



Measure taken (excluding lectures/talk) to create and awareness - social outreach, on mental health and wellbeing (June 2024 to June 2025)



INDEX

S.No.	Title	Page No.
1	Mega Health Camp at Community Health Center, Farrukhnagar	1-2
2	Mega Health Camp at Community Health Center, Farrukhnagar	3-4
3	Mega Health Camp at Community Health Center, Farrukhnagar	5-6
4	De-Addiction Camp	7-8
5	Community Outreach Program (Visit to a Slum Area of Migrant Population)	9-10
6	Report on the Mega Health Camp at Community Health Center, Farrukhnagar	11-14
7	Report on the Mega Health Camp at Community Health Center, Farrukhnagar	15-18
8	De-Addiction Camp	19-28
9	Unplug to Thrive: A Digital Detox Journey	29-36
10	Community Outreach Program (Visit to a Slum Area of Migrant Population)	37-42



Event Report

Date: 27th November 2024

Title of the event: Mega Health Camp

Organizer(s): Faculty of Behavioural Sciences

Venue: Sub. Divisional Civil Hospital, Farrukh Nagar

Event Coordinator: Dr. Akshita, Assistant Professor FBSC

Objective

The Mega Health Camp aimed to provide comprehensive healthcare services including both physical and mental to the local population, focusing on addressing various medical concerns through specialist consultations. The camp also sought to raise awareness about preventive healthcare and improve access to quality medical services for the community.

Specialist Services Provided

The following medical specialists of **SGT Medical College** were present at the camp:

1. Clinical Psychologists: Two M.Phil trainees with Supervision of RCI licensed clinical psychologist Ms. Shivangi Agrawal, to provided mental health counseling and addressed issues such as anxiety and depression.
2. Physician: Addressed general medical issues, including diabetes, hypertension, and other chronic conditions.
3. Dermatologist (Skin Specialist): Provided consultations for skin-related issues such as allergies, infections, and acne.
4. Orthopedist (Bone Specialist): Offered services for joint pain, arthritis, and orthopedic injuries.
5. Ophthalmologist (Eye Specialist): Conducted eye check-ups and treated common vision problems.
6. ENT Specialist (Ear, Nose, and Throat): Treated conditions like sinusitis, hearing issues, and throat infections.
7. Gynecologist: Offered consultations for women's health issues, including menstrual disorders and reproductive health.



SGT UNIVERSITY

Shree Guru Gobind Singh Tricentenary University



Farukh Nagar, Haryana, India
Ward No. 10, Civil Hospital, Deewanpura Mohalla, Farukh Nagar, Haryana 122506, India
Lat 28.445689° Long 76.81999°
24/12/24 12:23 PM GMT +05:30



Farukh Nagar, Haryana, India
Ward No. 10, Civil Hospital, Deewanpura Mohalla, Farukh Nagar, Haryana 122506, India
Lat 28.445686° Long 76.819995°
24/12/24 12:22 PM GMT +05:30



Farukh Nagar, Haryana, India
Crw9+gp4, Farukh Nagar, Haryana 122506, India
Lat 28.445718° Long 76.819962°
24/12/24 11:12 AM GMT +05:30



Farukh Nagar, Haryana, India
Ward No. 10, Civil Hospital, Deewanpura Mohalla, Farukh Nagar, Haryana 122506, India
Lat 28.445703° Long 76.82003°
24/12/24 12:23 PM GMT +05:30



Report on the Mega Health Camp at Community Health Center, Farrukhnagar

Event: Mega Health Camp

Venue: Sub. Divisional Civil Hospital, Farrukhnagar

Date: 28 January 2025

Time: 9:00 AM to 4:00 PM

Organized by: Sub. Divisional Civil Hospital, Farrukhnagar, in collaboration with SGT Medical College, Chandu Budhera, Gurugram.

Introduction

This event was organized in collaboration with other departments from both SGT Hospital and the Civil hospital, with the goal of providing accessible mental health services to the local population. The primary focus was to address the psychological aspects various patient complaints presented. They were psycho-educated about role of stress, anxiety, or emotional difficulties.

Trainees worked under the supervision of senior professionals, conducting brief but comprehensive sessions. These sessions involved careful exploration of the patients' physical complaints while also introducing them to the benefits of psychological interventions. By collaborating with other medical departments, the team ensured that patients received well-rounded care, addressing both their physical and mental health needs.

The overarching goal of this Camp was not only to offer short-term interventions but also to raise awareness about mental health services and encourage follow-up care for those in need of more comprehensive psychological treatment.

Objective

The Mega Health Camp aimed to provide comprehensive healthcare services including both physical and mental to the local population, focusing on addressing various medical concerns through specialist consultations. The camp also sought to raise awareness about preventive healthcare and improve access to quality medical services for the community.

Specialist Services Provided

The following medical specialists of **SGT Medical College** were present at the camp:

1. Clinical Psychologists: Two M.Phil trainees with Supervision of RCI licensed clinical psychologist Ms. Shivangi Agrawal, provided mental health counseling and addressed issues such as anxiety and depression.
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5. Ophthalmologist (Eye Specialist): Conducted eye check-ups and treated common vision problems.
6. ENT Specialist (Ear, Nose, and Throat): Treated conditions like sinusitis, hearing issues, and throat infections.
7. Gynecologist: Offered consultations for women's health issues, including menstrual disorders and reproductive health.

Participation

The camp witnessed significant participation from the community, with over [15] individuals with mental health issues availed the services provided by the clinical psychologists. These issues were discussed and addressed. Psycho-education was provided to patients and were encouraged for treatment compliance.





