswin Kaur	1023030241	COE	2nd
Vanshi Puri	1023170272	COPC	2nd
Manya Sabherwal	1023030288	COE	2nd
Vanshika Khurana	1023030163	COE	2nd
Jai Vardhan	102302003	CIE	2nd
Diya Mahajan	1424000031	TSLAS	1st
Vanshika Raghuvanshi	1424000120	BBA	1st
Karman Singh Talwar	1023030724	coe	2nd
Pulkit Mittal	102306178	Ece	2nd

Jassika Kahlon	1424000062	Tslas	2nd
Ruel Bhati	102303765	COE	2nd
Samridhi Mahajan	7024000002	Biotechnology	2nd
Pranav Yadav	102365002	ENC	2nd
Sherry Singh	102323042	RAI	2nd
Aadya Bansal	102365009	ENC	2nd
AryanGanesh Kavuri	102309020	MEC	2nd
Jasnoor Jaura	102303225	COE	2nd
Swikriti Shanker	702300020	Biotechnology	2nd
Nishtha Sidana	1024030334	COE	2nd
Anshika Rathore	1023030413	COE	2nd
Ashi Golyan	1023240094	AIML	2nd
Idrispreet	142300020	BSc	2nd
Ananya Singh	702300043	Biotechnology	2nd
Ruel Bhati	102303765	COE	2nd
Jahnvi Sayal	8624020023	MA Psych	1st
Nishika Garg	1424000084	BBA	1st
Chetan Mehngi	102397008	COPC	2nd
Awanti Prakash	702300066	Biotechnology	2nd
Anushka Singh	702300021	Biotechnology	2nd
Pratham Jha	702300053	Biotechnology	2nd

The media taken during the event is attached below:



MHSA sharing her personal experiences



MHSAs are conducting an activity depicting the difference between Fake and Real photographs



MHSA engages the participants, showing that it's the effort, not perfection that counts



Dr. Sonam Dullat shared her insights on this topic with the participants.

Link for the PPT is attached below: [Link](#)

Dare to Stand Out: Rejecting Peer Pressure and Embracing Individuality

- **Name of the Event:** Dare to Stand Out: Rejecting Peer Pressure and Embracing Individuality
- **Date and Venue of the Event:** 24th January 2025 in C-Hall
- **Number of People in the Organizing Team:** 11
- **Number of Participants:** 120+

- **Description of the Event:**

A session on "Dare to Stand Out" was conducted on January 24th in C Hall to address the impact of peer pressure and the importance of embracing individuality. The session aimed to provide students with insights into resisting negative influences and making independent choices.

- **Activities Conducted:**

1. **Guess the Famous Movie Dialogue Game:**

The session started with a fun game where participants had to guess famous movie dialogues. This activity helped break the ice and set an engaging tone for the discussion.

2. **Skit on Peer Pressure:**

A short skit was performed showcasing real-life scenarios where individuals faced peer pressure and the importance of standing up for oneself.

3. **The Label Game:**

In this interactive game, participants were assigned random labels describing different personalities or societal pressures. They engaged in conversations without knowing their own labels, helping them understand stereotypes and assumptions in social interactions.

- **Impacts:** The session had a profound impact on participants by raising awareness of the often subtle and unconscious ways peer pressure influences behavior. Many students realized how societal expectations can shape their decisions and self-perceptions. The activities encouraged self-reflection, helping individuals recognize moments when they conformed under pressure and how they could assert their personal values instead. Additionally, the interactive nature of the session promoted empathy, allowing participants to understand and respect different perspectives.
- **Outcomes:** As a result of the session, participants left with increased self-confidence and a stronger sense of self-awareness. They learned practical strategies to resist peer pressure, such as assertive communication, boundary-setting, and surrounding themselves with supportive individuals. Many students expressed that they felt more empowered to make independent choices without fear of judgment. The session also reinforced the importance of fostering an inclusive environment where everyone feels comfortable expressing their individuality.
- **Presentation link:** [Link](#)

The list of organising team is attached below:

Name	Roll No.	Branch	Year	Email	Designation
Arsh Verma	702300078	BT	2nd	averma_btech23@thapar.edu	Let's Talk Head
Ashish Bhatia	1024000025	BBA	1st	abhatia_blas24@thapar.edu	Let's Talk Head
Suryansh Gupta	1024190044	EEC	1st	sgupta16_be24@thapar.edu	MHSA
Mridul Sharma	1024150204	ENC	1st	msharma4_be24@thapar.edu	MHSA
Prabhsimran Singh	1024220033	EVD	1st	psingh19_be24@thapar.edu	MHSA
Ashi Golyan	1024240094	AIML	1st	agolyan_be24@thapar.edu	MHSA
Manu Kumar	1024150270	ENC	1st	mkumar1_be24@thapar.edu	MHSA
Jaswin Kaur	1024030241	COE	1st	jkaur13_be24@thapar.edu	MHSA
Jai Vardhan	102302003	CIE	2nd	jvardhan_be23@thapar.edu	MHSA
Vanshika Raghuvanshi	1424000120	BBA	1st	vraghuvanshi_blas24@thapar.edu	MHSA
Gurman Singh	1024031074	COE	1st	gsingh_be24@thapar.edu	MHSA

The list of participants is attached below:

Name	Roll Number	Branch	Year	Phone	Email
Anshika Rathore	1024030413	COE	1st	9981853020	arathore_be24@thapar.edu
Bhawyya	102303471	COE	2nd	8284059737	bbhawyya_be23@thapar.edu
Suryansh Gupta	1024190044	EEC	1st	9418592911	sgupta16_be24@thapar.edu
Neharika	1424000083	BA	1st	9417295806	nneharika_blas24@thapar.edu
Manveer Kaur	1024150226	ENC	1st	7901767202	mkaur3_be24@thapar.edu
Simran	1024170131	COPC	1st	8307254495	ssimran1_be24@thapar.edu
Karan Kumar	1424000066	BBA	1st	9234366969	kkumar_blas24@thapar.edu
Mridul Sharma	1024150204	ENC	1st	8595470739	msharma4_be24@thapar.edu
Nishtha Narula	1024150349	ENC	1st	9915203966	nnarula_be24@thapar.edu
Payas Mittal	1424000127	BA	1st	9876920214	pmittal_blas24@thapar.edu
Divyansh Kumar	1024170267	COPC	1st	8791283021	dkumar7_be24@thapar.edu
Amishka Pasricha	8624020003	MA	1st	9988095579	apasricha_ma24@thapar.edu
Arshia Garg	102303702	COE	2nd	8847206041	agarg16_be23@thapar.edu
Prabhsimran Singh	1024220033	EVD	1st	7658043689	psingh19_be24@thapar.edu
Swikriti Shanker	702300020	BT	2nd	8851716100	sshanker_btech23@thapar.edu
Ashi Golyan	1024240094	AIML	1st	9024530938	agolyan_be24@thapar.edu
Jiya Malhotra	8624020029	Ma	1st	7015373847	jmalhotra_ma24@thapar
Aryan Singh Thakur	102302002	CIE	2nd	7807818441	athakur6_be23@thapar.edu
Anshika Srivastava	7024000005	BT	1st	9810130091	asrivastava_btech24@thapar.edu
Yatharth Atre	102352005	CIE	2nd	9041180554	yatre_be23@thapar.edu
Gunpreet Kaur	1024060202	ECE	1st	8178187385	gkaur4_be24@thapar.edu
Manu Kumar	1024150270	ENC	1st	7986376608	mkumar1_be24@thapar.edu
Jaswin Kaur	1024030241	COE	1st	8427915596	jkaur13_be24@thapar.edu
Vanshi Puri	1024170272	COPC	1st	8264810401	vpuri_be24@thapar.edu
Manya Sabherwal	1024030288	COE	1st	9988114455	msabherwal_be24@thapar.edu

Vanshika Khurana	1024030163	COE	1st	7973471214	vvanshika_be24@thapar.edu
Jai Vardhan	102302003	CIE	2nd	8542072766	jvardhan_be23@thapar.edu
Diya Mahajan	1424000031	TSLAS	1st	7087935058	dmahajan_blas24@thapar.edu
Vanshika Raghuvanshi	1424000120	BBA	1st	7017189253	vraghuvanshi_blas24@gmail.com
karman singh Talwar	1024030724	coe	1st	8264386780	ktalwar_be24@thapar.edu
Pulkit Mittal	102306178	Ece	2nd	7814321293	Pmittal1_be23@thapar.edu
Jahnvi Sayal	6284527471	MA Psych	1st	6284527471	jsayal_ma24@thapar.edu
Saatwik Tijaria	1024060227	ECE	1st	8909161141	stijaria_be24@thapar.edu
Shrey Bhatnagar	102306255	Ece	2nd	8005983180	sbhatnagar_be23@thapar.edu
Priyanshu Joshi	1024020038	CIE	1st	9773869890	pjoshi1_be24@thapar.edu
Jasguneet kaur	1424000055	Tslas	1st	7986565772	jkaur_blas24@thapar.edu
Manya Sethi	1024180044	COBS	1st	9888021045	msethi_be24@thapar.edu
Mana Gupta	102304066	ELE	2nd	8307860944	mgupta1_be23@thapar.edu
Anushka Kerketta	1024030853	COE	1st	9471195845	akerketta_be24@thapar.edu
Gurman Singh	1024031074	COE	1st	6280582146	gsingh_be24@thapar.edu
Harniwaz Singh Chahal	1024020050	CIVIL	1st	9837300031	hchahal_be24@thapar.edu
Aaryan gauba	102315014	ECE	2nd	6284999939	agauba_be23@thapar.edu
Navya Kalra	1024050048	EIC	1st	6283917711	nkalra_be24@thapar.edu
Jassika kahlon	1424000062	Tslas	1st	8307219218	jkahlon_blas24@thapar.edu
Ruel Bhati	102303765	COE	2nd	7727056786	rbhati_be23@thapar.edu
Samridhi Mahajan	7024000002	BT	1st	6230776508	smahajan_btech24@thapar.edu
Pranav Yadav	102365002	ENC	2nd	9560089053	pyadav_be23@thapar.edu
Pulkit Mittal	102306178	Ece	2nd	7814321293	pmittal1_be23@thapar.edu
Mohammad Aaban	102303015	COE	2nd	8178048660	maaban_be23@thapar.edu
Aadya Bansal	102365009	ENC	2ND	9413335539	abansal_be23@thapar.edu
AryanGanesh Kavuri	102309020	MEC	2ND	9850175544	akavuri_be23@thapar.edu
Jasnoor Jaura	102303225	COE	2nd	9772472727	jjaura_be23@thapar.edu

Swikriti Shanker	702300020	BT	2nd	8851716100	sshanker_btech23@thapar.edu
Nishtha Sidana	1024030334	COE	1st	9779958463	nsidana_be24@thapar.edu
Anshika Rathore	1024030413	COE	1st	9981853020	arathore_be24@thapar.edu
Ashi Golyan	1024240094	AIML	1st	9024530938	agolyan_be24@thapar.edu
Idrispreet	142300020	BSc	2nd	9478480216	iidrispreet_blas23@thapar.edu
Ananya Singh	702300043	BT	2nd	8887706453	asingh_btech23@thapar.edu
Ruel Bhati	102303765	COE	2nd	7727056786	rbhati_be23@thapar.edu
Jahnvi Sayal	8624020023	MA Psych	1st	6284527471	jsayal_ma24@thapar.edu
Kavya Mahajan	102303678	COE	2nd	7428331534	kmahajan1_be23@thapar.edu
Simerose Kaur	1024030248	COE	1st	7814112297	skaur4_be24@thapar.edu
Manvi Gajrani	1024170367	COPC	1st	9056554114	mgajrani_be24@thapar.edu
Yatharth Atre	102352005	CIE	2nd	9041180554	yatre_be23@gmail.com
Jivitesh Pasrija	102353021	COE	2nd	9817707772	jpasrija_be23@thapar.edu
Nehal Malhotra	102313030	COE	2nd	9877402449	nmalhotra_be23@thapar.edu
Nishtha Sidana	102430334	COE	1st	9779958463	nsidana_be24@thapar.edu
Ayush Kumar Meena	102306145	ECE	2nd	7742264068	ameena_be23@thapar.edu
Abhijay Nagal	1024170013	COPC	1st	8219981893	anagal_be24@thapar.edu
Gurkirat Singh Randhawa	1024030849	COE	1st	7710797445	grandhawa_be24@thapar.edu
Jasguneet kaur	1424000055	Tslas	1st	7986565772	jkaur_blas24@thapar.edu
Khushi Lamba	1424000071	TSLAS	1st	8826973948	klamba_blas24@thapar.edu
Toshiv Kumar	1024060266	ECE	1st	7018502713	tkumar1_be24@thapar.edu
Ananya Sharma	1424000012	TSLAS	1st	9717089745	asharma1_blas24@thapar.edu
Shrey Bhatnagar	102306255	ECE	2nd	8005983180	sbhatnagar_be23@thapar.edu
Kartavya Singh Raizada	702300042	Biotech	2nd	9815160567	kraizada_btech23@thapar.edu
Priyanshu Joshi	1024020038	CIE	1ST	9773869890	pjoshi1_be24@thapar.edu
Sukhmani Kaur	102323051	RAI	2nd	9872728573	skaur12_be24@thapar.edu
Abhinav Nagpal	1024150177	ENC	1st	8146340380	anagpal_be24@thapar.edu

