

SWAMI RAMA HIMALAYAN UNIVERSITY

School of Biosciences

Report on Guest Lecture on Mental Health Awareness

Date: 10th October 2025

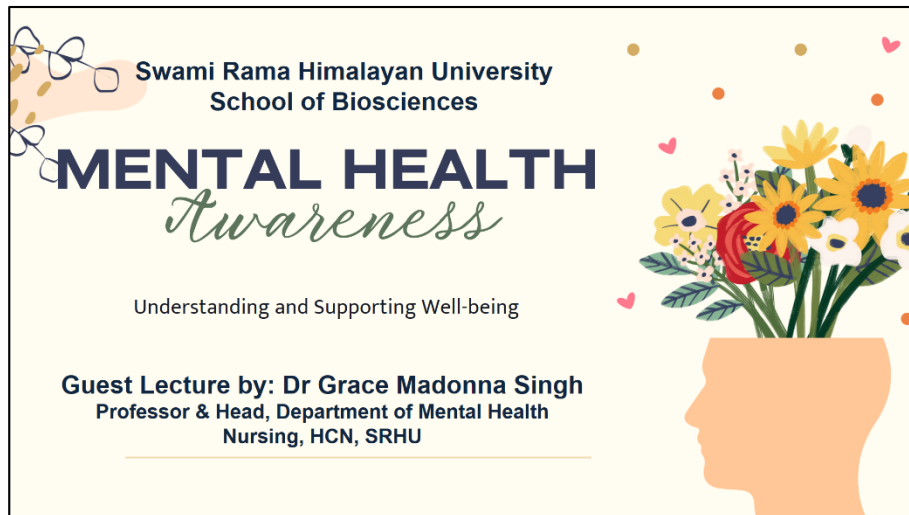
Venue: LT 7, SBS, SRHU

Participants: Students

No of participants: 62

The School of Biosciences, Swami Rama Himalayan University, organized a Guest Lecture on Mental Health Awareness as part of its ongoing efforts to promote psychological well-being and resilience among students and faculty members. The session aimed to sensitize participants to the importance of mental health, particularly in times of crisis and disaster situations. The lecture was delivered by Dr Grace Madonna Singh, Professor and Head, Department of Mental Health Nursing, Himalayan College of Nursing (HCN). She emphasized the psychological impact of natural and man-made disasters on individuals and communities, elaborating on strategies for coping, resilience-building, and early intervention. Her session highlighted the significance of mental health preparedness, the role of healthcare professionals in psychosocial support, and the need for integrating mental health awareness into broader public health responses.

The lecture concluded with an expression of gratitude to Dr Grace for her enlightening presentation, which enhanced the understanding of participants regarding the multidimensional aspects of mental health care.



Digital flyer Official digital flyer announcing the guest lecture organized under the academic engagement initiative of SBS



Dr Grace Madonna Singh delivering an insightful session on mental health resilience during disasters to students of the School of Biosciences



Participants attentively engaging in the guest lecture on Mental Health highlighting the importance of psychological preparedness and coping strategies



Dr Grace Madonna Singh being felicitated by Dr Vivek Kumar, Vice Principal, School of Biosciences, SRHU, in appreciation of her valuable contribution to mental health awareness.



Group photograph of faculty members, students, and the distinguished speaker, marking the successful conclusion of the Guest Lecture on Mental Health Awareness

Attendance

SWAMI RAMA HIMALAYAN UNIVERSITY SCHOOL OF BIOSCIENCES

DATE: 10/10/2025

Lecture on Mental Health

By Dr. Grace Madanra Singh

S. No.	Students Name	Course	Signature
1	Sapna Chauhan	Bsc. microbiology	<i>[Signature]</i>
2	Jahanni Yadav	Bsc. microbiology	<i>[Signature]</i>
3	Trijyoti Bai	BSC Microbiology	<i>[Signature]</i>
4	Vanshika Chauhan	Bsc. Biotechnology	<i>[Signature]</i>
5	Purana	Bsc. Biotechnology	<i>[Signature]</i>
6	Radhika pai	Bsc. Biotechnology	<i>[Signature]</i>
7	Riya Rawat	Bsc. Biotechnology	<i>[Signature]</i>
8	Raveena Rana	BSc Biotechnology	<i>[Signature]</i>
9	Sneca Rawat	BSC Biotechnology	<i>[Signature]</i>
10	Pallavi Rawat	BSC Biotechnology	<i>[Signature]</i>
11	Pratyaksha	BSC Biotechnology	<i>[Signature]</i>
12	Rishiz Aryan	B.Sc. Biotechnology	<i>[Signature]</i>
13	Aditya Kumar	Bsc Biotechnology	<i>[Signature]</i>
14	Piyush Kumar	BSc. Biotechnology	<i>[Signature]</i>
15	Poojusha Kayanajhi	Bsc. Biotechnology	<i>[Signature]</i>
16	Asha Khandwal	Bsc. Biotechnology	<i>[Signature]</i>
17	Anshika Singh Ramesh	BSC Biotechnology	<i>[Signature]</i>
18	Palak Gupta	Bsc Biotechnology	<i>[Signature]</i>
19	Ashrami Sharma	Bsc Biotechnology	<i>[Signature]</i>
20	Himani Joshi	Bsc Biotechnology	<i>[Signature]</i>
21	Anshika Bishit	Bsc Biotechnology	<i>[Signature]</i>
22	Gauri Ratni	B.S.C. Biotechnology	<i>[Signature]</i>
23	Nikita	B.S.C. Biotechnology	<i>[Signature]</i>
24	Kashish Bhatt	Bsc. Microbiology	<i>[Signature]</i>
25	Niharika Gupta	B.S.C. Microbiology	<i>[Signature]</i>
26	Nikita	B.S.C. Microbiology	<i>[Signature]</i>
27	Renuka	B.S.C. Microbiology	<i>[Signature]</i>
28	Preeti Negi	Bsc Biotechnology	<i>[Signature]</i>

S. No.	Students Name	Course	Signature
29	Sawan Chohan	Bsc Biotechnology	
30	Siya Kathait	BSC Biotechnology	
31	Nandini	BSC Biotechnology	
32	Dipti Negi	Bsc Biotechnology	
33	Ritika Mehra	Bsc Biotechnology	
34	Astha Pandey	BSC Biotechnology	
35	Pratibha	B.Sc. Biotechnology	
36	Aastha Aswal	Bsc Biotechnology	
37	Samya	b.sc. Biotechnology	
38	Shreyas Dabral	b.sc. Biotechnology	
39	Siya Kausal	Bsc. Biotechnology	
40	Sakshi Bedwal	BSC Microbiology	
41	Tanya Joshi	B-sc Microbiology	
42	Monika Khand	BSC Micro	
43	Lakpa Diki Shree	B.sc. Biotech	
44	Meenakshi	B.Sc. Biotech	
45	Smriti Negi	BSC "	
46	Simran Sam	"	
47	Sakshi	"	
48	Anshika Aswal	Bsc. Biotech	
49	Ishika	"	
50	Mahak	"	
51	Aman	"	
52	Sumit	Microbiology	
53	Gautam	Bsc Biotech	
54	Avinash	" "	
55	Abhirandan	"	
56	Hardik	"	
57	Aashu	"	
58	Anshul	"	
59	Ankush	"	
60	Harshit	"	
61	Harsh	"	
62	Piyush	"	