Report on the Mega Health Camp at Community Health Center, Farrukhnagar

Event: Mega Health Camp

Venue: Sub. Divisional Civil Hospital, Farrukhnagar

Date: 27 March 2025

Time: 9:00 AM to 4:00 PM

Organized by: Sub. Divisional Civil Hospital, Farrukhnagar, in collaboration with SGT Medical College, Chandu Budhera, Gurugram.

Introduction

This event was organized in collaboration with other departments from both SGT Hospital and the Civil hospital, with the goal of providing accessible mental health services to the local population. The primary focus was to address the psychological aspects various complaints patient presented. They were psycho-educated about role of stress, anxiety, or emotional difficulties.

Trainees worked under the supervision of senior professionals, conducting brief but comprehensive sessions. These sessions involved a careful exploration of the patients' physical complaints while also introducing them to the benefits of psychological interventions. By collaborating with other medical departments, the team ensured that patients received well-rounded care, addressing both their physical and mental health needs.

The overarching goal of this Camp was not only to offer short-term interventions but also to raise awareness about mental health services and encourage follow-up care for those in need of more comprehensive psychological treatment.

Objective

The Mega Health Camp aimed to provide comprehensive healthcare services including both physical and mental to the local population, focusing on addressing various medical concerns through specialist consultations. The camp also sought to raise awareness about preventive healthcare and improve access to quality medical services for the community.

Specialist Services Provided

The following medical specialists of **SGT Medical College** were present at the camp:

1. Clinical Psychologists: Two M.Phil trainees (Parmeshwari and Shivani) with Supervision of RCI licensed clinical psychologist Ms. Shivangi Agrawal, to provided mental health counseling and addressed issues such as anxiety and depression.
2. Physician: Addressed general medical issues, including diabetes, hypertension, and other chronic conditions.

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7. Gynecologist: Offered consultations for women's health issues, including menstrual disorders and reproductive health.





Event Report

Date: 26th June 2025

Title of the event: De- Addiction Camp

Organizer(s): Faculty of Behavioural Sciences

Venue: Sub. Divisional Civil Hospital, Farrukh Nagar

Event Coordinator: Dr. Akshita, Assistant Professor FBSC

Introduction:

A collaborative De-Addiction Drive and Camp was conducted by the Department of Psychiatry and Department of Clinical Psychology, SGT Hospital. It focused on raising awareness about substance use, promoting early intervention, and engaging the community through academic sessions, a clinical camp, and a public rally.

Objective:

To raise awareness and provide early intervention on substance use issues.

Outcome:

Participants gained insights into the science behind addiction in easy language, clinical management, and the significance of early interventions.

De-Addiction Camp: As an extension of the awareness drive, a De-Addiction Camp was conducted jointly by the Departments of Psychiatry and Clinical Psychology. The camp offered free psychological and psychiatric consultations, including screening, psychoeducation, and brief interventions. Several patients presented with concerns such as restlessness, insomnia, and emotional dysregulation related to alcohol and substance use. In response, the mental health team delivered targeted psychoeducation covering topics such as the harmful effects of substance use, the significance of family involvement, techniques to improve sleep hygiene, and methods to address psychosocial stressors. This camp provided a critical platform for early identification, clinical intervention, and patient education, aiming not only to treat but also to empower individuals and families affected by addiction.



Event Report

Date: 09-10-2024

Title of the event: Community Outreach Program

Organizer(s): Faculty of Behavioural Sciences

Venue: Sector 52, Gurgaon

Event Coordinator: Dr Vikas Sharma Associate professor and Dr Randhir Singh Yadava Assistant professor

Objective of the Activity: The primary objective of the community outreach program was to engage with the migrant population in Sector 52, Gurgaon, to understand their living conditions, mental health concerns, and overall, wellbeing. The outreach aimed to provide psychoeducation related to stress, mental health, and resources for medical and psychological support and spread awareness about the healthcare services available at SGT Hospital.

Brief: On 9th October 2024, the students of M.Phil. Clinical Psychology (Part One) and Professional Diploma in Clinical Psychology (PDCP) embarked on a community outreach program to a slum area predominantly occupied by migrant populations in Sector 52, Gurgaon. The visit was organized with the intent of understanding the daily challenges faced by the residents, particularly in terms of mental health, stress, job security, and access to healthcare. The outreach program also focused on raising awareness about the facilities offered by SGT Hospital, encouraging the community to utilize these resources for their health and well-being. Upon arriving at the location, the students split into smaller groups to interact with the residents. Throughout the engagement, they conversed with individuals from different demographics, including men, women, and children, to gain deeper insights into their socio-economic conditions and the psychological impact of their living situations. Many of the residents expressed their concerns about job instability, the lack of security in their environment, and the constant stress they face in making ends meet. Several women spoke about the safety challenges they encounter, particularly when it comes to their children's well-being.



Report on the Mega Health Camp at Community Health Center, Farrukhnagar

Event: Mega Health Camp

Venue: Sub. Divisional Civil Hospital, Farrukhnagar

Date: 28 January 2025

Time: 9:00 AM to 4:00 PM

Organized by: Sub. Divisional Civil Hospital, Farrukhnagar, in collaboration with SGT Medical College, Chandu Budhera, Gurugram.

Introduction

This event was organized in collaboration with other departments from both SGT Hospital and the Civil hospital, with the goal of providing accessible mental health services to the local population. The primary focus was to address the psychological aspects various complaints patient presented. They were psycho-educated about role of stress, anxiety, or emotional difficulties.