Diya Raina	7024000011	Biotech	1st	9711485660	draina_btech24@thapar.edu
Shubham	102323078	RAI	2nd	8307675142	spathneja_be23@thapar.edu
Dhriti Singla	102306120	ECE	2nd	7696933482	dsingla4_be23@thapar.edu
Ananya Singh	702300043	Biotech	2nd	8887706453	asingh_btech23@thapar.edu
Manishka Asrani	1024230041	RAI	1st	9310386635	masrani_be24@thapar.edu
Dhruv Yadav	102306251	ECE	2nd	8791107691	dyadav_be23@thapar.edu
Aryan Singh Thakur	102302002	CIE	2nd	7807818441	athakur6_be23@thapar.edu
Khushi Lamba	1424000071	TSLAS	1st	8826973948	klamba_blas24@thapar.edu
AryanGanesh Kavuri	102309020	MEC	2nd	9850175544	akavuri_be23@thapar.edu.
Sukriti	702300039	BT	2nd	9416954433	skumar_btech23@thapar.edu
Simanta	102483083	COE	2nd	8720921090	ssaha_be23@thapar.edu
Tushar Mahajan	1424000118	TSLAS	1st	7807844252	tmahajan_blas24@thapar.edu
Kavya Mahajan	102303678	COE	2nd	7428331534	kmahajan1_be23@thapar.edu
Simerose Kaur	1024030248	COE	1st	7814112297	skaur4_be24@thapar.edu
Manvi Gajrani	1024170367	COPC	1st	9056554114	mgajrani_be24@thapar.edu
Yatharth Atre	102352005	CIE	2nd	9041180554	yatre_be23@gmail.com
Jivitesh Pasrija	102353021	COE	2nd	9817707772	jpasrija_be23@thapar.edu
Nehal Malhotra	102313030	COE	2nd	9877402449	nmalhotra_be23@thapar.edu
Nishtha Sidana	102430334	COE	1st	9779958463	nsidana_be24@thapar.edu
Ayush Kumar Meena	102306145	ECE	2nd	7742264068	ameena_be23@thapar.edu
Abhijay Nagal	1024170013	COPC	1st	8219981893	anagal_be24@thapar.edu
Gurkirat Singh Randhawa	1024030849	COE	1st	7710797445	grandhawa_be24@thapar.edu
Jasguneet kaur	1424000055	Tslas	1st	7986565772	jkaur_blas24@thapar.edu
Khushi Lamba	1424000071	TSLAS	1st	8826973948	klamba_blas24@thapar.edu
Toshiv Kumar	1024060266	ECE	1st	7018502713	tkumar1_be24@thapar.edu
Ananya Sharma	1424000012	TSLAS	1st	9717089745	asharma1_blas24@thapar.edu
Shrey Bhatnagar	102306255	ECE	2nd	8005983180	sbhatnagar_be23@thapar.edu

Kartavya Singh Raizada	702300042	Biotech	2nd	9815160567	Kraizada_betech23@thapar.edu
Priyanshu Joshi	1024020038	CIE	1st	9773869890	pjoshi1_be24@thapar.edu
Sukhmani Kaur	102323051	RAI	2nd	9872728573	skaur12_be24@thapar.edu
Abhinav Nagpal	1024150177	ENC	1st	8146340380	anagpal_be24@thapar.edu
Diya Raina	7024000011	Biotech	1st	9711485660	draina_btech24@thapar.edu
Varun Dhawan	102315043	ENC	2nd	9877945057	vdhawan_be23@thapar.edu
Krish Sahni	1024170390	COPC	1st	8360430528	ksahni1_be24@thapar.edu
Anubhavjot Singh	1424000017	tslas bba	1st	9996497948	anubhavjotsingh@gmail.com
Sameep Singh	1024150224	ENC	1st	9988251125	ssingh4_be24@thapar.edu
Suryansh Gupta	1024190044	EEC	1st	9418592911	sgupta16_be24@thapar.edu
lakshay jain	1024030143	COE	1st	8690140158	ljain1_be24@thapar.edu
Manishka Asrani	1024230041	RAI	1st	9310386635	masrani_be24@thapar.edu
Arnav Chaba	102306152	ECE	2nd	8826005253	achaba_be23@thapar.edu
Goutam Adlakha	102369001	EEC	2nd	9667757796	gadalakha60_be23@thapar.edu
Bhanu Pratap Singh	7024030012	BME	1st	9582607955	bsingh1_btech24@thapar.edu
Hunardeep kaur	1024170279	COPC	1st	8360640275	hkaur6_be24@thapar.edu
Swikriti Shanker	702300020	BT	2nd	8851716100	sshanker_btech23@thapar.edu
Nishtha Sidana	1024030334	COE	1st	9779958463	nsidana_be24@thapar.edu
Anshika Rathore	1024030413	COE	1st	9981853020	arathore_be24@thapar.edu

The media taken during the event is attached below:



MHSAs hosting Guess the Movie game



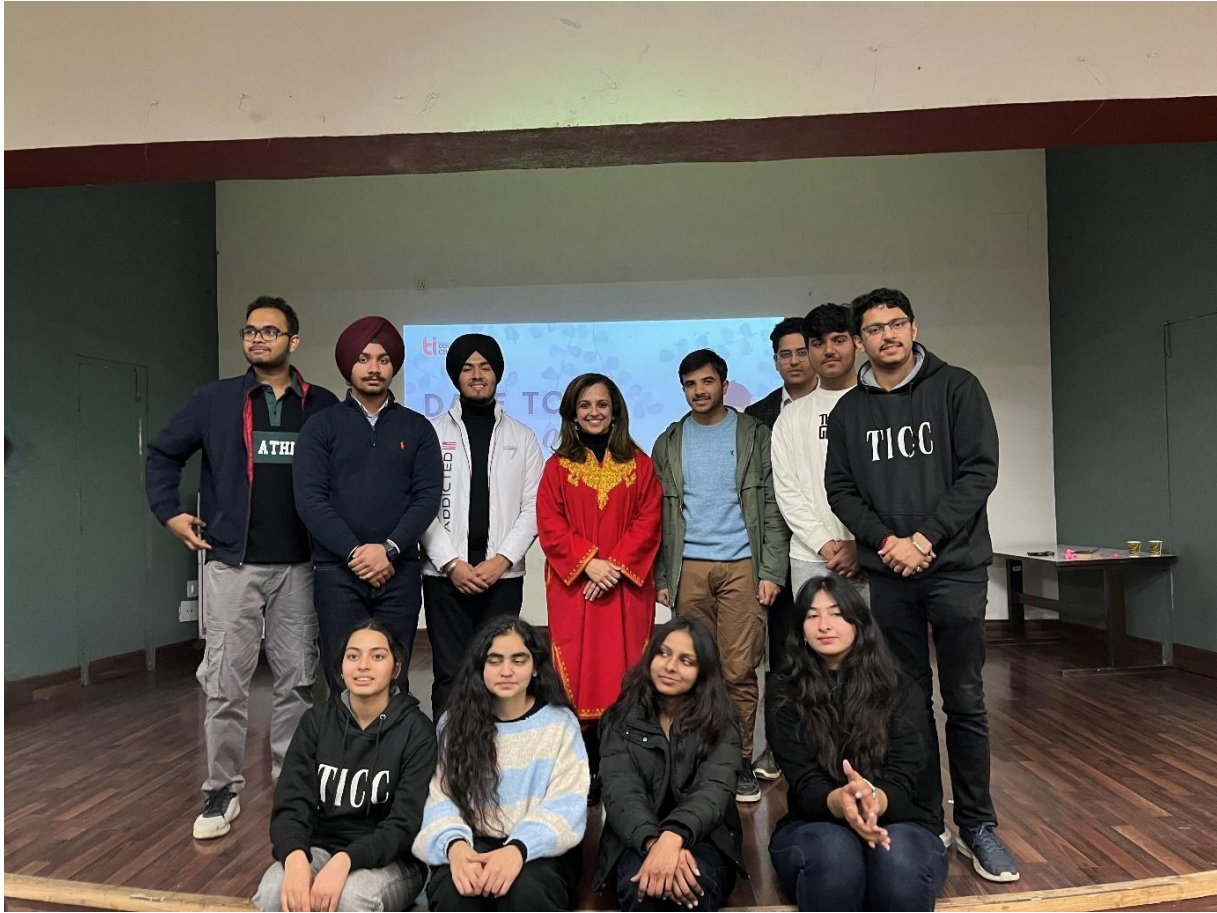
MHSAs performing a skit regarding peer pressure



Audience playing the Label Game with MHSAs



Attendees of the Let's Talk session



The Organising Team with Dr. Sonam Dullat

Let's Talk Session on House of High Hopes: Horror of living up to family's expectation

- **Name of the event:** House of High Hopes
- **Date and Venue of the Event:** February 3, 2025 in C-hall
- **Number of members in the organising team:** 10
- **Number of Participants:** 40+
- **Description of the event:** The session "House of High Hopes: The Horror of Living Up to Family's Expectations" explored the emotional toll of familiar pressures. Through discussions and activities, it provided insights and strategies to navigate these challenges while fostering self-acceptance and personal growth.
- **Activities:**

Auction of Expectation: Participants were divided into teams of 6-7 members and provided a significant number of paper tokens. One of the organising team members executed the activity as the auctioneer and bided one by one several expectations like- academic excellence, vibrant social life, etc. for a specific maximum number of tokens. As teams ran out of tokens, they realized the impossibility of meeting every expectation, highlighting the struggle of fulfilling parental aspirations in real life.

The Expectation Maze: Participants were given a printed maze with various parental expectations marked in different boxes. They were tasked with finding a path from start to finish while covering every expectation. However, as it was impossible to include all expectations in a single path, the activity illustrated the real-life challenge students face in trying to meet every parental aspiration.

Stress paper crush: Participants were given sticky notes to write down feelings of frustration, anger, and sadness they had experienced. They were then instructed to crumble the notes, which were collected in a container by a member of the organizing team. This act symbolized that TICC would take care of their worries, allowing them to feel a sense of relief and freedom from their frustrations.

- **Impact:** The session "House of High Hopes: The Horror of Living Up to Family's Expectations" shed light on the challenges of parental pressures. Through interactive activities, participants explored the emotional impact of expectations and the importance of self-acceptance. The session encouraged open conversations, emphasizing that personal well-being should not be compromised in the pursuit of fulfilling expectations.
- **Outcomes:** The session provided participants with valuable insights into the emotional burden of societal and parental pressures. Through interactive activities, they recognized the difficulty of meeting every expectation and the importance of prioritizing their well-being. The discussions fostered self-awareness, encouraged open conversations, and helped participants develop a more

balanced perspective on handling expectations. Ultimately, the session empowered them to embrace their individuality while navigating societal demands with resilience.

- **Presentation Link:** [Link](#)

The list of organising team is attached below:

Name	Roll no	Branch	Year	E-Mail	Designation
Sukhnoor Kaur	102306074	ECE	2nd	skaur14_be23@thapar.edu	Let's Talk Head
Manan Pareek	102303570	COE	2nd	mpareek_be23@thapar.edu	Let's Talk Head
Payas Mittal	1424000127	BA	1st	pmittal_blas24@thapar.edu	MHSA
Divyansh Kumar	1024170267	COPC	1st	dkumar7_be24@thapar.edu	MHSA
Jahnvi Sayal	6284527471	MA Psy	1st	jsayal_ma24@thapar.edu	MHSA
Anshika Srivastava	7024000005	BT	1st	asrivastava_btech24@thapar.edu	MHSA
Samridhi Mahajan	7024000002	BT	1st	smahajan_btech24@thapar.edu	MHSA
Manya Sabherwal	1024030288	COE	1st	msabherwal_be24@thapar.edu	MHSA

The list of participants is as follows:

Name	Roll No	Branch	Year
Sukriti	702300039	BT	2 nd
Manveer Kaur	1024150226	COE	1 st
Jasmine	1024030011	COPC	1 st
Rajat Verma	1024030696	ECE	1 st
Kavya	1024030614	ENC	1 st
Ananya Sharma	1424000012	TSLAS	1 st
Bhawyyaa	102303471	COE	2 nd
Arshia Garg	102037021	COE	2 nd
Jotika	102218005	COE	3 rd
Priyanshu Joshi	1024020038	COPC	1 st
Prabhsimran Singh	1024220033	ENC	1 st
Krish Chaudhary	1024240085	MECH	1 st
Saatwik	1024060227	COPC	1 st
Aviraj	1024170102	EVD	1 st
Jaswin	1024030241	AIML	1 st
Gurkirat Singh	1024030840	COE	1 st
Akshat Walia	1024150246	COE	1 st
Amishka Pasricha	8624020003	MA	1 st
Ashi Golyan	1024240094	AIML	1 st
Anshika Rathore	1024030413	COE	1 st
Suryansh Gupta	1024190044	EEC	1 st
Mridul Sharma	1024150349	CHE	1 st
Vanshi Puri	1024170272	CHE	1 st
Manu Kumar	1024150270	ECE	1 st
Vanshika Raghuvanshi	1424000120	TSLAS	1 st

Gurman Singh	1024031074	COPC	1 st
Jai Vardhan	102302003	COE	2 nd
Ashish	1024170372	ELE	2 nd
Varish Kapur	1024030076	EIC	2 nd
Mana Gupta	102304066	ELE	2 nd
Arjun Gupta	102315012	COE	2 nd
Jivitesh Pasrija	102353021	COPC	2 nd
Pranav Kokaria	102303675	ENC	2 nd
Raghav Khurana	102303682	ECE	2 nd
Varun Dhawan	102315043	COE	2 nd
Mehpreet Kaur	1424000079	TSLAS	1 st
Hunardeep Kaur	1024170279	CHE	1 st
Sachin	102470302	ELE	1 st
Karan Kumar	1424000066	BBA	1 st
Anubhavjot Singh	1424000014	BBA	1 st
Krish Sahni	1024170390	COE	1 st
Bhanu Pratap Singh	702403001	BT	1 st



TICC's MHSAs conducting the Let's Talk Session



Participants actively listening to Presentation



Attendees of the Let's Talk Session



The Organising team with Dr. Sonam Dullat Manager(Student Counsellor)

TWO HALVES, ONE WHOLE - FINDING BALANCE IN LOVE

Name of the event: TWO HALVES, ONE WHOLE - FINDING BALANCE IN LOVE

Date and Venue of the Event: 11th February 2025, C-Hall

Number of People in the Organizing Team: 4

Number of Participants: 70+

Description of the Event:

The workshop, "TWO HALVES, ONE WHOLE - FINDING BALANCE IN LOVE " Held on 11th of February 2025 in C-Hall, this debate-style discussion explored the contrast between emotional and logical perspectives on love. Hosted in a news channel debate format, the session featured Gunpreet, who passionately believed in sacrificing everything for love, and Saatvik, who approached relationships with a rational and pragmatic mindset. Through engaging arguments and thought-provoking exchanges, participants reflected on their own beliefs and the balance between heart and mind in relationships. The session encouraged open dialogue, critical thinking, and a deeper understanding of different perspectives on love and life.

• Activities Conducted:

1. Balance the Balloon: Participants paired up and attempted to balance balloons between them, symbolizing individuality in relationships. This exercise highlighted the importance of maintaining personal identity while being in love.

2. Red & Green Flag Game: Different relationship scenarios were presented, and participants raised a red flag if they felt the person was losing themselves and a green flag if they believed it was a healthy expression of love. This encouraged discussions on boundaries and self-respect in relationships.

3. Pass the Teddy: A fun and interactive game where a teddy bear was passed around.

The person it stopped on had to perform a dare, fostering spontaneity and engagement.

• Impacts of the event:

1. Increased Awareness:

Attendees gained a deeper understanding of the importance of balancing emotions and logic in relationships.

2. Sense of Community:

The activities fostered a supportive environment, helping participants feel heard and understood

in their views on love and relationships.

