



Talk Organized by Community Outreach and Department of Psychology of the College

A talk by Ms. Devika Malik was held on 6th November 2019 where she openly voiced about how she overcame the challenges of her disability to become an international para-athlete (disability sports) with 8 national & 3 international medals at World Para Athletics Grand Prix competitions. She is a psychological counsellor; International Disability Inclusion Advocate & TEDx Speaker and social entrepreneur -co-founder of the Wheeling Happiness Foundation. Her words made the audience believe in their potentials and ability to perform better. She also highlighted important facts about the mental health stigma.

"It was a great and insightful talk. It made me realize even though she is often viewed as 'different' our daily life experiences are not much different. Her story and her views helped me to not self-criticise myself and instead, accept myself for who I am." Said one of the attendee.

"It was very insightful when she told us about her little struggles of not being able to tie laces or complete her writing on time and how she dealt with them. I learned that if you have dedication and will power then you can achieve so much in life. You can empower people , you can bring changes , you can help someone. Apart from that, I think she has achieved a lot in her life at an early age. It was empowering and brilliant!" Reported another.



It was indeed really helpful for the students to have a discussion around the topic of the talk: Inward Outward-Facing the Challenges blocking the road of your wellbeing. We thank our Principal for allowing us to hold such an event and look forward to continue working with the same

spirit to benefit the students by organizing such motivational and inspirational talks.