Trainees worked under the supervision of senior professionals, conducting brief but comprehensive sessions. These sessions involved a careful exploration of the patients' physical complaints while also introducing them to the benefits of psychological interventions. By collaborating with other medical departments, the team ensured that patients received well-rounded care, addressing both their physical and mental health needs.

The overarching goal of this Camp was not only to offer short-term interventions but also to raise awareness about mental health services and encourage follow-up care for those in need of more comprehensive psychological treatment.

Objective

The Mega Health Camp aimed to provide comprehensive healthcare services including both physical and mental to the local population, focusing on addressing various medical concerns through specialist consultations. The camp also sought to raise awareness about preventive healthcare and improve access to quality medical services for the community.

Attributes	Details	Remarks
Organizer's detail (Faculty/Department)	Sub. Divisional Civil Hospital, Farrukhnagar, in collaboration with SGT Medical College, Chandu Budhera, Gurugram.	
Coordinator's detail (Name, Designation, Organization, Contact No., Email)	For Department of clinical psychology Ms Shivangi Aggarwal (Assistant Professor)	

Associating Partner Details (Name, Designation, Organization, Contact No., Email id)	Sub. Divisional Civil Hospital, Farrukhnagar	
Mode of Conduct: Offline/Hybrid	Offline event	
Number of Faculty Participants (if Any)	11 departments including, Clinical Psychology, General Medicine, Dermatological, Ortho, Ophthalmology, ENT, and Gynecological.	

Specialist Services Provided

The following medical specialists of **SGT Medical College** were present at the camp:

1. Clinical Psychologists: Two M.Phil trainees with Supervision of RCI licensed clinical psychologist Ms. Shivangi Agrawal, to provided mental health counseling and addressed issues such as anxiety and depression.
2. Physician: Addressed general medical issues, including diabetes, hypertension, and other chronic conditions.
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Participation

The camp witnessed significant participation from the community, with over [15] individuals with mental health issues availed the services provided by the clinical psychologists. There issues were discussed and addressed. Psycho-education was provided to patients and were encouraged for treatment compliance.



Feedback

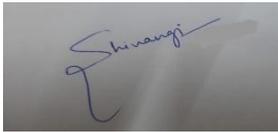
The attendees were very thankful for the camp. They found it helpful to get different specialist services in one place. They also praised the healthcare team's hard work and dedication.

Challenges

1. Lack of awareness about mental health treatment and as consequence poor treatment compliance.
 2. A few patients required follow-up treatments, which were referred to nearby hospitals.
-

Conclusion

The Mega Health Camp was very successful and achieved its goal of providing good and easily accessible healthcare to the local community. It also showed how important it is for healthcare institutions and community health centers to work together.



Signature of the Proposer

DEAN/Concerned Faculty

Name: Ms. ShivangiAgrawal

Designation: Clinical Psychologist, Assistant Professor, FBSS
SGT University, Gurugram

Email ID: shivangi_fbsc@sgtuniversity.org

Contact: 9599902575

Convener
IIC-SGTU

Director
Innovation

Vice President
IIC-SGTU

President
IIC-SGTU

Report on the Mega Health Camp at Community Health Center, Farrukhnagar

Event: Mega Health Camp

Venue: Sub. Divisional Civil Hospital, Farrukhnagar

Date: 27 March 2025

Time: 9:00 AM to 4:00 PM

Organized by: Sub. Divisional Civil Hospital, Farrukhnagar, in collaboration with SGT Medical College, Chandu Budhera, Gurugram.

Introduction

This event was organized in collaboration with other departments from both SGT Hospital and the Civil hospital, with the goal of providing accessible mental health services to the local population. The primary focus was to address the psychological aspects various complaints patient presented. They were psycho-educated about role of stress, anxiety, or emotional difficulties.

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Coordinator’s detail (Name, Designation, Organization, Contact No., Email	For Department of clinical psychology Ms Shivangi Aggarwal (Assistant Professor)	
Associating Partner Details (Name, Designation, Organization, Contact No., Email id)	Sub. Divisional Civil Hospital, Farrukhnagar	
Mode of Conduct: Offline/Hybrid	Offline event	
Number of Faculty Participants (if Any)	11 departments including, Clinical Psychology, General Medicine, Dermatological, Ortho, Ophthalmology, ENT, and Gynecological.	

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Feedback

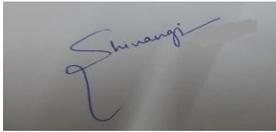
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Conclusion

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Signature of the Proposer

DEAN/Concerned Faculty

Name: Ms. ShivangiAgrawal

Designation: Clinical Psychologist, Assistant Professor, FBSS
SGT University, Gurugram

Email ID: shivangi_fbsc@sgtuniversity.org

Contact: 9599902575

Convener
IIC-SGTU

Director
Innovation

Vice President
IIC-SGTU

President
IIC-SGTU

SGT University

Faculty of Mass Communication and Media Technology

(As per mandate of Institution's Innovation Council - SGT University)

Event Report

Academic Year: 2024-2025

Quarter (Dropdown options): Quarter 3

Activity Vertical: IIC Calendar Activities

Date of Event:

- 1. Program /Activity Name (Title):** De-Addiction Camp
- 2. Select appropriate program type from below mentioned under level 1 to level 4:** Level 1 Awareness activities
- 3. Select the appropriate theme of the event (dropdown options):** Health & Wellbeing / Social Awareness
- 4. Introduction to event:** A collaborative De-Addiction Drive and Camp was conducted by the Department of Psychiatry and Department of Clinical Psychology, SGT Hospital. It focused on raising awareness about substance use, promoting early intervention, and engaging the community through academic sessions, a clinical camp, and a public rally.
- 5. Objective of the event (Maximum 100 letters):** To raise awareness and provide early intervention on substance use issues.
- 6. Key Outcome:** Participants gained insights into the science behind addiction in easy language, clinical management, and the significance of early interventions.
- 7. Benefit in terms of learning/skill/knowledge obtained (Maximum 150 letter):** Everyone after the camp had an improved understanding of addiction, relapse prevention techniques, and therapeutic strategies through academic, clinical, and social engagement.