3. Encouragement to Set Healthy Boundaries:

Participants became more aware of the fine line between love and self-sacrifice, motivating them to maintain their individuality while nurturing relationships.

4. Empowerment to Make Informed Choices:

Symbolic activities like the Red & Green Flag Game helped participants recognize when they might be losing themselves and when their actions reflected genuine love.

5. Practical Changes:

Many participants committed to making conscious efforts to set boundaries, respect personal space, and approach relationships with a balanced mindset.

• **Outcome of the event:**

The session emphasized the importance of balancing love and logic in relationships. Participants gained insights into emotional decision-making, the pressures of societal expectations, and the value of self-respect. Discussions included practical tips on setting boundaries, recognizing red flags, and maintaining personal identity in relationships. The activities not only promoted awareness but also instilled a sense of community, encouraging participants to embrace selfworth and build healthy, fulfilling relationships.

Link for PPT is attached below: [Link](#)

The list of organising team is attached below:

Name	Roll no.	Branch	Year	Email	Designation
Anshika Saxena	702300091	BT	2nd	asaxena_btech23@thapar.edu	Let's talk head
Saatwik Tijaria	1024060227	ECE	1st	stijaria_be24@thapar.edu	MHSA
Gunpreet Kaur	1024060201	ECE	1st	gkaur4_be24@thapar.edu	MHSA

Name	Roll Number	Branch	Year	Phone	Email
Anshika Rathore	1024030413	COE	1st	9981853020	arathore_be24@thapar.edu
Bhawyyaa	102303471	COE	2nd	8284059737	bbhawyyaa_be23@thapar.edu
Suryansh Gupta	1024190044	EEC	1st	9418592911	sgupta16_be24@thapar.edu
Neharika	1424000083	BA	1st	9417295806	nneharika_blas24@thapar.edu
Manveer Kaur	1024150226	ENC	1st	7901767202	mkaur3_be24@thapar.edu
Simran	1024170131	COPC	1st	8307254495	ssimran1_be24@thapar.edu
Karan Kumar	1424000066	BBA	1st	9234366969	kkumar_blas24@thapar.edu
Nishtha Narula	1024150349	ENC	1st	9915203966	nnarula_be24@thapar.edu
Payas Mittal	1424000127	BA	1st	9876920214	pmittal_blas24@thapar.edu
Divyansh Kumar	1024170267	COPC	1st	8791283021	dkumar7_be24@thapar.edu
Amishka Pasricha	8624020003	MA	1st	9988095579	apasricha_ma24@thapar.edu
Arshia Garg	102303702	COE	2nd	8847206041	agarg16_be23@thapar.edu
Swikriti Shanker	702300020	BT	2nd	8851716100	sshanker_btech23@thapar.edu
Ashi Golyan	1024240094	AIML	1st	9024530938	agolyan_be24@thapar.edu
Jiya Malhotra	8624020029	Ma	1st	7015373847	jmalhotra_ma24@thapar
Aryan Singh Thakur	102302002	CIE	2nd	7807818441	athakur6_be23@thapar.edu
Anshika Srivastava	7024000005	BT	1st	9810130091	asrivastava_btech24@thapar.edu
Yatharth Atre	102352005	CIE	2nd	9041180554	yatre_be23@thapar.edu
Gunpreet Kaur	1024060202	ECE	1st	8178187385	gkaur4_be24@thapar.edu
Jaswin Kaur	1024030241	COE	1st	8427915596	jkaur13_be24@thapar.edu
Vanshi Puri	1024170272	COPC	1st	8264810401	vpuri_be24@thapar.edu
Manya Sabherwal	1024030288	COE	1st	9988114455	msabherwal_be24@thapar.edu
Vanshika Khurana	1024030163	COE	1st	7973471214	vvanshika_be24@thapar.edu

Jai Vardhan	102302003	CIE	2nd	8542072766	jvardhan_be23@thapar.edu
Diya Mahajan	1424000031	TSLAS	1st	7087935058	dmahajan_blas24@thapar.edu
Vanshika Raghuvanshi	1424000120	BBA	1st	7017189253	vraghuvanshi_blas24@gmail.com
karman singh Talwar	1024030724	coe	1st	8264386780	ktalwar_be24@thapar.edu
Pulkit Mittal	102306178	Ece	2nd	7814321293	Pmittal1_be23@thapar.edu
Jahnvi Sayal	6284527471	MA Psych	1st	6284527471	jsayal_ma24@thapar.edu
Saatwik Tijaria	1024060227	ECE	1st	8909161141	stijaria_be24@thapar.edu
Shrey Bhatnagar	102306255	Ece	2nd	8005983180	sbhatnagar_be23@thapar.edu
Priyanshu Joshi	1024020038	CIE	1st	9773869890	pjoshi1_be24@thapar.edu
Jasguneet kaur	1424000055	Tslas	1st	7986565772	jkaur_blas24@thapar.edu
Manya Sethi	1024180044	COBS	1st	9888021045	msethi_be24@thapar.edu
Mana Gupta	102304066	ELE	2nd	8307860944	mgupta1_be23@thapar.edu
Anushka Kerketta	1024030853	COE	1st	9471195845	akerketta_be24@thapar.edu
Gurman Singh	1024031074	COE	1st	6280582146	gsingh_be24@thapar.edu
Harniwaz Singh Chahal	1024020050	CIVIL	1st	9837300031	hchahal_be24@thapar.edu
Aaryan gauba	102315014	ECE	2nd	6284999939	agauba_be23@thapar.edu
Navya Kalra	1024050048	EIC	1st	6283917711	nkalra_be24@thapar.edu
Jassika kahlon	1424000062	Tslas	1st	8307219218	jkahlon_blas24@thapar.edu
Ruel Bhati	102303765	COE	2nd	7727056786	rbhati_be23@thapar.edu
Samridhi Mahajan	7024000002	BT	1st	6230776508	smahajan_btech24@thapar.edu
Pranav Yadav	102365002	ENC	2nd	9560089053	pyadav_be23@thapar.edu
Pulkit Mittal	102306178	Ece	2nd	7814321293	pmittal1_be23@thapar.edu
Mohammad Aaban	102303015	COE	2nd	8178048660	maaban_be23@thapar.edu
Aadya Bansal	102365009	ENC	2ND	9413335539	abansal_be23@thapar.edu
AryanGanesh Kavuri	102309020	MEC	2ND	9850175544	akavuri_be23@thapar.edu

Jasnoor Jaura	102303225	COE	2nd	9772472727	jjaura_be23@thapar.edu
Swikriti Shanker	702300020	BT	2nd	8851716100	sshanker_btech23@thapar.edu
Nishtha Sidana	1024030334	COE	1st	9779958463	nsidana_be24@thapar.edu
Anshika Rathore	1024030413	COE	1st	9981853020	arathore_be24@thapar.edu
Ashi Golyan	1024240094	AIML	1st	9024530938	agolyan_be24@thapar.edu
Idrispreet	142300020	BSc	2nd	9478480216	iidrispreet_blas23@thapar.edu
Ananya Singh	702300043	BT	2nd	8887706453	asingh_btech23@thapar.edu
Ruel Bhati	102303765	COE	2nd	7727056786	rbhati_be23@thapar.edu
Jahnvi Sayal	8624020023	MA Psych	1st	6284527471	jsayal_ma24@thapar.edu
Kavya Mahajan	102303678	COE	2nd	7428331534	kmahajan1_be23@thapar.edu
Simerose Kaur	1024030248	COE	1st	7814112297	skaur4_be24@thapar.edu
Manvi Gajrani	1024170367	COPC	1st	9056554114	mgajrani_be24@thapar.edu
Yatharth Atre	102352005	CIE	2nd	9041180554	yatre_be23@gmail.com
Jivitesh Pasrija	102353021	COE	2nd	9817707772	jpasrija_be23@thapar.edu

Media taken during the event is attached below:



MHSA sharing her that what happens when a person loses themselves in the relationship



MHSA sharing the reasons why problems arise in the relationship



MHSAs are discussing the impacts of losing yourself on mental health



MHSA engages the participants, and builds a safe place for them to open up

I'll Start Tomorrow: Procrastinator's Favourite Lie

Name of the Event: I'll Start Tomorrow: Procrastinator's Favourite Lie

Date and Venue of the Event: 26th March 2025 in T-105

Number of People in the Organizing Team: 5

Number of Participants: 120+

Description of the Event: A session on "Academic Procrastination" was conducted on March 26th in T105 to explore the effects of procrastination on academic performance and productivity. The session featured interactive activities and discussions, aimed at helping students recognize procrastination patterns and adopt better time management strategies.

Activities Conducted:

Guess the Movie from Its Plot Brief plots of various movies were displayed, and the audience had to guess the movie titles. This activity served as an icebreaker and engaged participants in quick thinking.

Last Minute Cramming Challenge Two volunteers were given a list of words to memorize. One was given 30 seconds, while the other had 1 minute. They were then questioned to check retention, demonstrating the effects of last-minute studying.

Bollywood Excuses Act Participants were given chits containing excuses written in the style of famous Bollywood characters. They had to act them out while the audience guessed the character and the excuse, adding a humorous take on procrastination.

Impacts: The session had a significant impact on participants by increasing awareness of how procrastination subtly affects academic performance and daily productivity. Many students recognized their own procrastination patterns and how last-minute studying impacts retention and stress levels. The activities encouraged self-reflection, helping individuals identify their procrastination triggers and explore effective time management strategies. Additionally, the interactive nature of the session fostered engagement, making learning more relatable and encouraging students to take proactive steps toward better study habits..

Outcomes: As a result of the session, participants became more aware of how procrastination affects their academic performance and daily routines. They learned practical strategies to manage their time better, such as breaking tasks into smaller steps, setting deadlines, and maintaining a structured study approach. Many students expressed feeling more motivated to start their work on time and avoid last-minute cramming. The session also emphasized the importance of self-discipline and accountability in overcoming procrastination.

Presentation Link: [Link](#)

The list of organising team is attached below:

Name	Roll No.	Branch	Year	Email	Designation
Arsh Verma	702300078	BT	2nd	averma_btech23@thapar.edu	Let's Talk Head
Suryansh Gupta	1024190044	EEC	1st	sgupta16_be24@thapar.edu	MHSA
Mridul Sharma	1024150204	ENC	1st	msharma4_be24@thapar.edu	MHSA
Prabhsimran Singh	1024220033	EVD	1st	psingh19_be24@thapar.edu	MHSA
Manu Kumar	1024150270	ENC	1st	mkumar1_be24@thapar.edu	MHSA

The list of participants is attached below:

Name	Roll Number	Branch	Year	Phone	Email
Anshika Rathore	1024030413	COE	1st	9981853020	arathore_be24@thapar.edu
Bhawyyaa	102303471	COE	2nd	8284059737	bbhawyyaa_be23@thapar.edu
Suryansh Gupta	1024190044	EEC	1st	9418592911	sgupta16_be24@thapar.edu
Neharika	1424000083	BA	1st	9417295806	nneharika_blas24@thapar.edu
Manveer Kaur	1024150226	ENC	1st	7901767202	mkaur3_be24@thapar.edu
Simran	1024170131	COPC	1st	8307254495	ssimran1_be24@thapar.edu
Karan Kumar	1424000066	BBA	1st	9234366969	kkumar_blas24@thapar.edu
Nishtha Narula	1024150349	ENC	1st	9915203966	nnarula_be24@thapar.edu
Payas Mittal	1424000127	BA	1st	9876920214	pmittal_blas24@thapar.edu
Divyansh Kumar	1024170267	COPC	1st	8791283021	dkumar7_be24@thapar.edu
Amishka Pasricha	8624020003	MA	1st	9988095579	apasricha_ma24@thapar.edu
Arshia Garg	102303702	COE	2nd	8847206041	agarg16_be23@thapar.edu
Swikriti Shanker	702300020	BT	2nd	8851716100	sshanker_btech23@thapar.edu
Ashi Golyan	1024240094	AIML	1st	9024530938	agolyan_be24@thapar.edu
Jiya Malhotra	8624020029	Ma	1st	7015373847	jmalhotra_ma24@thapar
Aryan Singh Thakur	102302002	CIE	2nd	7807818441	athakur6_be23@thapar.edu
Anshika Srivastava	7024000005	BT	1st	9810130091	asrivastava_btech24@thapar.edu
Yatharth Atre	102352005	CIE	2nd	9041180554	yatre_be23@thapar.edu
Gunpreet Kaur	1024060202	ECE	1st	8178187385	gkaur4_be24@thapar.edu
Jaswin Kaur	1024030241	COE	1st	8427915596	jkaur13_be24@thapar.edu

Jasnoor Jaura	102303225	COE	2nd	9772472727	jjaura_be23@thapar.edu
Swikriti Shanker	702300020	BT	2nd	8851716100	sshanker_btech23@thapar.edu
Nishtha Sidana	1024030334	COE	1st	9779958463	nsidana_be24@thapar.edu
Anshika Rathore	1024030413	COE	1st	9981853020	arathore_be24@thapar.edu
Ashi Golyan	1024240094	AIML	1st	9024530938	agolyan_be24@thapar.edu
Idrispreet	142300020	BSc	2nd	9478480216	iidrispreet_blas23@thapar.edu
Ananya Singh	702300043	BT	2nd	8887706453	asingh_btech23@thapar.edu
Ruel Bhati	102303765	COE	2nd	7727056786	rbhati_be23@thapar.edu
Jahnvi Sayal	8624020023	MA Psych	1st	6284527471	jsayal_ma24@thapar.edu
Kavya Mahajan	102303678	COE	2nd	7428331534	kmahajan1_be23@thapar.edu
Simerose Kaur	1024030248	COE	1st	7814112297	skaur4_be24@thapar.edu
Manvi Gajrani	1024170367	COPC	1st	9056554114	mgajrani_be24@thapar.edu
Yatharth Atre	102352005	CIE	2nd	9041180554	yatre_be23@gmail.com
Jivitesh Pasrija	102353021	COE	2nd	9817707772	jpasrija_be23@thapar.edu
Nehal Malhotra	102313030	COE	2nd	9877402449	nmalhotra_be23@thapar.edu
Nishtha Sidana	102430334	COE	1st	9779958463	nsidana_be24@thapar.edu
Ayush Kumar Meena	102306145	ECE	2nd	7742264068	ameena_be23@thapar.edu
Abhijay Nagal	1024170013	COPC	1st	8219981893	anagal_be24@thapar.edu
Gurkirat Singh Randhawa	1024030849	COE	1st	7710797445	grandhawa_be24@thapar.edu
Jasguneet kaur	1424000055	Tslas	1st	7986565772	jkaur_blas24@thapar.edu
Khushi Lamba	1424000071	TSLAS	1st	8826973948	klamba_blas24@thapar.edu
Toshiv Kumar	1024060266	ECE	1st	7018502713	tkumar1_be24@thapar.edu

The media taken during the event is attached below:



Let's Talk team conducting the session



Participants engaging in an activity



Students attending Let's Talk Session

Breaking Barriers: Understanding and accepting the LGBTQ+ community

- **Name of the event:** Breaking Barriers: Understanding and accepting the LGBTQ+ community
- **Date and Venue of the event:** 2nd April, 2025 in Convention Hall
- **Number of people in the organising team:** 9
- **Number of participants:** 100+
- **Description of the Event:**

A session on "Breaking Barriers" was conducted on January 9 in T-105 to address the issues which LGBTQ+ community face in day to day live and to and to understamd how can we create a safe space for LGBTQ+ community in which they can excel in their live .The session aimed to encourage participants to Understand about LGBTQ community and create a safe space for them.
- **Impact of the event:** The impact of the session is to create a safe environment for LGBTQ+ community in which they can thrive in their life and live in the enviornment in which they done have to worry about their identity and live life with full respect and honour.
- **Activities Conducted:**

Guess the song from the emoji:
In this students have to guess the song from the series of picures/emojis provided on the screen and participants has to guess the song name. This fun and interactive activity helped in engaging student so that they can get safe enviornment in which they can answer freely.

