

Event – “I’m Fine... Right?”

Date: 6 August 2026

In collaboration with: Saathi Support

Organised by: Department of Psychology, Mata Sundri College for Women

Mental Health Faculty Coordinator: Dr Sarabjit Kaur Saran

Mental Health Faculty Convenor: Dr Supreet Kaur Bhasin

Mental Health Faculty Co-Convenor: Prof. Pooja Wadhawan & Dr Poonam Vats

Student Coordinators: Siya Wadhwa, Khanak Mittal, Anushka Shukla, Himakshi and Diya

I'M FINE... RIGHT?

Recognising signs of distress, normalising uncertainty, and understanding that support doesn't have to wait for a crisis.

Thu, 6th August, 2026
12:30-1:30 PM
Mata Gujri Hall

Scan the QR Code to register

Speaker
Akshitara
RCI Clinical Psychologist
Co-founder, That Desi Psychologist

Dr. Supreet Kaur Bhasin
(Mental Health Convenor)

Prof. Sarabjit Kaur Saran
(Mental Health Faculty Coordinator)

Prof. (Dr.) Harpreet Kaur
(Principal)

Mental Health Co-convenors
Prof. Pooja Wadhawan
Dr. Poonam Vats

Student Coordinators
Siya Wadhwa
Anushka Shukla
Diya Bhattacharya
Himakshi Joshi
Khanak Mittal

Followed by a keynote on the Saathi Support Program.
Available at Mata Sundri College

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YOUTH FOR MENTAL HEALTH FOUNDATION

The Department of Psychology, Mata Sundri College for Women, organised an event titled “I’m Fine... Right?” on 6 August 2026 in collaboration with Saathi Support. The event was organised in lieu of National Mental Health Awareness Day, observed on 6 August, and as part of the Mental Health Initiative under the University of Delhi. The event was organised by the Mental Health Faculty Coordinators, Convenor and Co-Convenors as part of this initiative and was also held under the MoU signed between Saathi Support and Mata Sundri College for Women. The collaboration aims to psycho-educate students about mental health and provide peer support training to enhance and maintain their mental well-being.

The Principal, Prof. (Dr.) Harpreet Kaur, graced the occasion and shared her valuable thoughts of wisdom with the students. The event was attended by approximately 110 students and many faculty members of the college. Principal Ma'am was felicitated by Prof. Sarabjit Kaur Saran, Mental Health Faculty Coordinator, and Dr Supreet Kaur Bhasin, Mental Health Faculty Convenor.

The event had many interactive activities and discussions, which made it very lively. Activities on sensitivity and empathy building were conducted, along with activities that helped students understand mental well-being, recognise stress and think about ways of managing it. The speaker focused on peer coping strategies used by Saathi Support, including Behavioural Activation, Problem-Solving and Study Skills. The session ended with small kits distributed among the students to help spread awareness about mental well-being and these coping strategies.

For the purpose of awareness, stalls were already set up right outside the venue before the event. Information about the organisation, further support and the registration process was shared with the students. Students were also given goodies and souvenirs, including bookmarks, postcards and chocolates, as part of the initiative.

A feedback form was shared with the students after the session. Over 60 students submitted the form, and the feedback received was positive. They preferred having more such workshops and sessions.

The event poster was also shared on the official Student Union page of Mata Sundri College for Women, and a screenshot of the post is attached below.



Post by the official Instagram page of the college