8. Event general information:

Attributes	Details 1	Remarks
Organizer's detail (Faculty/Department)	Faculty of Behavior Sciences, SGT University	
Coordinator's detail (Name, Designation, Organization, Contact No., Email id)	<p>Ms. Megha Sharma, Assistant Professor, Department of Clinical Psychology. Email: megha_fbcs@sgtuniversity.org Contact: 9871784428</p> <p>Ms. Shivangi Agrawal, Assistant Professor, Department of Clinical Psychology. Email: shivangi_fbcs@sgtuniversity.org Contact: 9599902575</p>	
Associating Partner Details (Name, Designation, Organization, Contact No., Email id)	<p>Dr. Mridula Sharma, Officiating Dean, FBS Email: Contact:</p> <p>Dr. Vikas Sharma, HOD, Department of Clinical Psychology. Email: vikas_fbcs@sgtuniversity.org Contact: 9868097964</p> <p>Dr. Nidhi Mehta, Associate Professor, Department of Clinical Psychology. Email: nidhi_fbss@sgtuniversity.org Contact: 8588008056</p>	
Mode of Conduct: Offline/Online/Hybrid	Offline Event	
Number of Faculty Participants (if Any)	<p>Ms. Prachi, Assistant Professor, Department of Clinical Psychology. Email: prachi_fbcs@sgtuniversity.org Contact: 7838887770</p> <p>Dr. Randhir Singh, Assistant Professor, Department of Clinical Psychology. Email: randhi_fbcs@sgtuniversity.org</p>	

	Contact: 7011659221	
Number of External Participants (If any):	M.Phil 2 nd year, M.Phil 1 st year and PDCP	

9. Speaker/Guest/Expert Details:

Sl. No.	Expert Details (Name, Designation, Organization, Contact No., Email id)	Remarks
1	Dr. Vikas Sharma, HOD, Department of Clinical Psychology.	
2	Dr. Nidhi Mehta, Associate Professor, Department of Clinical Psychology.	
3	Ms. Prachi, Assistant Professor, Department of Clinical Psychology.	
4	Ms. Shivangi Agrawal, Assistant Professor, Department of Clinical Psychology.	
5	Dr. Randhir Singh, Assistant Professor, Department of Clinical Psychology.	
6	Ms. Megha Sharma, Assistant Professor, Department of Clinical Psychology.	

10. Scheduled at: SGT Hospital, Ground Floor

11. Banner (Insert banner soft copy):



12. Pre link of Event:

- Instagram Link (For social media promotion post):

<https://www.instagram.com/p/DLUNJ00RvzB/?igsh=MTA1N3BINmdwamFkZQ==>

13. Pics of the Events (Insert 10 collage pics here at least):





SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC Approved) Gurugram, Delhi-NCR

एस जी टी विश्वविद्यालय और अस्पताल नैदानिक मनोविज्ञान विभाग व्यवहारिक विज्ञान संकाय

नैदानिक मनोविज्ञान विभाग के रोगी विभाग में मनोवैज्ञानिक सेवाएं उपलब्ध हैं, जिसमें मनोवैज्ञानिक मूल्यांकन और उपचार हैं:-

- उदासीनता, उच्च रक्तचाप आदि स्वास्थ्य संबंधित मुद्दों के उपचार एवं परामर्शके लिए।
- तनाव और जीवन शैली से संबंधित विकारों के लिए परामर्श।
- स्कूल और कॉलेज जाने वाले छात्रों के शिक्षा से संबंधित समस्याओं के उपचार एवं तनाव परामर्शके लिए।
- व्यवहार संबंधित समस्याएं जैसे अत्यधिक क्रोध, अतीसक्रियता, ध्यान लगाने में कमी होना, अत्यधिक चिंता करना, बच्चों का स्कूल जाने से इनकार करना जैसी अन्य समस्याओं के उपचार एवं परामर्शके लिए।
- संबंधों के बिगड़ने, विवाहिक और पारिवारिक समस्याओं का मनोवैज्ञानिक प्रबंधन के उपचार एवं परामर्शके लिए।
- बुद्धि में कमी होने जैसी अन्य विकलांगता संबंधित समस्याओं के जांच एवं पुनर्वासके लिए।
- सिर में चोट लगने जैसी अन्य न्यूरो-मनोवैज्ञानिक परिस्थितियों से संबंधित पुनर्वास एवं परामर्शके लिए।
- सकारात्मक परिवर्तन के प्रशिक्षण तथा अन्य किसी भी उचित मनोवैज्ञानिक मुद्दों और अन्य दूसरे विषयों के उपचार एवं परामर्शके लिए।

संपर्क करें : नैदानिक मनोविज्ञान विभाग, एसजीटी विश्वविद्यालय और अस्पताल, Gurugram, Haryana









14 .Post Link of event:

- **Instagram (For social media promotion post):**

<https://www.instagram.com/p/DLXVhvBv4Oa/?igsh=NmIxYTJjc3I0ZDdx>

15. Minute to Minute Summary (in detail):

Under the esteemed patronage of **Prof. (Dr.) Mridula Sharma**, *Officiating Dean* and **Patron** of the event, SGT Hospital, organized a comprehensive **De-Addiction Drive**. The initiative aimed to raise awareness on substance use, provide early intervention, and promote evidence-based treatment practices. The event witnessed enthusiastic participation from students, trainees, faculty members, and professionals from the mental health field.