Myth vs fact game Game:
This game 'Myth vs fact' aimed some over myth that are commonly said in society and come with a reality behind those myth

"Your voice Matters" Game:
In this students were asked to come on stage to tell about their LGBTQ+ journey.so that we can understand hpw LGBTQ community face in their day-to-day life
- **Conclusion:**

Support & Respect - Create a safe and accepting environment for the LGBTQ+ community by fostering inclusivity and understanding in all interactions.

Education & Empathy - Challenge biases by increasing awareness and understanding diverse stories, promoting a culture of learning and compassion.
- **Take Action -** Build safe spaces, share resources, and respect every identity and pronoun, actively contributing to a supportive and equitable society.

The list of organising team is attached below:

Name	Roll No.	Branch	Year	Email	Designation
Ashish Bhatia	1024000025	BBA	1st	abhatia_blas24@thapar.edu	Let's Talk Head
Sukhnoor Kaur	102306074	ECE	2nd	skaur14_be23@thapar.edu	Let's Talk Head
Manan Pareek	102303570	COE	2nd	mpareek_be23@thapar.edu	Let's Talk Head
Arsh Verma	702300078	BT	2nd	averma_btech23@thapar.edu	Let's Talk Head
Prabhsimran Singh	1024220033	Evd	1st	psingh19_be24@thapar.edu	MHSA
Yatharth Atre	102352005	CIE	2nd	yatre_be23@thapar.edu	MHSA
Gurman Singh	1024031074	COE	1st	gsingh_be24@thapar.edu	MHSA
Divyansh Kumar	1024170267	COPC	1st	dkumar7_be24@thapar.edu	MHSA
Diya Mahajan	1424000031	TSLAS	1st	dmahajan_blas24@thapar.edu	MHSA

Name	Roll Number	Branch	Year	Phone	Email
Anshika Rathore	1024030413	COE	1st	9981853020	arathore_be24@thapar.edu
Bhawyyaa	102303471	COE	2nd	8284059737	bbhawyyaa_be23@thapar.edu
Suryansh Gupta	1024190044	EEC	1st	9418592911	sgupta16_be24@thapar.edu
Neharika	1424000083	BA	1st	9417295806	nneharika_blas24@thapar.edu
Manveer Kaur	1024150226	ENC	1st	7901767202	mkaur3_be24@thapar.edu
Simran	1024170131	COPC	1st	8307254495	ssimran1_be24@thapar.edu
Karan Kumar	1424000066	BBA	1st	9234366969	kkumar_blas24@thapar.edu
Nishtha Narula	1024150349	ENC	1st	9915203966	nnarula_be24@thapar.edu
Payas Mittal	1424000127	BA	1st	9876920214	pmittal_blas24@thapar.edu
Divyansh Kumar	1024170267	COPC	1st	8791283021	dkumar7_be24@thapar.edu
Amishka Pasricha	8624020003	MA	1st	9988095579	apasricha_ma24@thapar.edu
Arshia Garg	102303702	COE	2nd	8847206041	agarg16_be23@thapar.edu
Swikriti Shanker	702300020	BT	2nd	8851716100	sshanker_btech23@thapar.edu
Ashi Golyan	1024240094	AIML	1st	9024530938	agolyan_be24@thapar.edu
Jiya Malhotra	8624020029	Ma	1st	7015373847	jmalhotra_ma24@thapar
Aryan Singh Thakur	102302002	CIE	2nd	7807818441	athakur6_be23@thapar.edu

Anshika Srivastava	7024000005	BT	1st	9810130091	asrivastava_btech24@thapar.edu
Yatharth Atre	102352005	CIE	2nd	9041180554	yatre_be23@thapar.edu
Gunpreet Kaur	1024060202	ECE	1st	8178187385	gkaur4_be24@thapar.edu
Jaswin Kaur	1024030241	COE	1st	8427915596	jkaur13_be24@thapar.edu
Vanshi Puri	1024170272	COPC	1st	8264810401	vpuri_be24@thapar.edu

Jai Vardhan	102302003	CIE	2nd	8542072766	jvardhan_be23@thapar.edu
Diya Mahajan	1424000031	TSLAS	1st	7087935058	dmahajan_blas24@thapar.edu
Vanshika Raghuvanshi	1424000120	BBA	1st	7017189253	vraghuvanshi_blas24@gmail.com
karman singh Talwar	1024030724	coe	1st	8264386780	ktalwar_be24@thapar.edu
Pulkit Mittal	102306178	Ece	2nd	7814321293	Pmittal1_be23@thapar.edu
Jahnvi Sayal	6284527471	MA Psych	1st	6284527471	jsayal_ma24@thapar.edu
Saatwik Tijaria	1024060227	ECE	1st	8909161141	stijaria_be24@thapar.edu
Shrey Bhatnagar	102306255	Ece	2nd	8005983180	sbhatnagar_be23@thapar.edu
Priyanshu Joshi	1024020038	CIE	1st	9773869890	pjoshi1_be24@thapar.edu
Jasguneet kaur	1424000055	Tslas	1st	7986565772	jkaur_blas24@thapar.edu
Manya Sethi	1024180044	COBS	1st	9888021045	msethi_be24@thapar.edu
Mana Gupta	102304066	ELE	2nd	8307860944	mgupta1_be23@thapar.edu
Anushka Kerketta	1024030853	COE	1st	9471195845	akerketta_be24@thapar.edu
Gurman Singh	1024031074	COE	1st	6280582146	gsingh_be24@thapar.edu
Harniwaz Singh Chahal	1024020050	CIVIL	1st	9837300031	hchahal_be24@thapar.edu
Aaryan gauba	102315014	ECE	2nd	6284999939	agauba_be23@thapar.edu
Navya Kalra	1024050048	EIC	1st	6283917711	nkalra_be24@thapar.edu
Jassika kahlon	1424000062	Tslas	1st	8307219218	jkahlon_blas24@thapar.edu
Ruel Bhati	102303765	COE	2nd	7727056786	rbhati_be23@thapar.edu
Samridhi Mahajan	7024000002	BT	1st	6230776508	smahajan_btech24@thapar.edu
Pranav Yadav	102365002	ENC	2nd	9560089053	pyadav_be23@thapar.edu
Pulkit Mittal	102306178	Ece	2nd	7814321293	pmittal1_be23@thapar.edu
Mohammad Aaban	102303015	COE	2nd	8178048660	maaban_be23@thapar.edu

Aadya Bansal	102365009	ENC	2ND	9413335539	abansal_be23@thapar.edu
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Jasnoor Jaura	102303225	COE	2nd	9772472727	jjaura_be23@thapar.edu
Swikriti Shanker	702300020	BT	2nd	8851716100	sshanker_btech23@thapar.edu
Nishtha Sidana	1024030334	COE	1st	9779958463	nsidana_be24@thapar.edu
Anshika Rathore	1024030413	COE	1st	9981853020	arathore_be24@thapar.edu
Ashi Golyan	1024240094	AIML	1st	9024530938	agolyan_be24@thapar.edu
Idrispreet	142300020	BSc	2nd	9478480216	iidrispreet_blas23@thapar.edu
Ananya Singh	702300043	BT	2nd	8887706453	asingh_btech23@thapar.edu
Ruel Bhati	102303765	COE	2nd	7727056786	rbhati_be23@thapar.edu
Jahnvi Sayal	8624020023	MA Psych	1st	6284527471	jsayal_ma24@thapar.edu
Kavya Mahajan	102303678	COE	2nd	7428331534	kmahajan1_be23@thapar.edu
Simerose Kaur	1024030248	COE	1st	7814112297	skaur4_be24@thapar.edu
Manvi Gajrani	1024170367	COPC	1st	9056554114	mgajrani_be24@thapar.edu
Yatharth Atre	102352005	CIE	2nd	9041180554	yatre_be23@gmail.com
Jivitesh Pasrija	102353021	COE	2nd	9817707772	jpasrija_be23@thapar.edu
Nehal Malhotra	102313030	COE	2nd	9877402449	nmalhotra_be23@thapar.edu
Nishtha Sidana	102430334	COE	1st	9779958463	nsidana_be24@thapar.edu
Ayush Kumar Meena	102306145	ECE	2nd	7742264068	ameena_be23@thapar.edu
Abhijay Nagal	1024170013	COPC	1st	8219981893	anagal_be24@thapar.edu
Gurkirat Singh Randhawa	1024030849	COE	1st	7710797445	grandhawa_be24@thapar.edu
Jasguneet kaur	1424000055	Tslas	1st	7986565772	jkaur_blas24@thapar.edu
Khushi Lamba	1424000071	TSLAS	1st	8826973948	klamba_blas24@thapar.edu
Toshiv Kumar	1024060266	ECE	1st	7018502713	tkumar1_be24@thapar.edu
Ananya Sharma	1424000012	TSLAS	1st	9717089745	asharma1_blas24@thapar.edu
Shrey Bhatnagar	102306255	ECE	2nd	8005983180	sbhatnagar_be23@thapar.edu

Kartavya Singh Raizada	702300042	Biotech	2nd	9815160567	kraizada_betech23@thapar.edu
Priyanshu Joshi	1024020038	CIE	1ST	9773869890	pjoshi1_be24@thapar.edu
Sukhmani Kaur	102323051	RAI	2nd	9872728573	skaur12_be24@thapar.edu
Abhinav Nagpal	1024150177	ENC	1st	8146340380	anagpal_be24@thapar.edu
Diya Raina	7024000011	Biotech	1st	9711485660	draina_btech24@thapar.edu
Shubham	102323078	RAI	2nd	8307675142	spathneja_be23@thapar.edu
Dhriti Singla	102306120	ECE	2nd	7696933482	dsingla4_be23@thapar.edu
Ananya Singh	702300043	Biotech	2nd	8887706453	asingh_btech23@thapar.edu

The media taken during the event is attached below:



MHSA sharing his personal experiences related to the session



MHSA sharing the Problems which LGBTQ+ community faces in day-to-day life



MHSA is conducting a activity your voice matters



MHSAs concluding a myth vs fact game with the participants



Dr. Sonam Dullat sharing her insights on this topic among participants.

MINDSET TO MILESTONES

- **Name of the Event:** Mindset to Milestones
- **Date of the event:** 9th April 2025
- **Venue of the Event:** C hall
- **Number of Members in the organising team:** 25
- **Number of participants:** 200+
- **Description of the event:** *–Mindset to Milestones*, organized by the Thapar Institute Counselling Cell in collaboration with the Creative Computing Society, was designed to bridge the gap between aspiring students and those who have successfully secured internships at top companies. This session created a space for open dialogue, where panelists shared their preparation journeys and offered insights on navigating academics, managing pressure, and building a strong profile
- **Panel Discussion:** Students who had secured internships at esteemed companies like Google, JPMorgan, Genpact, Optum and Microsoft were invited as panelists. They shared their personal experiences, preparations strategies, and time management tips. The discussion covered a wide range of topics including resume building, technical interviews, project showcases, and balancing co- curriculars with academics. Participants actively asked questions, turning the session into an engaging and informative exchange.

- **Q&A Session:** The audience was encouraged to ask candid questions related to internship applications, coding platforms, managing CGPA, dealing with rejections, and improving soft skills. The panelists answered from their personal experiences, making the session deeply relatable and reassuring for many attendees.
- **Interactive Quizzing round:** To maintain an interactive and light atmosphere, the session included short games that involved both the audience and the panel. These games served as ice-breakers and added a fun element to the session.
- **Impact of event:**—*Mindset to Milestones* left a meaningful impact on the students who attended. Hearing real stories from fellow students made the idea of landing top internships feel more achievable. The open and friendly atmosphere encouraged honest conversations.

