makes sense

# SADHANA-SSCBS

Sadhana is the Mental Health and Yoga Society of SSCBS. It works to promote mental well-being, mindfulness and holistic health among students by creating safe and supportive spaces where they can talk openly about mental health, learn practical techniques to manage stress, and build resilience. Through workshops, webinars, counselling initiatives, outreach programmes and yoga, the society supports students in dealing with academic pressure, relationships, emotions and uncertainty about the future.

During the academic session 2025–26, Sadhana organised 8 events, 6 workshops and 5 webinars, including AntarYog'26, its first annual inter-college yoga festival. The society worked with partners such as the Art of Living Foundation, Vandrevala Foundation, Talk to Angel, Safe N' Happy Periods, the Rotaract Club of Visioner's League, the NSS unit, DTU and Shubhakshikha Educational Society, and its members brought home district and state level honours in yoga sports.

## Achievement of the Society Members :

**Total Achievements:** 3

- 1st Position – Artistic Yoga Solo, District Yoga Sports Championship (30th August 2025)
- 1st Position – Rhythmic Yoga Pair, District Yoga Sports Championship (30th August 2025)
- 2nd Position – Rhythmic Yoga Pair, State Yoga Sports Championship (21st September 2025)

## Competitions attended by society members :

**Number of Competitions Attended:** 3

**Brief Summary**

Members of Sadhana took part in yoga sports championships during the academic session 2025–26. At the District Yoga Sports Championship, held on 30th August, they secured 1st position in Artistic Yoga Solo and 1st position in Rhythmic Yoga Pair. At the State Yoga Sports Championship, held on 21st September, they secured 2nd position in Rhythmic Yoga Pair. These results reflected the dedication, flexibility and discipline of the society's yoga practitioners and strengthened Sadhana's presence beyond the campus.

## Events organised by the society in the year :

**1. AntarYog'26**

*24th April 2026 | 160+ participants and attendees*

The first annual inter-college yoga festival of Sadhana, organised to promote physical fitness, mindfulness, discipline and holistic well-being. It featured four competitive events: Aarohan (Traditional Yogasana Excellence – Boys), Prerna (Traditional Yogasana Excellence – Girls), Layam (Artistic Yoga Performance – Boys) and Spanda (Artistic Yoga Performance – Girls). A panel of experienced judges evaluated performances on posture, stability, flow, presentation, creativity, difficulty level and overall performance, and trophies, certificates and prizes were awarded to winners and outstanding performers. Participants, volunteers, judges and wellness enthusiasts from various institutions came together, and the festival created a peaceful and positive environment for students to meet and build connections.

**2. Mindful Conversations: AOL Talks Series**

*10th–12th September 2025 | 350+ students*

Conducted in association with the Art of Living Foundation under the guidance of Ms. Tannu and Mr. Nihar Khurana. The talks covered stress management, well-being, emotional health, mindfulness and holistic education, and introduced students to practical methods that help them take care of their mental well-being amidst the pressures of academic, personal and professional life.

**3. Student Wellness & Counselling Initiative**

*24th & 25th September 2025 | 400+ participants*

A safe and supportive platform for first-year students to discuss their personal and academic concerns with professional counsellors, through both individual and group interactions. Participants received guidance on managing stress, anxiety and emotional challenges. The initiative aimed to promote mental health awareness and ensure that students felt heard, supported and understood.

**4. The Reflective Well-being and Journaling Session**

*12th September 2025 | 15+ members*

A session that combined recreational games with guided journaling exercises to create a relaxed and engaging environment. The activities were designed to reduce stress, encourage social interaction and promote self-reflection, allowing members to express their thoughts and emotions freely while the games added an element of fun.

**5. Harmony & Healing: Inter-College Bhajan Jamming**

*30th January 2026 | 100+ students*

A collaborative event with DTU and the Art of Living (AOL) that brought together students for a soulful bhajan jamming session. It promoted relaxation and inner peace through music and collective participation, helped participants unwind from academic stress, and strengthened inter-college connections.

**6. Nurturing Young Minds: Mental Health and Life Skills Outreach Programme**

*21st February 2026 | 10 student volunteers, 120+ children*

Organised in partnership with Shubhakshikha Educational Society, the programme saw 10 student volunteers engage with over 120 students from Classes 1 to 3 through a drawing competition, singing, dance activities, games and prize distribution. Volunteers led age-appropriate discussions on kindness, empathy, friendship, self-confidence, personal hygiene, gratitude and positive behaviour. The programme created an environment of joy and learning for young children while helping the volunteers develop empathy, leadership and communication skills.

**7. CBS Decoded**

*October 2025 | 146 participants | Online (Zoom)*

An interactive online session led by Divyanshi Shukla, Tanmay Bothra, Jyotika Malhotra and Rajat Gunecha. Participants asked questions and shared their thoughts in an engaging discussion that encouraged meaningful dialogue and gave attendees valuable insights.

**8. Make It Make Sense**

*First week of college | Under 100 participants | Offline*

A relaxed and interactive event created especially for first-year students in their first week of college. It gave newcomers a space to describe their first week, unwind and socialise with fellow batchmates. Participants wrote short notes about their experiences on colourful sticky notes and put them up on a shared wall, which showed that many first years felt the same way and helped them settle into college life.

## Workshops organised by the society in the year :

**1. Neuroplasticity Workshop: Rewiring the Mind**

*25th & 28th August 2025 | 30+ participants*

A transformational workshop facilitated by Dr. Durga, Dr. Gagandeep and Dr. Deepika, blending science, psychology and embodied practices to guide students towards self-awareness and personal growth. Built on the idea that the brain can change its structure and function throughout life, it helped students shift their thought patterns, behaviours and emotional responses through activities such as free-flowing dance and group exercises. Each participant received individual attention and one-to-one guidance in a safe space.