Dr. Vikas Sharma, *Head of the Department of Clinical Psychology* and **Co-Patron**, inaugurated the event with an address highlighting the **neurological and psychological aspects of addiction**. He discussed the addiction cycle, brain structures and neural pathways involved, and the clinical relevance of **Motivational Enhancement Therapy (MET)** in treating substance use disorders.

Dr. Nidhi Mehta, *Associate Professor* and **Co-Patron**, focused on **occasion-specific substance use**, particularly the rise in cannabis use during cultural festivals like Holi. She emphasized the need for **community-level and government-supported interventions**, especially among populations from **low socio-economic backgrounds** where addiction is often underserved.

Ms. Prachi Saini, *Assistant Professor* and **Co-Coordinator**, provided insight into the **clinical approach toward addiction management**, including the development of a strong **therapeutic alliance**, ethical considerations, and the use of **non-substance-based alternatives** to support clients experiencing cravings.

Ms. Shivangi Agrawal, *Assistant Professor* and **Co-Coordinator**, explored the **socio-cultural determinants of addiction** and stressed the role of **family systems** in both enabling and supporting recovery. She advocated for involving caregivers actively in therapy as part of a holistic, family-centered approach.

Brig. (Dr.) Randhir Singh Yadava delivered a session on the **HALT framework**—Hunger, Anger, Loneliness, and Tiredness—as a key tool in relapse prevention. He elaborated on the **psychological mechanisms of addiction**, common emotional triggers, and how structured **psychoeducation** helps individuals recognize and respond to their vulnerabilities during withdrawal and recovery.

Ms. Megha Sharma, *Assistant Professor* and **Coordinator** of the event, concluded the academic segment by underscoring the importance of **foundational knowledge in addiction** among mental health professionals. She emphasized that such understanding is essential for effective psychoeducation, counseling, and long-term rehabilitation planning. She also supervised the planning and execution of the de-addiction camp and related activities during the event.

De-Addiction Camp

As an extension of the awareness drive, a **De-Addiction Camp** was conducted jointly by the Departments of Psychiatry and Clinical Psychology. The camp offered **free psychological and psychiatric consultations**, including screening, psychoeducation, and brief interventions.

Several patients presented with concerns such as **restlessness, insomnia, and emotional dysregulation** related to alcohol and substance use. In response, the mental health team delivered targeted psychoeducation covering topics such as the **harmful effects of substance use**, the significance of **family involvement**, techniques to improve **sleep hygiene**, and methods to address **psychosocial stressors**.

This camp provided a critical platform for **early identification, clinical intervention, and patient education**, aiming not only to treat but also to empower individuals and families affected by addiction.

Awareness Rally

As part of the drive, a professionally organized **awareness rally** was conducted within the hospital premises. Faculty members, students, and mental health trainees from both departments participated in a coordinated manner, carrying placards and banners displaying the central slogan: **“Nasha Chhodo, Jeevan Jodo”** (*Quit Drugs, Reconnect with Life*).

The rally aimed to sensitize patients, attendants, and hospital staff to the impact of addiction and the importance of early intervention. Participants also distributed **educational pamphlets** and provided brief **psychoeducation sessions** in outpatient areas to enhance awareness and promote help-seeking behaviors.

This initiative reflected SGT Hospital’s commitment to addressing addiction through clinical care, professional training, public education, and holistic institutional engagement.

Signature of the Proposer

DEAN/Concerned Faculty

Name: Kunal Sain

Email Id-kunal_fhtm@sgtuniversity.org

Mobile No. -9818472713

Convener
IIC-SGTU

Director
Innovation

Vice President
IIC-SGTU

President
IIC-SGTU

SGT University

Faculty of Behavioral & Social Sciences

(Department of Clinical Psychology)

(As per mandate of Institution's Innovation Council - SGT University)

Event Report

Academic Year: 2024-2025

Quarter (Dropdown options): Quarter 4

Activity Vertical: Self Driven Activities

Date of Event: 07/10/2024

- 1. Program / Activity Name (Title):** Unplug to Thrive: A Digital Detox Journey
- 2. Select appropriate program type from below mentioned under level 1 to level 4:** Level 1
- 3. Select the appropriate theme of the event (dropdown options):** Celebration for the promotion & Awareness
- 4. Introduction to event:** In celebration of World Mental Health Day on October 10th, the Student Counselling Center, under the Department of Clinical Psychology, organized a one-day workshop titled "Unplug & Thrive: A Digital Detox Journey" on 7th October 2024. This workshop was a part of Mental Health Week, an initiative aimed at raising awareness about mental health challenges in today's digitally connected world.

With this year's global theme, "It is Time to Prioritize Mental Health in the Workplace," we extended the focus to students, who faced increasing digital demands that could negatively impact their mental well-being. This workshop offered practical tools to help students reduce digital overload, foster mindfulness, and restore balance in their lives.