The list of participants is attached below:

Name	Roll Number	Phone Number	Thapar E-mail Id	Branch	Year
Gurnoor Singh Marok	1024170226	9872506363	gmarok_be24@thapar.edu	COPC	1st
Raghav	102203831	8905468099	rkhedar_be22@thapar.edu	COE	3rd
Shehbaz Singh Sidhu	102303772	9778300002	ssidhu_be23@thapar.edu	COE	2nd
Pahuldeep Singh	1024030982	7657829453	psingh3_be24@thapar.edu	Coe	1st
Maurya Raheja	1024030078	7814896167	mraheja_be24@thapar.edu	COE	1st
Agambir Singh Duggal	102203130	7888725690	aduggal_be22@thapar.edu	COE	3rd
Priyam	102317180	6396426699	Pchaudhary2_be23@thapar.edu	Copc	2nd
Liya	1024150179	9115557355	lliya_be24@thapar.edu	Enc	1st
Siddhant Singh	102315219	9667722844	ssingh22_be23@thapar.edu	ENC	2nd

Armaan	1024060200	8146689991	aarmaan_be24@thapar.edu	Ece	1st
Aishani Shreya	102303250	8928342059	ashreya_be23@thapar.edu	COE	2nd
Devansh Chhabra	102317041	8307763122	dchhabra_be23@thapar.edu	COPc	2nd

Lakshita Khandelwal	1024150046	7014389676	lkhandelwal_be24@thapar.edu	ENC	1st
Aarsh	1024090057	9816121403	asharma_be24@thapar.edu	Mechatronics	1st
Aryan	1024040025	7018291857	asharma21_be24@thapar.edu	Ele	1st
Kamesh yadav	1024030508	8755770908	kyadav_be24@thapar.edu	COE	1st
Harpreet singh	1019876754	9780531462	Preet@gmail.com	Coe	2nd
Bhaumik singh	1024030867	7042272156	bhaumiksingh95@gmail.com	Coe	1st
Jahnavi	1024150377	9417671421	jjahnavi_be24@thapar.edu	Enc	1st
Parvez Vir	1424000091	6280999372	pvir_blas24@thapar.edu	Tslas	1st
Arhan Jain	1424000018	9872448138	ajain_blas24@thapar.edu	TSLAS	1st
Jiya M	1024060061	7710377776	jiyamehandiratta999@gmail.com	ECE	1st

Prem Kumar	1024150032	8956460303	pkumar1_be24@thapar.edu	ENC	1st
Shubhkaran judge	3024010041	8728903675	ssingh_msc24@thapar.edu	Biotechno logy	1st

Akashveer Singh	3024010004	6239311760	asingh_msc24@thapar.edu	Biotechnology	1st
Dilpreet Kaur	3024010012	9877740145	Dkaur_msc24@thapar.edu	Biotechnology	1st
Tanya	102203548	6284604156	ttanya_be22@thapar.edu	COE	3rd
Sabir Ahluwalia	1424000107	6239321110	sahluwalia_blas24@thapar.edu	TSLAS	1st
Saksham	142400108	8283063110	ssaksham_blas24@thapar.edu	Bba	1st
Devansh Kaushal	102309050	6280885251	dkaushal_be23@thapar.edu	MECHA TRONIC S	2nd
Kashish kannojia	1024170342	7217569136	Kkannojia_be24@thapat.edu	Copc	1st
Devansh Kaushal	102309050	9888025692	Dkaushal_be23@thapar.edu	MEC	2nd
Khushi Verma	1024170065	6397011959	kverma_be24@thapar.edu	Copc	1st
Abhinav Jain	102203689	7505543003	ajain3_be22@thapar.edu	Coe	3rd
Keya Gupta	1024150144	8979149519	kgupta4_be24@thapar.edu	Enc	1st

Utkarsh Uppal	1024090052	6309831005	uuppal_be24@thapar.edu	Mechatronics	1st
Chaitanya	102322034	6375198722	cgoyal_be23@thapar.edu	EVD	2nd

Aashna	1024190092	8427754033	amittal_be24@thapar.edu	EEC	1st
Amrit	102203224	8376989849	agulati_be22@thapar.edu	Coe	3rd
Arshia bali	1024190011	9915716036	abali_be24@thapar.edu	EEC	1st
Arsh	1024220081	8448836635	ahanda_be24@thapar.edu	EVD	1st
Jatin Chhabra	102215309	8307670068	jchhabra_be22@thapar.edu	ENC	3rd
Durva Garg	1024030007	6280531225	dgarg9_be24@thapar.edu	Coe	1st
Nupur pusha	102315290	9217274440	Npusha_be23@thapar.edu	Enc	2nd
Samiksha	102317096	7740015736	Ssamiksha_be23@thapar.edu	Copc	2nd
Ojus Aggarwal	102495015	7988205761	Oaggarwal_be23@thapar.edu	ENC	2nd
Samriddhi Gupta	1024170165	9897424003	sgupta5_be24@thapar.edu	COPC	1st
Nitin garg	102319105	8264162636	Ngarg3_be23@thapar.edu	Eec	2nd

Prabhkirat Singh	102315046	9781347600	Psingh8_be23@thapar.edu	ENC	2nd
Bhavika	7024000006	8930848522	bbhavika_btech24@thapar.edu	Biotechnology	1st
Gurnoor Kaur	1024030207	9646063292	gkaur1_be24@thapar.edu	COE	1st

Daksh Srivastava	102306236	8700750934	dsrivastava_be23@thapar.edu	ece	2nd
Mustansir	102303843	9057521012	Mwala_be23@thapar.edu	Coe	1st
Yati	102317249	9602160512	ybhansali_be23@thapar.edu	Copc	2nd
Dushyant pundir	1024060087	9149204061	dpundir_be24@thapar.edu	ECE	1st
Rijul Jindal	1024030382	9041700424	rjindal1_be24@thapar.edu	COE	1st
Tanveer Kaur	102306077	9914510322	tkaur_be23@thapar.edu	ECE	2nd
aadya	7024000030	9870107681	adev_btech24@thapar.edu	biotech	1st
Gurmandeep Kaur	102303764	7340799864	gkaur3_be23@thapar.edu	COE	2nd
Khyati Bhatt	102203726	9643738474	kbhatt_be22@thapar.edu	Coe	3rd

Sehar Punhani	1024150287	7985815514	Spunhani_be24@thapar.edu	ENC	1st
Dishi	1024150319	8130509881	dgarg3_be24@thapar.edu	Enc	1st
Pranjal Chitravanshi	1024240031	9082490740	pchitravanshi_be24@thapar.edu	AIML	1st
Rashika	1024030292	7006750853	rrathore_be24@thapar.edu	COE	1st
Jasmine Kaur	1024180040	7814213978	Jkaur8_be24@thapar.edu	COBS	1st
Sidak Raj Viridi	1024240043	8360303822	svirdi_be24@thapar.edu	AIML	1st

Yashika Garg	14220067	9501400775	ygarg_blas22@thapar.edu	Tslas	3rd
Nikhil Kashyap	102305040	9897001303	nkashyap_be23@thapar.edu	EIC	2nd
ARNAV VOHRA	1024240137	9779203675	Avohra_be24@thapar.edu	AIDS	1st
Navraj Kaur	102218010	9877662975	nkaur2_be22@thapar.edu	Cobs	3rd
Rohan Purohit	102216120	8588850024	rpurohit_be22@thapar.edu	CSE	3rd
Saksham Mishra	10240303263	7428031767	Smishra2_be24@thapar.edu	COE	1st
Ranveer Solanki	1024030407	8130891073	rsolankibe24@thapar.edu	COE	1st

Ishank	1024080042	9560021216	ljhanji_be24@thapar.edu	Mechanical	1st
Chakshu	102303931	9306433994	cgupta_be23@thapar.edu	Coe	2nd
Jaimukund Bhan	1024030994	7986922898	jbhan_be24@thapar.edu	COE	1st
Sandeep Singh	1024080157	7508871422	ssingh13_be24@thapar.edu	MEE	1st
Gurkeerat Singh	1024210012	7053000039	gbhullar_be24@thapar.edu	cca	1st
Shwetanshu Gairola	102315198	9761888000	sgairola_be23@thapar.edu	ENC	2nd
NITYAN Bhakri	1024170347	9897033236	nbhakri_be24@thapar.edu	COPC	1st

yash agnihotri	102303489	9872404982	yagnihotri_be23@thapar.edu	coe	2nd
Japji Kaur Bains	1024190038	9726000091	jbains_be24@thapar.edu	EEC	1st
Shubhkarman Singh	102303661	8968993578	ssingh20_be23@thapar.edu	COE	2nd
Parth	1024170295	8059839777	pmahajan1_be24@thapar.edu	COPC	1st
Akash Vasandani	1024170119	9198952346	avasandani_be24@thapar.edu	COPC	1st

Vihaan Agarwal	102303658	9808920221	Vagarwal_be23@thapar.edu	COE	2nd
Surendrapal Singh	102313069	6376456563	ssingh37_be23@thapar.edu	COEQ	2nd
Ameya	1024170127	8319546922	achoudaha_be24@thapar.edu	COPC	1st
Aryan Sharma	102303128	6230020966	asharma25_be23@thapar.edu	COR	2nd
Dhruv paliwal	102256004	7042164849	dpaliwal_be22@thapar.edu	ECEL	3rd
Akansha Aggarwal	1024230019	9717176718	aaggarwal12_be24@thapar.edu	RAI	1st
Kartik kuchhal	1024170339	9520092838	Kkuchhal_be24@thapar.edu	Copc	1st
Lakshay goel	1024060229	9996811484	lgoel_be24@thapar.edu	Ece	1st
Nimish Goyal	102308160	8289093299	ngoyal3_be23@thapar.edu	MEE	2nd

Jayashree patra	70240000020	7328002267	Jpatra_btech24@thapar.edu	Biotechno logy	1st
Aakriti Maurya	1024060167	9818662952	amaurya_be24@thapar.edu	EVE	1st
Parth Mahesh Deshmukh	1024031045	9008971358	Pdeshmukh_be24@thapar.edu	Coe	1st

Antriksh	1024031034	9253299649	aantriksh_be24@thapar.edu	coe	1st
Anoushka Malhotra	1024060299	9464336267	amalhotra_be24@thapar.edu	ECE	1st
Swastika	102318020	8953153704	skushwaha_be23@thapar.edu	Cobs	2nd
Nistha Navya	102303164	7087010891	nnavya_be23@thapar.edu	Coe	2nd
Parth	1024031045	9008971358	Pdeshmukh_be24@thapar.edu	Coe	1st
Anshuman	1024031033	9814291422	aanshuman_be24@thapar.edu	Coe	1st
Shivam Saluja	1024060147	9341858945	ssaluja_be24@thapar.edu	ECE	1st
Ishant	102203446	9582424440	ivinaik_be22@thapar.edu	Coe	3rd
Divyansh Gupta	102215093	9888389501	dgupta2_be22@thapar.edu	Enc	3rd
Parneet	7024000036	6280917977	pkaur_btech24@thapar.edu	Biotechno logy	1st

Yashmit	1024030720	9335964110	yvaish_be34@thapar.edu	Coe	1st
Aadya Verma	7024000098	7006484141	averma_btech24@thapar.edu	Biotech	1st

Garima Goyat	1024030602	8168851516	ggoyat_be24@thapar.edu	COE	1st
Deepshikha	1024060062	9509910094	deepshikha_be24@thapar.edu	ECE	1st
Rehmat Kaur	1024230034	8837868671	rkaur_be24@thapar.edu	RAI	1st
Ajay sharma	1024080012	8761971587	Asharma36_be24@thapar.edu	Mechanical	1st
Rishi gupta	1024170043	9044496871	Rgupta_be24@thapar.edu	Copc	1st
Ishita	1024230008	97272782881	Ikasrija_be24	Rai	1st
Ronit Sainj	1024240102	7529888777	rsaini1_be@thapar.edu	AIML	1st
Ranvijay Singh	1024020065	7889115959	Rsandhu_be24@thapar.edu	Cie	2nd
Gurnoor Singh	1024030239	9417228333	gsingh8_be24@thapar.edu	COE	1st
Nitsa Joshi	7024000040	9810734647	njoshi_btech24@thapar.edu	Biotechnology	1st
Prakhar Saxena	102318005	8795024134	psaxena_be24@thapar.edu	COBS	2nd
Sameera Kohli	1024060067	8360263864	skohli_be24@thapar.edu	Ece	1st

Daksh Hooda	1024190125	9034790367	dhooda_be24@thapar.edu	EEC	1st
Pranjal Dixit	1024060219	9818068070	pdixit_be24@thapar.edu	ECE	1st
Aaditya Dawar	1024150093	8708105400	adawar_be24@thapar.edu	ENC	1st
Prisha	7024030025	8725875460	pnrang_btech24@thapar.edu	Biomedical	1st
Raymonreet	1424000103	7889295971	Rraymonreet_blas24@thapar.edu	Psychology and	1st
Aarchi	7024030030	7009519557	akansal_btech24@thapar.edu	Biomedical	1st
Divnoor	1024060101	8699140459	dantall_be24@thapar.edu	Ece	1st
Sukesh Ghosh	1024154445	9888255157	Baingan	ENC	1st
Karan Veer Singh	1024060104	7973971013	ksingh9_be24@thapar.edu	ECE	1st
Samit Shandilya	1024030073	9363617280	sshandilya_be24@thapar.edu	COE	1st
Piyush Aneja	102484013	9896115366	Paneja60_be24@thapar.edu	Electrical engineering	2nd
Amandeep sharma	102484002	6239404098	asharma61_be24@thapar.edu	Ele	2nd

Raghav Mohindra	102484008	6284688542	rmohindra60_be24@thapar.edu	Electrical engineering	2nd
Simar Arora	1024030797	8728019902	sarora_be24@thapar.edu	Coe	1st
Abhayjot singh	102203219	9517613141	asingh7_be22@thapar.edu	COE	3rd
Anoop Singh Sachdev	102313048	9289312315	asachdev_be23@thapar.edu	Computer Engineering	2nd
Ananya Aggarwal	7024000084	9831761098	aagarwal_btech24	biotechnology	1st
Harshmeet singh.	1024030491	9056399987	Hsingh_be24@thapar.edu	Coe	1st
Devansh	1024030822	9056401101	ddhawan_be24@thapar.edu	Coe	1st
Rohan Bansal	1024170163	8341117910	rbansal3_be24@thapar.edu	Copc	1st
Kashvi Jindal	102315260	7707813310	kjindal2_be23@thapar.edu	ENC	2nd
SATYAM Kumar	102202014	9973111052	skumar1_be22@thapar.edu	Civil	3rd

Paarth	102202013	7889705552	psharma_be22@thapar.edu	Civil	3rd
Shaina Gera	1024030316	8235230023	sgera_be24@thapar.edu	COE	1st
Bhavgurav	102202020	9116618294	bdhingra_be22@thapar.edu	Civil	3rd

Suryansh Bansal	142200061	7009600499	sbansal_blas22@thapar.edu	Bba	3rd
Divyam Mittal	1024031001	9888512150	dmitta	Coe	1st
sahil	24	9478168933	hsingh_mca24@thapar.edu	mca	1st
Vanshaj Kashyap	102306147	8527574300	vkashyap_be23@thapar.edu	Ece	2nd
Shaksham	94	9877362497	sshaksham_mca24@thapar.edu	MCA	1st
Vrunda	602304015	7069263335	vtavkar_mtech23@thapar.edu	Biotechnology	2nd
Shashwat	102303788	8004803144	shashwat@thapar.edu	enc	3rd
Dhruv	102303785	7814533590	dsethi_be23@thapar.edu	COE	2nd
Aarushi	1024060146	8076918689	athakur_be24@thapar.edu	Ece	1st
Sidharth Sharma	102323068	9015090188	ssharma18_be23@thapar.edu	RAI	2nd

Anmol	901809014	9815653675	aanmol60_phd18@thapar.edu	Phd	3rd
Mankirat Singh	1024080044	8727838772	mwalia_be24@thapar.edu	Mee	1st
Ratanjot Singh Sekhon	1024080104	8951900003	rsekhon_be24@thapar.edu	Mechanical	1st
Sehajbir Singh	8024320128	8872022022	ssingh3_me24@thapar.edu	CSE	1st