**2. Youth Empowerment & Well-being: AOL YES+ Programme**

*15th–18th September 2025 | 50+ participants*

The YES+ (Youth Empowerment and Skills) Programme was conducted in partnership with the Art of Living Foundation by Ms. Heena and Mr. Nihar Khurana. Using experiential learning, breathing techniques, kriyas, guided activities and meditation, it helped students manage academic pressure, peer relationships, challenging emotions and uncertainty about the future. Over the four days participants worked in teams on activities that built teamwork, leadership and communication, and the grand finale included a no-fire cooking competition, skits and dance performances, ending with a bhajan jamming session.

**3. Creative Expression & Design Skills Workshop (Canva KSS)**

*8th October 2025 | 20+ members*

Facilitated by Coordinator Disha Verma, this workshop used Canva as a creative mental health activity. Participants created posters and digital artwork on themes such as peace, positivity, gratitude, self-growth, resilience, mindfulness and emotional wellness, using design as a tool for self-expression, stress relief and emotional processing.

**4. Breath, Balance & Mindfulness Workshop**

*11th February 2026 | 30+ students*

Conducted by Mr. Ashok Bhatt through interactive discussions and guided exercises. It covered mindfulness, circadian rhythm, diaphragmatic breathing, stress management and the importance of a balanced lifestyle, and introduced breathing techniques and mindfulness practices to improve concentration, emotional regulation and inner calm.

**5. From Worry to Wellness: Stress Management & Effective Communication**

*23rd February 2026 | 30+ participants*

Conducted by Mr. Nihar Khurana to help participants manage stress arising from academic pressure and daily responsibilities. Through practical insights and relatable examples, participants learned techniques to maintain emotional balance, improve clarity in expression and handle challenging situations with confidence.

**6. Building Meaningful Relationships, Communication & Emotional Intelligence**

*25th March 2026 | 35+ participants*

Conducted by Ms. Tanu Kanchan, HR professional and certified soft skills trainer, in partnership with the Rotaract Club of Visioner's League. The session focused on emotional intelligence, networking, healthy interpersonal relationships and professional communication through activities and discussions. As a closing exercise, participants wrote letters to their future selves.

## Webinars organised by the society in the year :

**1. Mental Health Matters: World Mental Health Day Webinar**

*10th October 2025 | 50+ participants*

Organised on World Mental Health Day to spread awareness about mental health issues and break associated stigmas. The session highlighted the importance of self-care, emotional resilience and seeking professional help when needed.

**2. The Power of Positive Self-Talk**

*7th March 2026 | 101 participants | Virtual*

Organised in collaboration with Talk to Angel and conducted by Ms. Arushi Srivastava, a counselling psychologist specialising in CBT and ACT techniques. Participants learned to identify and challenge negative self-talk and develop healthier coping strategies, with attention to anxiety and stress, through interactive activities.

**3. Period Diaries: Decoding the Menstrual Cycle & Its Emotional Journey**

*8th March 2026 (International Women's Day) | About 103 participants | Virtual*

Conducted by Ms. Sushmita Tatuskar, a menstrual health educator from Safe N' Happy Periods. The session explained the science of the menstrual cycle and how hormonal changes affect mood, energy, emotions and mental health, and provided an open platform to ask questions and break myths. It was open to everyone, not only women.

**4. Overthinking: How Much Is Too Much?**

*5th April 2026 (International Day of Conscience) | Online*

Organised in partnership with the Vandrevala Foundation and conducted by counselling psychologist Ms. Preeti Gupta and Pooja C., who explained why overthinking is a problem, its stages and how to bring clarity of thought. The session was anonymous, with participants joining under their favourite cartoon-inspired names, which reduced inhibitions and encouraged honest conversation.

**5. International Yoga Day Celebration**

*21st June 2026 | Online, 90 minutes*

Organised in collaboration with the NSS unit and conducted by yoga instructor Mr. Ajay. Participants were guided through the Common Yoga Protocol, including asanas, pranayama and relaxation exercises, followed by a discussion on the benefits of yoga and an interactive Q&A; on practice, fitness, posture and a healthy lifestyle.

## Other Initiatives :

- **Strengthening Digital Presence:** Sadhana actively maintained its Instagram platform by consistently sharing updates about events, workshops, awareness campaigns and society activities, which increased the society's visibility and kept students informed about mental health and wellness opportunities.
- **Development of Official Sadhana Website:** Work is underway to establish the society's official website as a centralised platform for resources, event archives, society information and opportunities for student engagement.
- **Expansion of Digital Knowledge-Sharing Platforms:** The society began establishing its YouTube presence to make mental health and wellness content more accessible, with plans to share knowledge sessions, expert talks, awareness content and educational resources.

### Student Committee :

| Name | Position Held |
|---|---|
| Disha Verma & Charvi Kothari | President |
| Ansh Garg & Prakshi Jain | Vice President |
| Adit Arora, Gaurav Kumar, Hansika Singh, Tanisha Yadav | Coordinators |
| Madhav, Gargi, Satendra, Ujjwal, Priyanshu | Advisory Committee |
| Disha, Manshika, Ansh, Tarun | Core Committee |

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| Ambar, Ankit, Arpit, Adit, Manthan, Saksham, Sparsh, Tanisha, Ujjwal, Rhythm, Rani, Yashika, Pranav | Organizing Committee |

**Teacher Incharge:** Mr. Tushar Marwaha