By participating in this event, students learnt how to disconnect from their screens and reconnect with themselves, ultimately promoting healthier mental habits in their academic and personal lives.

5. Objective of the event (Maximum 100 letters):

- To increase awareness of students about mental health
- Understand the importance of a healthy balance between online and offline activities.
- Learn practical steps to implement a digital detox in their daily routines.
- Feel motivated to cultivate mindfulness and improve their mental health

6. Key Outcome:

The workshop's key outcome was participants gaining practical strategies for reducing screen time and enhancing digital well-being. They developed personalized plans to integrate mindfulness and grounding techniques into daily life, fostering healthier relationships with technology. Participants left feeling empowered motivated to implement changes, and more connected to themselves and their surroundings.

7. Benefit in terms of learning/skill/knowledge obtained (Maximum 150 letter): A digital detox workshop fosters mindfulness and self-awareness by encouraging participants to disconnect from screens. Attendees gained skills in managing technology use, enhancing focus, and improving mental well-being. The experience promoted creativity, strengthened interpersonal relationships, and cultivated a deeper appreciation for the present moment, leading to lasting personal growth.

8. Event general information:

Attributes	Details 1	Remarks
Organizer's detail (Faculty/Department)	Student Counselling Centre, FBSS	
Coordinator's detail (Name, Designation, Organization, Contact No., Email id)	Ms. Shivangi Agrawal Dr. Nidhi Mehta, Associate Professor	
Associating Partner Details (Name, Designation, Organization, Contact No., Email id)	IIC	
Mode of Conduct: Offline/Hybrid	Offline event	
Number of Faculty Participants (if Any)	Fifteen	
Number of External Participants (If any) :		

9. Speaker/Guest/Expert Details:

Sr. No.	Expert Details (Name, Designation, Organization, Contact No., Email id)	Remarks
1	Name - Ms. Shivangi Agrawal Designation- Clinical Psychologist, Assistant Professor, FBSS Organization- SGT University, Gurugram Contact No.- 9599902575 Email ID- shivangi_fbssc@sgtuniversity.org	

10. Scheduled at SGT University, faculty of behavioral and Social Sciences (FBSS) organized one day workshop event **dated on** 7th October 2024.

11. No. of participants : 50

Note: Insert here & attach signature sheet of participants



SGT UNIVERSITY
Shahe Guru Gobind Singh Tricentenary University

MAAC A+

Attendance Sheet for Students

S.No.	Name	Course	Year	Sign
1.	Jashika Soni	PDCP	2024	Jashika
2.	Rida Mehrooz	PDCP	2024	Rida
3.	Sanyika Kapur	PDCP	2024	Sanyika
4.	Jashvi Reddy	PDCP	2024	Jashvi
5.	Ashwini Sharma	PDCP	2024	Ashwini
6.	Melini Thakran	PDCP	2024	Melini
7.	Usha Nigpal	PDCP	2024	Usha
8.	Harshita Singh	M.Phil II	2023	Harshita
9.	Nikhil Kaur	M.Phil II	"	Nikhil
10.	Parvati Kaur	M.Phil II	"	Parvati
11.	Riya Jain	M.Phil-I	2024	Riya
12.	VAIBHAVI GUPTA	M.Phil I	2024-26	Vaibhavi
13.	JOSHNA SHARMA	M.Phil-I	2024	Joshna
14.	CHEITNA ARORA	M.Phil-I	2024	Cheitna
15.	SHRISHTI SHARMA	M.Sc. clinical Psy.	2024	Shrishti
16.	KHUSHI KAGHAV	M.Sc. clinical Psy.	2024	Khushi
17.	Disha	M.Sc. clinical Psy.	2024	Disha
18.	Muskan	M.Sc. clinical Psy.	2024	Muskan
19.	Mansi	"	"	Mansi
20.	Sonia	"	"	Sonia
21.	Angela	"	"	Angela
22.	Navya	"	"	Navya
23.	Harshita	"	"	Harshita
24.	Shabkshi	"	"	Shabkshi
25.	Sagar	"	"	Sagar
26.	Khushi	M.Sc. clinical Psy.	2024	Khushi
27.	Jyoti	"	"	Jyoti
28.	Rishi	"	"	Rishi
29.	Riya	"	"	Riya
30.	Divyanshi	"	"	Divyanshi
31.	Harshita	M.Sc. Clin. Psychology	2024-26	Harshita
32.	Mansi Jain	M.Sc. Clinical Psychology	2024-26	Mansi
33.	SHREY KRISHNAN	M.Sc. Clinical Psychology	2024-26	Shrey
34.	NAVITA BANI	M.Sc. Clinical Psychology	2024-26	Navita
35.	JARVI GARGI	M.Sc. "	2024-26	Jarvi



SGT UNIVERSITY
Shahe Guru Gobind Singh Tricentenary University

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Attendance Sheet for Students