Harkirat Singh	102303854	8847654698	hsingh4_be23@thapar.edu	COE	2nd
Kartikey gupta	102317002	7380844786	Kgupta5_be23@thapar.edu	Copc	2nd
Deepinder Sharda	901909028	9465501077	dsharda60_phd19@thapar.edu	DCBC	3rd
Sparsh Chaudhary	102303783	8081700926	Schaudhary_be23@thapar.edu	Coe	2nd
Kashvi	102372002	8626932450	ksharma4_be23@thapar.edu	EVD	2nd
Yashika	102303439	9914892932	yyashika_be23@thapar.edu	Coe	2nd
Harshvardhan Singh	102303774	81740559966	hsingh16_be23@thapar.edu	Coe	2nd
Parinoor Juneja	102304791	9872100019	pjune_blas24@thapar.edu	Tslas	1st

Anupreet kaur	142300070	8847328806	akaur_blas23@thapar.edu	BA Psychology	2nd
Banreet Chahal	1424000027	9417574736	Bchahal_blas24@thapar.edu	Tslas	1st
Merinder Dhindsa	1424000126	7009713811	mdhindsa_blas24@thapar.edu	Tslas BA	1st
Abhinav	102217198	9463677035	adhiman1_be22@thapar.edu	COPC	3rd
Bharat Bhushan	102383031	7696397088	bbhushan50_be23@thapar.edu	COE	3rd
Vyomesh Joshi	1024030181	6284329484	Vyomi171joshi@gmail.com	COE	1st

Aadhya	1024150212	9785644600	Amaheshwari_be24@thapar.edu	ENC	1st
Ashmita Bhatia	1024240124	7009873370	bashmita30@gmail.com	coe	1st
Dheeraj	102384005	9468294002	Ddheeraj50_be23@thapar.edu	Ele	3rd
Manak	1024030657	8837857921	mkatyal_be24@thapar.edu	Coe	1st
Manan	1424000133	9350030763	Msingla_blas@thapar.edu	Tslas	1st
Pushti	1024030545	7696865630	ppushti_be@thapar.edu	Coe	1st

Adotyia Raj	1024030754	9915959662	araj1_be24@thapar.edu	COE	1st
Divanshu	1024150261	9513966740	dnagpal_be24@thapar.edu	Enc	1st
Prithvi Sharma	1024020026	9958156061	psharma1_be24@thapar.edu	CIR	1st
Shivani Shrivastava	1024170278	7489245978	sshrivastava_be24@thapar.edu	COPC	1st
Jasleen	1024170091	9815945328	jkaur2_be24@thapar.edu	COPC	1st
Jasmine Kaur	1024190025	7099540211	jkaur9_be24@thapar.edu	Eec	1st
Akash	102203102	7837444310	akohli_be22@gmail.com	Coe	3rd
Kashif Gupta	1024060012	7657983291	Kgupta2_be24@thapar.edu	ECE	1st
Vigyat Manktala	1023150373	9877390400	vmanktala_be24@thapar.edu	ENC	1st

Kushad Pathania	1024150319	6239305794	kpathania1_be24@thapar.edu	ENC	1st
Karandeep Singh	102203159	8847529102	ksingh1_be22@thapar.edu	Coe	3rd
Harshit singla	102215290	9779323444	Hsingla1_be22@thapar.edu	ENC	3rd
Sharvani	102301006	8595713976	ssharma10_be23@thapar.edu	Chem	2nd

Nandini Kumari	102303129	8210725174	nkumari_be23@thapar.edu	Coe	2nd
Aishwarya	1024030170	8427248911	averma3_be24@thapar.edu	coe	1st
Vedic Nepane	142300120	8883407007	vnepane_blas23@thapar.edu	BBA	2nd
Vinayak	1024080110	6230284800	Vsharma7_be24@thapar.edu	Mee	1st
Sanjana	102303205	7425054338	ssanjana_be23@thapar.edu	COE	2nd
Ishika sharma	1024150142	6280170126	isharma3_be24@thapar.edu	ENC	1st
Manan Lila	1024230025	7023003993	mlila_be24@thapar.edu	RAI	1st
Udaibir Singh	1424000131	8283051977	usingh_blas24@thapar.edu	Bsc	1st
Vanshi Puri	1024170272	8264810401	vpuri_be24@thapar.edu	COPC	1st
Ramit Singh	102215068	8360164163	rsingh13_be22@thapar.edu	ENC	3rd
Krishnansh Goswami	102203307	7906945113	kgoswami_be22@thapar.edu	Coe	3rd

Himang	1024030901	9872727013	Hgupta3_be24@thapar.edu	Coe	1st
Nehal Goyal	1024030843	7009423823	nnehal_be24@thapar.edu	Coe	1st

Roohanijot Kaur	1424000106	7696669414	rkaur_blas24@thapar.edu	TSLAS	1st
Simerose	1024030248	7814112298	skaur4_be_24@thapar.edu	Coe	1st
Ayaan	102215144	9797347096	abandey_be22@thapar.edu	Enc	3rd
Sanskar Tomar	1024060253	9599830421	Stomar_be24@thapar.edu	Ece	1st
Ojasvin Malik	1024220087	9810965136	omalik_be24@thapar.edu	Evd	1st
Aditya	102217233	9810486469	ajain9_be22@thapar.edu	COPC	3rd
varsha	102217040	9346870188	sgummadapu_be22@thapar.edu	copc	3rd
Unnatti Khariwal	102203889	7597214609	ukhariwal_be22@thapar.edu	Coe	3rd
Shreya	102303693	8264460295	sshreya_be23@thapar.edu	Coe	2nd
Ananya	102303160	7988363481	aananya1_be23@thapar.edu	Cor	2nd
Abhi	7034020006	8056747472	asingh2_btech24@thapar.edu	bme	1st
Naman	1029383728	7973149659	Njindal1_be24@thapar.edu	Eec	1st
Tarun Chaudhary	1024170383	8543781248	tchaudhary_be24@thapar.edu	COPC	1st

Navdeep jain	1024170082	9464622949	Njain2_be24@thapar.edu	Copc	1st
Ashmit	102304036	9306787012	agusai_be23@thapar.edu	Ele	2nd
rashi singh	1424000102	9638397479	rrashi_blas24@thapar.edu	BBA (TSLAS)	1st
Keshav Gupta	1024060285	7210000456	kgupta3_be24@thapar.edu	ECE	1st
Kaamya Mathpal	1024220082	87001050799	k.mathpal_be24@thapar.edu	EVD	1st
Rishabh Roy	1024060204	9310680164	rroy_be24@thapar.edu	Ece	1st
Aryan Katoch	1024080086	9818213563	Akatoch_be24@thapar.edu	Mechanic al	1st
Raghav Nigam	1024080085	8178554323	rnigam_be24@thapar.edu	MEE	1st
Hardik Arora	1024220083	7303748881	harora2_be24@thapar.edu	EVD	1st
Diya Mahajan	1424000031	7087935058	dmahajan_blas24@thapar.edu	Bsc biotechno logy	1st
Archita Mishra	7024000095	8699006924	amishra_btech24@thapar.edu	Biotechno logy	1st

Prabhsimran Singh	1024220033	7658043689	Psingh19_be24@thapar.edu	EVD	1st
Piyush Wadhwa	1024220086	9310418409	pwadhwa_be24@thapar.edu	ECE	1st

Manasvi Agarwal	102303680	8923920751	magarawal_be23@thapar.edu	COE	2nd
Kavya singla	1024030478	8968190890	ksingla1_be24@thapar.edu	Coe	1st
MONISHKA MITTAL	102303732	7303273081	mmittal2_be23@thapar.edu	COE	2nd
Garv	1024030988	9817528477	Gbansal_be24@thapar.edu	Coe	1st
Kanishk Kumar Agarwal	102313046	8077083399	kagarwal_be23@thapar.edu	COE	2nd
Priyansh Chowhan	102303880	7014664028	pchowhan_be23@thapar.edu	COE	2nd
PRIYANSHU SHARMA	102303428	9306527729	psharma14_be23@thapar.edu	COE	2nd
Kashish Aggarwal	1024150218	7986292747	kaggarwal4_be24@thapar.edu	ENC	1st
Maansi	1024170210	9988861816	mmaansi_be24@thapar.edu	COPC	1st

The members of the organizing team were as follows:

Name	Phone Number	Email	Year	Branch
Aarushi	6284200737	agoyal_be23@thapar.edu	2nd	COBS
Anshika Saxena	7901953159	asaxena_btech23@thapar.edu	2nd	BT
Arsh Verma	8727019434	averma_btech23@thapar.edu	2nd	BT
Ashish Bhatia	6284348266	abhatia_blas24@thapar.edu	1st	BBA
Ayush Chaudhry	9717800838	achaudhry_be23@thapar.edu	2nd	COPC
Ayush Kumar Meena	7742264068	ameena_be23@thapar.edu	2nd	ECE
Dhanesh	9872277672	dgupta4_be23@thapar.edu	2nd	ECE
Himadri	6230953299	hsharma_btech23@thapar.edu	2nd	BT
Idrispreet	9478480216	iidrispreet_blas23@thapar.edu	2nd	B. Sc
Jasnoor Jaura	9772472727	jjaura_be23@thapar.edu	2nd	COE
Kavya Mahajan	7428331534	kmahajan1_be23@thapar.edu	2nd	COE
Khushi Mehta	9463890890	kmehta_be23@thapar.edu	2nd	COE
Manan Pareek	9461244888	mpareek_be23@thapar.edu	2nd	COE
Nancy Mehta	8307393787	nmehta_be23@thapar.edu	2nd	EIC
Prabhleen Kaur	9311893100	pkaur1_be23@thapar.edu	2nd	COPC
Saksham Bubber	9810808718	sbubber_be23@thapar.edu	2nd	MEC
Sherry Singh	7032018148	ssingh16_be23@thapar.edu	2nd	RAI
Shikhar Saxena	8755043412	ssaxenal_be23@thapar.edu	2nd	COSE
Shubham	8307675142	spathneja_be23@thapar.edu	2nd	RAI
Simarpreet Kaur	142300117	skaur3_blas23@thapar.edu	2nd	BA
Sukhman Singh	8077120379	ssingh32_be23@gmail.com	2nd	COPC
Sukhmani Kaur	9872728573	skaur12_be23@thapar.edu	2nd	RAI
Sukhnoor Kaur	8360674123	skaur14_be23@thapar.edu	2nd	ECE

The media taken during the event is attached:



Students enjoying and playing the game



Discussing the questions for the panelists' with Dr Sonam Dullat



The panelists answering the questions being asked by the moderators



TICC Companion App Launch presentation



The Panelists received Mementos



Organizing team



Winners of the quiz game receiving their awards

Let's Talk Session On Failure: A Beginning Or An End ?

Name of the Event: Failure: A Beginning or an End?

Date and Venue of the Event: 17th April 2025 in C-Hall

Number of People in the Organizing Team: 4

Number of Participants: 100+

Description of the Event:

A session on "Failure and Growth" was conducted on April 17th in C-Hall to explore the role of failure in personal development, learning, and resilience. The session featured personal storytelling, open discussions, and engaging audience activities, aimed at encouraging students to reframe their perspective on failure—not as a setback, but as a vital step forward. The interactive environment helped participants relate to real-life experiences and reflect on their own journeys with failure and self-growth.

Activities Conducted:

What Would You Do?

Participants were presented with a series of relatable, real-life scenarios involving failures and awkward moments. For each situation, they were given three response options to choose from. This activity not only served as a fun and engaging icebreaker but also sparked honest conversations about how we react under pressure or embarrassment. It encouraged participants to reflect on their instincts, laugh at shared struggles, and connect with the organizing team in a relaxed, interactive way.

Doodle Your Disaster

Participants were given sticky notes and invited to doodle a past failure or an embarrassing moment—big or small—that had stayed with them. What started as a light-hearted creative activity quickly turned into a space for honesty and connection, as many participants came up to the front and shared the stories behind their doodles. This activity helped everyone realize that failure is a shared experience, and that it's okay to laugh at, learn from, and even embrace those not-so-perfect moments.

Title Of Your Comeback Story

To wrap up the session on an uplifting note, participants were given sticky notes and asked to imagine a movie based on their life—one that includes their failures, but ends with an inspiring comeback. They then had to write the title of that movie. Many participants shared their creative

titles and the personal stories behind them, turning the activity into a moment of hope, reflection, and collective strength. It was a heartfelt reminder that failure is just one part of the story—and the comeback is always worth looking forward to.

Impacts:

The session left a lasting impact on everyone present—not just by starting a conversation about failure, but by making it feel less isolating. Through stories, laughter, and moments of quiet reflection, participants found a space where vulnerability was met with empathy, not judgment. The activities encouraged them to revisit personal setbacks not as shameful memories, but as stepping stones that shaped who they are. For many, it was the first time they spoke openly about moments they usually keep hidden. By the end, what echoed in the room was not the weight of failure, but a renewed sense of perspective—one that embraced growth, resilience, and the quiet power of starting again.

Outcomes:

The session left a lasting impact on everyone present—not just by starting a conversation about failure, but by making it feel less isolating. Through stories, laughter, and moments of quiet reflection, participants found a space where vulnerability was met with empathy, not judgment. The activities encouraged them to revisit personal setbacks not as shameful memories, but as stepping stones that shaped who they are. For many, it was the first time they spoke openly about moments they usually keep hidden. By the end, what echoed in the room was not the weight of failure, but a renewed sense of perspective—one that embraced growth, resilience, and the quiet power of starting again.

