



CATHECT

Department of Psychology
Bharati College, University of Delhi



Presents

Karavasthiti

Mental health and work life balance

Interactive Workshops for teaching staff,
non-teaching staff & students

Renowned Personalities as
guest speakers

Accomplished artist & Exciting
Activities

14th & 15th October, 2024
Seminar Room, Central Lawn

Debate Competition

Open Mic Competition

This is your chance to
engage in a battle of ideas
and win with words!

Got a voice that needs to be
heard? A story, a poem, or a
piece of art from your heart?
This is your chance!

Date: 14th October, 2024

Time: 3 PM

Venue: Seminar Room

*Agenda will be shared
24 hours before competition

Date: 15th October, 2024

Time: 12 Noon

Venue: Central Lawn



Theme for all competitions:
**Mental health and
work life balance**

REGISTER NOW!!

Use the links
mentioned in the
Message below for all
competitions

@50/- only

Note that the QR given is
only for UPI purposes
*DO NOT TRANSFER MONEY
THROUGH PAYTM WALLET*



CONTACT:-
+91 97289 48073
KHUSHI
EVENT MANAGEMENT HEAD
+91 9999704049
ADITI SEHRAWAT
PRESIDENT

WIN
CASH PRIZE!

₹ 500/-

+ E- certificate

for ALL

participants!!

And refreshments

Doodling Competition

Unleash that hidden Picasso
in you or maybe just have a
good time by indulging in that
hobby of yours! 🎨

Date: 15th October, 2024

Time: 2 PM

Venue: Seminar Room

Hello everyone!

Cathect Society, Department of Psychology is organising "Karamsthiti: Mental Health and Work Life Balance" - an event in the honour of World Mental Health Day. It aims at spreading awareness about the importance of mental well-being in workplace.

There are various lectures, workshops and activities organised for the students along with debate competition, open competition and doodling competition on 14th and 15th October, 2024 in the seminar room and Central lawn.

All teaching and non-teaching staff are also invited to join us for a workshop and jamming session on 15 October 2024, 3:30 PM onwards in the seminar room.

Get ready to show case your talents and win exciting rewards at



Karmasthiti!



Debate Competition

This is your chance to engage in a battle of ideas and win with words!

Date: 14th October, 2024

Time: 3 PM

Venue: Seminar Room

Registration form

link: https://docs.google.com/forms/d/e/1FAIpQLSdjFUzPrxAZGnX9mxn0OUYyJnx9DXsq0umD_dqaDrnDv8E7nw/viewform?usp=sf_link



Doodling Competition



Unleash that hidden Picasso in you!

Date: 15th October, 2024

Time: 2 PM

Venue: Seminar Room

Registration form link: https://docs.google.com/forms/d/e/1FAIpQLSdqEQ6Olapg-f9qPo0EVjUxh5b45qdLgrKPsU2uQ5EfWDeeww/viewform?usp=sf_link



Open Mic Competition

Got a voice that needs to be heard? This is your chance.

Date: 15th October, 2024

Time: 12 noon

Venue: Central Lawn

Registration form

link: https://docs.google.com/forms/d/e/1FAIpQLSfxJTLa68mxznt3MM4SfOiTuBmi5pNLKmUJUbGZOYThwkXIQA/viewform?usp=sf_link

Registration fee for all competitions: 50 INR.

UPI ID: musk7899@okicici

*Note that the given above is only for UPI purposes. DO NOT TRANSFER MONEY THROUGH PAY.

The winners will get a *cash prize of 500 INR*. *List of rules* for all competition is given in their respective forms.

Please ensure that you join the whatsapp group after filling the form.

For further details, contact:

+91 9999704049

Aditi Sehrawat, President

+91 97289 48073

Khushi, Event Management Head

Warm Regards,
Cathect Society,
Department of Psychology,
Bharati College