S.No.	Name	Course	Year	Sign
36.	MAISHA FARIAH	M.Sc. CLINICAL PSY	2024-26	Maisha
37.	AYUSHI SHARMA	"	"	Ayushi
38.	NAFISHA AHMED	"	"	Nafisha
39.	PRATIMA SAINI	"	2024-26	Pratima
40.	Anshika	"	2024-26	Anshika
41.	Amohi Adhikari	"	2024-26	Amohi
42.	Anjali Sharma	"	2024-26	Anjali
43.	Disha	"	2024-26	Disha
44.	Anjali Kumari	"	"	Anjali
45.	Anjali Kumari	"	"	Anjali
46.	Shweta Sharma	"	2024-26	Shweta
47.	Kumari Shikha	B.Sc. Clinical Psy	2023-2025	Kumari
48.	Pradeepi Rajan	B.Sc. Clinical Psy	2023-25	Pradeepi
49.	Akanksha Yadav	M.Sc. clinical Psy	2024-26	Akanksha
50.	Pragya Kaur	M.Sc. clinical Psy	2024-26	Pragya
51.	ARSHYA NARAIN	M.Phil I	2024-26	Arshya
52.	NISHA RANI	M.Phil I	2024-26	Nisha
53.	Hemanti Kaur	M.Sc. clinical Psy	2024	Hemanti
54.	Chaitanya Suresh	M.Phil I	2024-26	Chaitanya
55.	Shivangi Redi	M.Phil I	2024-26	Shivangi
56.	Ayansha	PDCP	2024-25	Ayansha
57.	Tajtra	M.Sc. clinical Psy	2024-26	Tajtra
58.	Hanvati Patil	M.Sc. clinical Psy	"	Hanvati

14. Pre link of Event:

Facebook Link (For social media promotion post): N/A

SGT UNIVERSITY
Here Goes Defined High-Threatening University

FACULTY OF BEHAVIOURAL AND SOCIAL SCIENCES

INSTITUTION'S INNOVATION COUNCIL
Ministry of Education, Government of India

NAAC A+

Department of Clinical Psychology and Student Counselling Cell
is Organizing

A WORKSHOP ON

**"UNPLUG TO THRIVE:
A DIGITAL DETOX JOURNEY"**

EXPERT SPEAKER

Shivangi Agrawal
Assistant Professor and Clinical Psychologist, FBSS, SGT

10:30 AM - 12:30 PM | Oct 7, 2024 Monday | E-BLOCK, Room No.-308 SGT University

PATRON
Prof. Waheeda Khan
Advisor, FBSS

CO-PATRON
Prof. Amra Ahsan
Dean, FBSS

Dr. Vikas Sharma
HOD, Department of Clinical Psychology
FBSS, SGT University

COORDINATOR
Ms. Shivangi Agrawal
Assistant Professor
(FBSS) SGT University

Dr. Nidhi Mehta
Associate Professor
(FBSS) SGT University

15. Pics of the Events (Insert 10 collage pics here at least) :



Gurugram, Haryana, India
Sgt Institute Of Engineering & Technology, Inner College Rd, Budhera, Haryana 122501
Lat 28.482964°
Long 76.906786°



Gurugram, Haryana, India
Sgt Institute Of Engineering & Technology, Inner College Rd, Budhera, Haryana 122501
Lat 28.48288°
Long 76.906768°
07/10/24 10:54 AM GMT +05:30



Gurugram, Haryana, India
Sgt Institute Of Engineering & Technology, Inner College Rd, Budhera, Haryana 122501
Lat 28.48288°
Long 76.906768°
07/10/24 10:54 AM GMT +05:30



Gurugram, Haryana, India
Sgt Institute Of Engineering & Technology, Inner College Rd, Budhera, Haryana 122501
Lat 28.482964°
Long 76.906806°
07/10/24 10:55 AM GMT +05:30



Gurugram, Haryana, India
Sgt Institute Of Engineering & Technology, Inner College Rd, Budhera, Haryana 122501
Lat 28.482948°
Long 76.906768°
07/10/24 11:18 AM GMT +05:30

16. Collage Pics (Insert at least 02 collage pics here):



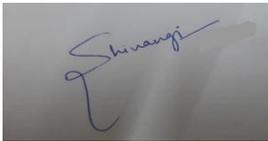
17. Video for Social media promotion of the Event. (up to 02 MB) – N/A

18. Video for IIC Portal through Youtube (Full length Video) - (If any)-N/A

19. Post Link of event:

Linkedin (For social media promotion post): N/A

20. Minute to Minute Summary (in detail): Participants gathered for a digital detox workshop, starting with introductions about what is digital detox, digital abuse and the right use of digital use. General health questionnaire was also conducted on the audience to increase insight about their level of digital use. Grounding techniques, like deep breathing and sensory awareness exercises, were introduced. Activities included mindfulness practices, group discussions on tech habits, and strategies for reducing screen time. The session ended with reflections and personalized digital wellness plans, leaving participants inspired.



Signature of the Proposer

DEAN/Concerned Faculty

Name: Ms. Shivangi Agrawal

Designation: Clinical Psychologist, Assistant Professor, FBSS
SGT University, Gurugram

Contact: 9599902575

Convener
IIC-SGTU

Director
Innovation

Vice President
IIC-SGTU

President
IIC-SGTU



Community Outreach Program (Faculty of Behavioural and Social Sciences)