Presentation Link: [Failure Presentation](#)

The list of organizing team is attached below:

Name	Roll No.	Branch	Year	Email	Designation
Manan Pareek	102303570	COE	2nd	mpareek_be23@thapar.edu	Let's Talk Head
Payas Mittal	1424000127	BA	1st	pmittal_blas24@thapar.edu	MHSA
Samridhi Mahajan	7024000002	BT	1st	smahajan_btech24@thapar.edu	MHSA
Manu Kumar	1024150270	ENC	1st	mkumar1_be24@thapar.edu	MHSA

The list of participants is attached below:

Name	Roll Number	Branch	Year	Phone	Email
Anshika Rathore	1024030413	COE	1st	9981853020	arathore_be24@thapar.edu
Bhawyyaa	102303471	COE	2nd	8284059737	bbhawyyaa_be23@thapar.edu
Suryansh Gupta	1024190044	EEC	1st	9418592911	sgupta16_be24@thapar.edu
Neharika	1424000083	BA	1st	9417295806	nneharika_blas24@thapar.edu
Manveer Kaur	1024150226	ENC	1st	7901767202	mkaur3_be24@thapar.edu
Simran	1024170131	COPC	1st	8307254495	ssimran1_be24@thapar.edu
Karan Kumar	1424000066	BBA	1st	9234366969	kkumar_blas24@thapar.edu
Nishtha Narula	1024150349	ENC	1st	9915203966	nnarula_be24@thapar.edu
Payas Mittal	1424000127	BA	1st	9876920214	pmittal_blas24@thapar.edu
Divyansh Kumar	1024170267	COPC	1st	8791283021	dkumar7_be24@thapar.edu
Amishka Pasricha	8624020003	MA	1st	9988095579	apasricha_ma24@thapar.edu
Arshia Garg	102303702	COE	2nd	8847206041	agarg16_be23@thapar.edu
Swikriti Shanker	702300020	BT	2nd	8851716100	sshanker_btech23@thapar.edu
Ashi Golyan	1024240094	AIML	1st	9024530938	agolyan_be24@thapar.edu
Jiya Malhotra	8624020029	Ma	1st	7015373847	jmalhotra_ma24@thapar
Aryan Singh Thakur	102302002	CIE	2nd	7807818441	athakur6_be23@thapar.edu
Anshika Srivastava	7024000005	BT	1st	9810130091	asrivastava_btech24@thapar.edu

Yatharth Atre	102352005	CIE	2nd	9041180554	yatre_be23@thapar.edu
Gunpreet Kaur	1024060202	ECE	1st	8178187385	gkaur4_be24@thapar.edu
Jaswin Kaur	1024030241	COE	1st	8427915596	jkaur13_be24@thapar.edu
Vanshi Puri	1024170272	COPC	1st	8264810401	vpuri_be24@thapar.edu
Manya Sabherwal	1024030288	COE	1st	9988114455	msabherwal_be24@thapar.edu
Vanshika Khurana	1024030163	COE	1st	7973471214	vvanshika_be24@thapar.edu

Jai Vardhan	102302003	CIE	2nd	8542072766	jvardhan_be23@thapar.edu
Diya Mahajan	1424000031	TSLAS	1st	7087935058	dmahajan_blas24@thapar.edu
Vanshika Raghuvanshi	1424000120	BBA	1st	7017189253	vraghuvanshi_blas24@gmail.com
karman singh Talwar	1024030724	coe	1st	8264386780	ktalwar_be24@thapar.edu
Pulkit Mittal	102306178	Ece	2nd	7814321293	Pmittal1_be23@thapar.edu
Jahnvi Sayal	6284527471	MA Psych	1st	6284527471	jsayal_ma24@thapar.edu
Saatwik Tijaria	1024060227	ECE	1st	8909161141	stijaria_be24@thapar.edu
Shrey Bhatnagar	102306255	Ece	2nd	8005983180	sbhatnagar_be23@thapar.edu
Priyanshu Joshi	1024020038	CIE	1st	9773869890	pjoshi1_be24@thapar.edu
Jasguneet kaur	1424000055	Tslas	1st	7986565772	jkaur_blas24@thapar.edu
Manya Sethi	1024180044	COBS	1st	9888021045	msethi_be24@thapar.edu
Mana Gupta	102304066	ELE	2nd	8307860944	mgupta1_be23@thapar.edu
Anushka Kerketta	1024030853	COE	1st	9471195845	akerketta_be24@thapar.edu
Gurman Singh	1024031074	COE	1st	6280582146	gsingh_be24@thapar.edu
Harniwaz Singh Chahal	1024020050	CIVIL	1st	9837300031	hchahal_be24@thapar.edu
Aaryan gauba	102315014	ECE	2nd	6284999939	agauba_be23@thapar.edu
Navya Kalra	1024050048	EIC	1st	6283917711	nkalra_be24@thapar.edu
Jassika kahlon	1424000062	Tslas	1st	8307219218	jkahlon_blas24@thapar.edu
Ruel Bhati	102303765	COE	2nd	7727056786	rbhati_be23@thapar.edu
Samridhi Mahajan	7024000002	BT	1st	6230776508	smahajan_btech24@thapar.edu
Pranav Yadav	102365002	ENC	2nd	9560089053	pyadav_be23@thapar.edu
Pulkit Mittal	102306178	Ece	2nd	7814321293	pmittal1_be23@thapar.edu
Mohammad Aaban	102303015	COE	2nd	8178048660	maaban_be23@thapar.edu
Aadya Bansal	102365009	ENC	2ND	9413335539	abansal_be23@thapar.edu
AryanGanesh Kavuri	102309020	MEC	2ND	9850175544	akavuri_be23@thapar.edu

Jasnoor Jaura	102303225	COE	2nd	9772472727	jjaura_be23@thapar.edu
Swikriti Shanker	702300020	BT	2nd	8851716100	sshanker_btech23@thapar.edu
Nishtha Sidana	1024030334	COE	1st	9779958463	nsidana_be24@thapar.edu
Anshika Rathore	1024030413	COE	1st	9981853020	arathore_be24@thapar.edu
Ashi Golyan	1024240094	AIML	1st	9024530938	agolyan_be24@thapar.edu
Idrispreet	142300020	BSc	2nd	9478480216	iidrispreet_blas23@thapar.edu
Ananya Singh	702300043	BT	2nd	8887706453	asingh_btech23@thapar.edu
Ruel Bhati	102303765	COE	2nd	7727056786	rbhati_be23@thapar.edu
Jahnvi Sayal	8624020023	MA Psych	1st	6284527471	jsayal_ma24@thapar.edu
Kavya Mahajan	102303678	COE	2nd	7428331534	kmahajan1_be23@thapar.edu
Simerose Kaur	1024030248	COE	1st	7814112297	skaur4_be24@thapar.edu
Manvi Gajrani	1024170367	COPC	1st	9056554114	mgajrani_be24@thapar.edu
Yatharth Atre	102352005	CIE	2nd	9041180554	yatre_be23@gmail.com
Jivitesh Pasrija	102353021	COE	2nd	9817707772	jpasrija_be23@thapar.edu
Nehal Malhotra	102313030	COE	2nd	9877402449	nmalhotra_be23@thapar.edu
Nishtha Sidana	1024030334	COE	1st	9779958463	nsidana_be24@thapar.edu
Ayush Kumar Meena	102306145	ECE	2nd	7742264068	ameena_be23@thapar.edu
Abhijay Nagal	1024170013	COPC	1st	8219981893	anagal_be24@thapar.edu
Gurkirat Singh Randhawa	1024030849	COE	1st	7710797445	grandhawa_be24@thapar.edu
Jasguneet kaur	1424000055	Tslas	1st	7986565772	jkaur_blas24@thapar.edu
Khushi Lamba	1424000071	TSLAS	1st	8826973948	klamba_blas24@thapar.edu
Toshiv Kumar	1024060266	ECE	1st	7018502713	tkumar1_be24@thapar.edu
Ananya Sharma	1424000012	TSLAS	1st	9717089745	asharma1_blas24@thapar.edu
Shrey Bhatnagar	102306255	ECE	2nd	8005983180	sbhatnagar_be23@thapar.edu
Kartavya Singh Raizada	702300042	Biotech	2nd	9815160567	kraizada_betech23@thapar.edu

Priyanshu Joshi	1024020038	CIE	1ST	9773869890	pjoshi1_be24@thapar.edu
Sukhmani Kaur	102323051	RAI	2nd	9872728573	skaur12_be24@thapar.edu
Abhinav Nagpal	1024150177	ENC	1st	8146340380	anagpal_be24@thapar.edu
Diya Raina	7024000011	Biotech	1st	9711485660	draina_btech24@thapar.edu
Shubham	102323078	RAI	2nd	8307675142	spathneja_be23@thapar.edu
Dhriti Singla	102306120	ECE	2nd	7696933482	dsingla4_be23@thapar.edu
Ananya Singh	702300043	Biotech	2nd	8887706453	asingh_btech23@thapar.edu

The media taken during the event is attached below:



The Let's Talk Team conducting the session



An activity being conducted in the session



The audience which attended the session

TSLAS OPEN DAY

Name of the Event: TSLAS Open Day

Date of the Event: 19th April, 2025.

Venue of the Event: Thapar School of Liberal Arts and Sciences Campus

Number of Members in the Organizing Team: 5

Number of Attendees: 80+

Description of the Event:

The TSLA Open Day was an initiative by the Thapar School of Liberal Arts and Sciences to welcome and engage with the parents of prospective and current students.

The event provided an opportunity for parents to explore the campus, understand the academic ethos of TSLAS, and get a closer look at the interdisciplinary learning model followed here. Members of the faculty and student community actively participated in guiding the parents and addressing their questions.

A key highlight of the event was an informative session conducted by the Thapar Institute Counselling Cell, where students spoke about the work being done to support mental health and well-being on campus.

Activities Conducted:

Campus Tour:

Parents were taken on a guided tour of the TSLAS campus, showcasing classrooms, labs, and recreational spaces. This allowed them to experience the open, collaborative, and student-friendly infrastructure of the school.

Society Introduction – Thapar Institute Counselling Cell:

A dedicated segment was held to introduce the Thapar Institute Counselling Cell. Students and faculty representatives spoke about the mental health initiatives on campus, the support systems in place, and the regular events conducted to promote emotional wellness and peer support. The session emphasized the importance of holistic development and the safe space created by the cell for every student.

Networking and Refreshments:

The event concluded with informal networking over refreshments, allowing parents to engage with faculty, staff, and other parents in a relaxed setting.

Impact and Outcome:

The Open Day was appreciated for its welcoming environment and transparent communication. Parents expressed that the event helped build their trust in the institution, especially after seeing firsthand the effort put into student well-being and academic quality. The introduction to the

Counselling Cell reassured many parents about the emotional support available to their children.

The members of the organizing team were as follows

NAME	BRANCH	ROLL NO	PHONE NO
Sherry Singh	RAI	102323042	7032018148
Aashita Arora	BSC BIOTECH	1424000004	87009 19917
Kavya Mahajan	COE	102303678	74283 31534
Ayush Kumar	ECE	102306145	77422 64068
IdrisPreet	BSC cognitive sci	142300020	94784 80216



TICC's Team along with Dr. Sonam Dullat for TSLAS Open Day

Unmute Yourself: Raising Awareness on Sexual Harassment, Boundaries, Consent & Digital Responsibility.

Name of the Event: Unmute Yourself: Raising Awareness on Sexual Harassment, Boundaries, Consent & Digital Responsibility.

Date of the event: 2nd May 2025

Venue of the Event: Ryan International School

Number of Members in the organising team: 40

Number of participants: 500

Description of the event: On 2nd May 2025, Thapar Institute Counselling Cell (TICC) conducted an awareness session at Ryan International School, Patiala, titled “Unmute Yourself: Raising Awareness on Sexual Harassment, Boundaries, Consent & Digital Responsibility.” Led by Dr. Sonam Dullat and TICC’s Mental Health Student Ambassadors, the session engaged 500+ students in age-appropriate discussions—covering personal boundaries (Classes 6-8) and cyber safety & consent (Classes 9-12). Interactive activities and Q&A encouraged open dialogue, empowering students to speak up against harassment. The event highlighted the need for early education on respect and safety.

EB Introduction: The session began with a warm welcome from the Thapar Institute Counselling Cell (TICC) team and MHSA volunteers, who set an engaging and inclusive tone for the event. Addressing the critical yet often overlooked issue of sexual harassment, the speakers emphasized its prevalence in everyday spaces—schools, homes, and online—while challenging harmful stereotypes. The interactive approach encouraged students to reflect on boundaries, consent, and the importance of speaking up.

The team expressed gratitude to Ryan International School for providing a safe platform to foster awareness and empathy. By framing the conversation as a judgment-free space, they empowered attendees to recognize and address harassment, reinforcing that understanding is the first step toward change. The introduction successfully laid the foundation for an impactful, thought-provoking session, inspiring students to prioritize respect for themselves and others.

Activity 1: The mental health student ambassadors organized an engaging activity aimed at fostering a sense of community and lightheartedness among students. The session commenced with the ambassadors inviting students to share cherished school memories, creating a warm and nostalgic atmosphere as various anecdotes

and experiences were recounted. Following this reflective sharing, a soft plushie was introduced as a playful element; it was passed around the group, and the student on whom the plushie landed was tasked with performing a fun, spontaneous activity, eliciting laughter and encouraging participation from everyone present. This two-part activity effectively combined emotional connection through shared memories with the joy of impromptu fun, contributing to a positive and supportive environment within the school setting. The initiative by the mental health student ambassadors successfully promoted both emotional well-being and a sense of togetherness among the students through these interactive and enjoyable methods.

Activity 2: (for sexual awareness)

A lively and informative sexual awareness session was conducted for students in grades 6th through 9th. The activity, designed to dispel common misconceptions, involved the TICC team posing questions related to sexual health and awareness. Students actively participated by providing answers, leading to engaging discussions that clarified prevalent myths and reinforced factual information. The game-based approach created a comfortable and open environment, encouraging students to ask questions and learn without feeling inhibited. This method proved effective in delivering crucial information in an age-appropriate and memorable manner, promoting a better understanding of sexual awareness among the young participants. By combining education with playful engagement, the session successfully addressed sensitive topics while fostering a positive learning experience for the students.

Conclusion: What began as an awareness session became something far more powerful, a shared journey of learning, empathy, and courage. From laughter-filled activities to gripping skits, students didn't just hear about boundaries and digital safety, they felt their importance. The energy on the sports field mirrored the day's spirit: teamwork, trust, and resilience. As we left, the students' thoughtful questions and pledges to "unmute" themselves said it all, change starts when we dare to speak, listen, and stand together. Grateful to Ryan International School for

joining us in turning awareness into action.

The list of the organizing team is attached below

Name	Roll Number	Mobile Number	Thapar Email	Branch	Year of Study	Position
Kamesh yadav	1024030508	8755770908	kyadav_be24@thapar.edu	COE	1st	MHSA
Sukhman singh	102317202	8077120379	ssingh32_be23@thapar.edu	Copc	2nd	Core
Prishnee Malhotra	1024050008	8264582401	pmalhotra1_be24	EIC	1st	MHSA
Sukhman Kaur Dhaliwal	1024020027	8264806205	sdhaliwal_be24@thapar.edu	CIE	1st	MHSA
Prabhsimran Singh	1024220033	7658043689	psingh19_be24@thapar.edu	EVD	1st	MHSA
Bhanu Pratap Singh	7024030012	9582607955	bsingh1_btech24@thapar.edu	BME	1st	MHSA
Shivansh Yadav	102203791	8318783173	syadav_be22@thapar.edu	COE	3rd	EB
Nancy	102305080	8307393787	nmehta_be23@thapar.edu	EIC	2nd	Core
Jasnoor Jaura	102303225	9772472727	jjaura_be23@thapar.edu	COE	2nd	Core
Jaswin Kaur	1024030241	8427915596	jkaur13_be24@thapar.edu	COE	1st	MHSA
Divyansh Kumar	1024170267	8791283021	dkumar7_be24@thapar.edu	COPC	1st	MHSA
Yash kumar	1024030986	9306600822	ykumar1_be24@thapar.edu	Coe	1st	MHSA
Varun Dhawan	102315043	9877945057	vdhawan_be23@thapar.edu	ENC	2nd	MHSA
Simerose Kaur	1024030248	7814112297	skaur4_be24@thapar.edu	COE	1st	MHSA
Kavya Mahajan	102303678	7428331534	kmahajan1_be23@thapar.edu	COE	2nd	Core
Minal	702200085	9888456602	mratra_btech22@thapar.edu	BT	3rd	EB
Pranjal Dixit	1024060219	9818068070	pdixit_be24@thapar.edu	ECE	1st	MHSA
Parshant Kumar	102215020	9872102889	pkumar2_be22@thapar.edu	ENC	3rd	EB
Jatin Arora	102203229	7814272793	jarora1_be22@thapar.edu	COE	3rd	EB
Aashita Arora	1424000004	8700919917	aarora_blas24@thapar.edu	TSLAS	1st	MHSA
Aaditya Dawar	1024150093	8708105400	adawar_be24@thapar.edu	ENC	1st	MHSA
Payas	1424000127	9876920214	pmittal_blas24@thapar.edu	Tslas	1st	MHSA
Paavani	1424000086	8882356721	pbajaj_blas24@thapar.edu	TSLAS	1st	MHSA
Ayush Kumar Meena	102306145	7742264068	ameena_be23@thapar.edu	ECE	2nd	Core
Anirudh Singla	102206139	9115971009	asingla2_be22@thapar.edu	ECE	3rd	EB
Shubhr Gupta	1024030919	8957907391	Sgupta3_be24@thapar.edu	COE	1st	MHSA
Idrispreet	142300020	9478480216	iidrispreet_blas23@thapar.edu	B. Sc	2nd	Core

The media taken during the event is attached below:



TICC team at Ryan International School



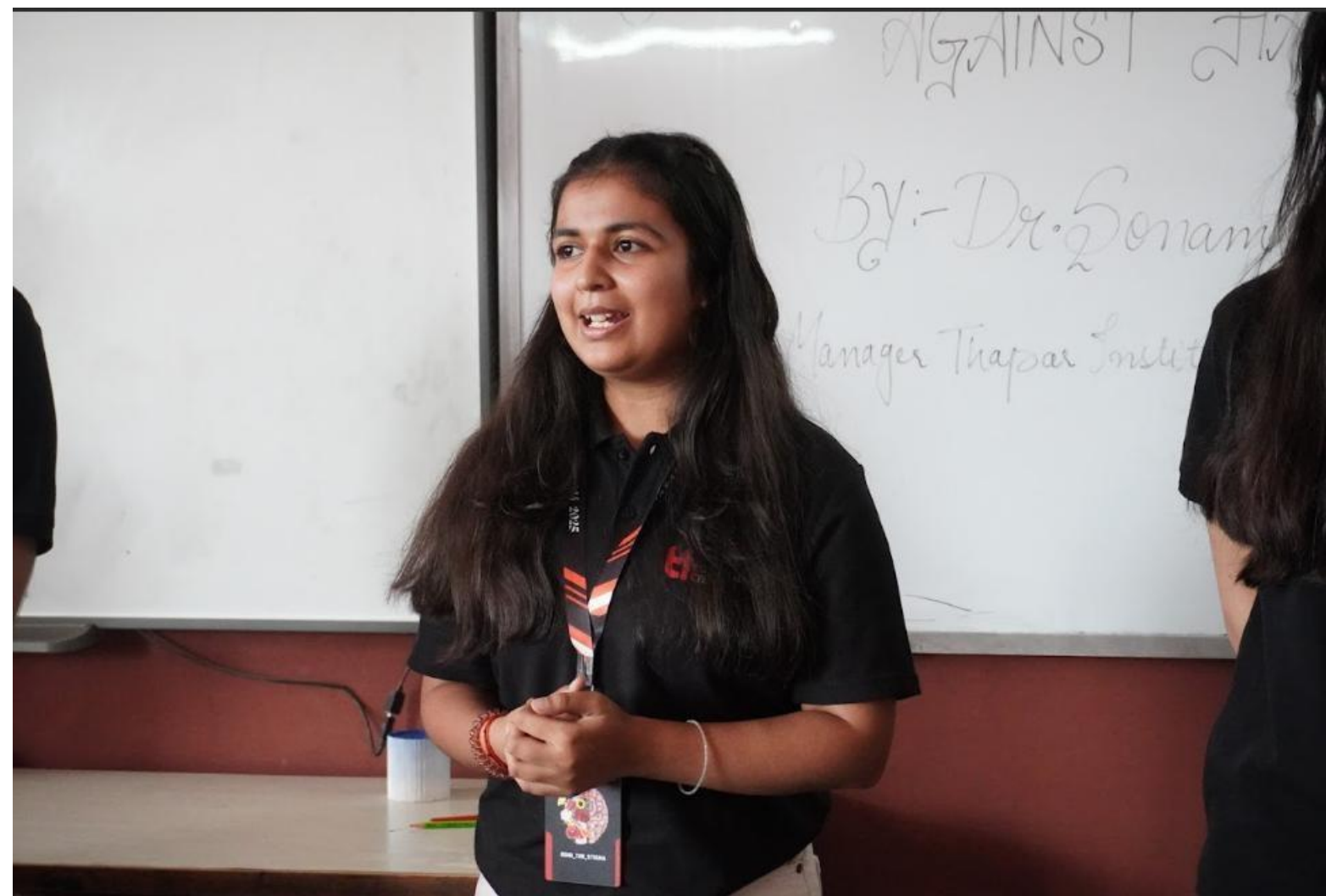
Dr. Sonam Dullat being felicitated at Ryan International School



TICC team conducting a session



Students at Ryan International school



TICC team conducting a session



TICC team conducting a session



TICC MHSAs at Ryan International School



TICC's Executive Board Members

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दैनिक भास्कर

Page : 02, Dated 04-May-2025

थापर इंस्टीट्यूट में मानसिक स्वास्थ्य जागरूकता माह मनाया, 500 स्टूडेंट्स ने लिया हिस्सा



पटियाला | मानसिक स्वास्थ्य जागरूकता माह के तहत थापर इंस्टीट्यूट ऑफ इंजीनियरिंग एंड टेक्नोलॉजी के थापर इंस्टीट्यूट कार्डेसलिंग स्कूल ने रयान इंटरनेशनल स्कूल में जागरूकता सत्र का आयोजन किया। अनम्यूट योरसेल्फ रोज़िंग अवैकनेस ऑन सेक्सुअल

हेरिसमेंट, ब्रांडेडिंग, कंसेंट एंड डिजिटल रिस्पॉन्सिबिलिटी शीर्षक वाले सत्र का उद्देश्य स्कूल छात्रों को मनोसामाजिक सुरक्षा और जिम्मेदार डिजिटल आचरण से जुड़े महत्वपूर्ण मुद्दों के प्रति संवेदनशील बनाना था। इस सत्र का नेतृत्व टीआईसीसी में छात्र परामर्शदाता, प्रबंधक डॉ. सोनम

दुल्लत ने एमएचएसए सदस्यों मञ्जु शिखंश, परशोत, गगन, अनिक्क, मीनल और वंशज के मार्ग-दर्शन में किया। कक्षा 6वीं से 12वीं तक के 500 से अधिक छात्रों ने कार्यक्रम में भाग लिया, जिसे रणनीतिक रूप से दो आयु-उपयुक्त खंडों में विभाजित किया गया था।

Snippet from Dainik Bhaskar

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पटियाला केसरी

थापर इंस्टीच्यूट में करवाया जागरूकता सैशन

पटियाला, सौर, 4 मई (समाचार पत्र) : नवदीन केतव वाकुकती कविने के हिस्से के तौर पर, थापर इंस्टीच्यूट ऑफ इन्फॉर्मेशन एंड टेक्नोलॉजी, पटियाला के थापर इंस्टीच्यूट काउंसिलिंग सेंटर (टी.आई.सी.सी.) ने रिमान इंटरनेशनल स्कूल, पटियाला में एक प्रभावशाली जागरूकता सैशन का आयोजन किया।

जानसूट पञ्जरीलक, पंचिम अवेकरील आन सैकुलरनइयसमिंट, सोमए, खानगी और डिजिटल डिप्लोमा के शैक्षणिक काले इस सैशन का उद्देश्य स्कूल विद्यार्थियों को नवीन सामाजिक सुरक्षा और



कार्यक्रम दौरान थापर कलेज के विद्यार्थी।

(लेफ्ट)

जिम्मेदार डिजिटल आचरण के साथ संबंधी महत्वपूर्ण मुद्दों प्रति संवेदनशील बनाना था।

इस सैशन का संरक्षक टी.आई.सी.सी. के निदेश, विद्यार्थी सहायक डा. सोनम दुल्ला ने एम.एन.एस.ए. के सदस्यों मनन, शिवांग, प्रशांत, गगन, अनिरुद्ध, मंगल और योगेश के नेतृत्व में की।

श. टी.आई.सी.सी. के मंडल हेल्थ स्टूडेंट अनुरा डार (एम.एन.एस.ए.) द्वारा पेश किया गया था, जिन्होंने नौकान दर्शकों में जागरूकता फैलाने में सक्रिय भूमिका निभाई। इस प्रोग्राम में छठी से 12वीं कक्षा के 500 से अधिक विद्यार्थियों ने हिस्सा लिया, निम्नको रचनात्मक तौर पर दो दृश-सुस्तिक

उचित हिस्सों में बांटा गया था।

इससे 12वीं कक्षा के विद्यार्थियों को सैन्य शोधन को समझना, निजी सौभाग्य की पहचान करना और असुरक्षित वा. अनुविधाजनक प्रक्रियाओं की रिपोर्ट कैसे करनी है, जैसे विषयों के द्वारा मार्गदर्शन किया गया। 9वीं से 12वीं कक्षा के सविनय विद्यार्थियों के द्वारा डिजिटल स्पेस में सादर परेशनी, डिजिटल सख्ती और भावनात्मक कठोरनी पर केडित चर्चाएं की। रिमान इंटरनेशनल स्कूल की डिजिटल प्रिंसिपल पून, कर्मा ने इस पहलकदमी की प्रशंसा की।

इसके अक्षरवा डा. दुल्ला ने भी विचार पेश किए।

Snippet from Patiala Kesari

Thapar Open Day 2025

- **Name of the event:** Thapar Open Day
- **Date and Venue of the event:** 5th and 6th July 2025 at Thapar University
- **Number of people in the organizing team:** 18
- **Number of participants:** 4000+ newly admitted students
- **Description of the event:** At Thapar Open Day 2025, the Thapar Institute Counselling Cell (TICC) played a key role in showcasing the institute's commitment to student well-being. Through engaging activities, informative sessions, and meaningful one-on-one interactions, the TICC team — including student ambassadors, counselors, and faculty leads — connected deeply with prospective students, parents, and faculty, fostering a warm and supportive environment. Their stall stood out as a hub of compassion, awareness, and holistic care.

A prominent feature of the Open Days was the dedicated stall by the **Thapar Institute Counselling Cell (TICC)**. Throughout both days, TICC's mission to support student well-being was effectively communicated by a team of enthusiastic **Student Ambassadors**. These ambassadors worked alongside experienced **professional counsellors** and were guided by the dedicated faculty in charges, **Ms. Sonam Dullat and Ms. Samira Singh**.

Parents frequently visited the TICC corner, eager to understand the vital role the cell plays in student life. The Mental Health Student Ambassadors (MHSAs) adeptly addressed all inquiries, providing clear and compassionate explanations. They shed light on the common challenges students might encounter during significant life transitions, such as adapting to university life, and detailed how TICC provides comprehensive support to navigate these difficulties. Visitors also had the valuable opportunity for **one-on-one interactions with both TICC counsellors**, fostering a personal connection and addressing individual concerns. To ensure sustained engagement and access to information, **pamphlets and QR codes** were distributed, allowing parents to easily learn more about TICC's services online.

- **Conclusion:** The TICC stall stood out as a beacon of care and support, helping position Thapar Institute not just as a center of academic excellence but as a community deeply invested in **holistic student development**. The Open Days were a resounding success, leaving visitors both informed and inspired.

The list of organising team is attached below:

Name	Roll Number	Year	Branch	Email
Hardik Arora	1024220083	1st	EVD	harora2_be24@thapar.edu
Shivansh Yadav	102203791	3rd	COE	syadav_be22@thapar.edu
Jasnoor Jaura	102303225	2nd	COE	jjaura_be23@thapar.edu
Sukhmani Kaur	102323051	2nd	RAI	skaur12_be23@thapar.edu
Ashish Bhatia	1424000025	2nd	BBA	abhatia_blas24@thapar.edu
Nishika Garg	1424000084	1st	Tslas BBA	ngarg_blas24@thapar.edu
Kiranjot kaur	8264511544	2nd	Tslas	Kkaur_blas23@thapar.edu
Nancy	102305080	2nd	EIC	nmehta_be24@thapar.edu
Anirudh Singla	102206139	3rd	ECE	asingla2_be22@thapar.edu
Aarushi	102318078	2nd	Cobs	agoyal_be23@thapar.edu
Prishnee Malhotra	1024050008	2nd	EIC	prishnee1108@gmail.com
Aryan Khanna	1424000024	1st	TSLAS	akhanna_blas24@thapar.edu
Kamesh Yadav	1024030508	1st	Coe	kyadav_be24@thapar.edu
Dinkle Arora	1024180058	1st	CSBS	darora_be24@thapar.edu
Ayush Kumar Meena	102306145	2nd	ECE	ameena_be23@thapar.edu
Gurman Singh	1024031074	1st	COE	gsingh_be24@thapar.edu
Mannan Wadhwa	102215120	3rd	ENC	mwadhwa_be22@thapar.edu
Parshant Kumar	102215020	3rd	ENC	pkumar2_be22@thapar.edu
Gagandeep Singh	102206069	3rd	ECE	gsingh8_be22@thapar.edu

The media taken during the event is attached below:



Rooted in care, led with compassion. TICC team with Dr. Sonam Dullat.



Creating connections that matter — Team TICC in conversation with visiting parents.



TICC Team with Dr. Sonam Dullat, Prof. Meenakshi Rana, Prof. Shruti Sharma & Dr. Samira Singh



TICC's Team with Prof. Ajay Batish, Dr. Samira Singh, Dr. Sonam Dullat, Prof. Padmakumar Nair & Ms. Nivedita Anand