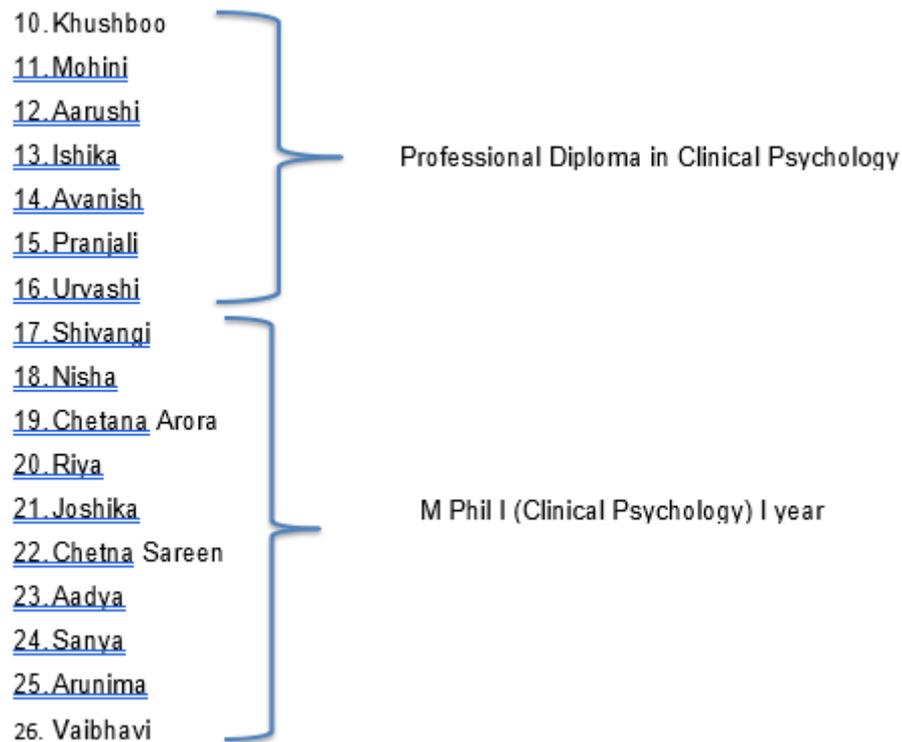
1. **Title of the Activity:** Community Outreach Program (Visit to a Slum Area of Migrant Population)
2. **Date:** 09 Oct 2024
3. **Location of the Activity:** Sector 52, Gurgaon
4. **Organizing Faculty/Department/Association:** Department of Clinical Psychology, Faculty of Behavioral and Social Sciences
5. **Participating Team Members with Designation:**

Faculty members

- | | |
|----------------------------|------------------------------------|
| 1. Dr Vikas Sharma | Associate professor and <u>HoD</u> |
| 2. Dr Randhir Singh Yadava | Assistant professor |

Students

- | | | |
|--------------|---|---|
| 1. Saniya | } | Professional Diploma in Clinical Psychology |
| 2. Gurkirat | | |
| 3. Arshita | | |
| 4. Janhavi | | |
| 5. Prashansa | | |
| 6. Rida | | |
| 7. Shikha | | |
| 8. Himanshi | | |
| 9. Isha | | |



6. E Brochure/Banner (if made)- NIL

7. **Objective of the Activity:** The primary objective of the community outreach program was to engage with the migrant population in Sector 52, Gurgaon, to understand their living conditions, mental health concerns, and overall well-being. The outreach aimed to provide psychoeducation related to stress, mental health, and resources for medical and psychological support and spread awareness about the healthcare services available at SGT Hospital.

8. Brief Write-up (300 -500 words) on the event(s)explaining activities undertaken:

On 9th October 2024, the students of M.Phil. Clinical Psychology (Part One) and Professional Diploma in Clinical Psychology (PDCP) embarked on a community outreach program to a slum area predominantly occupied by migrant populations in Sector 52, Gurgaon. The visit was organized with the intent of understanding the daily challenges faced by the residents, particularly in terms of mental health, stress, job security, and access to healthcare. The outreach program also focused on raising awareness about the facilities offered by SGT Hospital, encouraging the community to utilize these resources for their health and well-being.

Upon arriving at the location, the students split into smaller groups to interact with the residents. Throughout the engagement, they conversed with individuals from different demographics, including men, women, and children, to gain deeper insights into their socio-economic conditions and the psychological impact of their living situations. Many of the residents expressed their concerns about job instability, the lack of security in their environment, and the constant stress they face in making ends meet. Several women spoke about the safety challenges they encounter, particularly when it comes to their children's well-being.

Additionally, the students provided basic psychoeducation, discussing the importance of mental health and emotional well-being. They informed the residents about the services available at SGT Hospital, explaining how the hospital offers affordable healthcare services, including mental health support and stress management programs.

The outreach not only helped the students understand the hardships faced by this vulnerable population but also allowed them to contribute positively by spreading awareness about available healthcare resources. By the end of the interaction, the residents were encouraged to seek assistance at SGT Hospital, ensuring they were informed about accessible healthcare and psychological support services.

- 8. Number & Description of Beneficiaries:** During the community outreach, the students interacted with 20 males, 25 females, and 3 children residing in the migrant population slum. These individuals shared their struggles related to poor living conditions, lack of secure job opportunities, concerns about personal safety, and high levels of stress and mental tension.

9. ***Outcome of the Activity & its relevance to Health Sciences:*** The outreach activity significantly contributed to the students' practical understanding of the social determinants of health, especially in underprivileged communities. By engaging directly with a marginalized population, the students gained firsthand experience in addressing mental health issues, identifying stressors, and offering appropriate guidance. The event underscored the relevance of health sciences by highlighting the crucial role healthcare professionals play in underserved communities. The interaction also provided the migrant population with vital information about the healthcare and mental health services available at SGT Hospital, improving their awareness of the resources they can access for physical and mental well-being. This outreach bridged a gap between the community and healthcare providers, fostering trust and empowering individuals to seek help when needed.

10. Relevant Photographs with captions (preferably geo-tagged & High-resolution images – to be mailed as separate attachments along with placement in word file also) – 4 to 6 Photographs





