GD GOENKA SCHOOL
Thrive. For Life.
(Under The Aegis of GD Goenka Group)

Sarita Vihar
New Delhi

THEME: Students' Enrichment program under the Flagship of Udaan… A Gateway into the future

REPORT: Master Class in Psychology

DATE: Tuesday, August 11, 2026

CONDUCTED BY: Dr. Moitrayee Das, Assistant Professor – Flame University

ATTENDED BY: Students of Psychology XI and XII (30)

REPORT

Prioritizing Mental Health especially for our Gen Z is of utmost importance in today's hyper connected world. To equip the future psychologists, the students of Psychology of grades XI and XII were given a unique experience of a master class in Psychology by Dr. Moitrayee Das, Assistant Professor of Psychology at FLAME University.

The immersive session emphasized on the importance of mental health, the need to normalize conversations about stress and anxiety and break the barriers. Her well researched presentation kept the students engaged and inquisitive. She discussed the reasons leading to increased deaths by suicide among the young generation, impact of taking help from AI than humans and how emotions are being understood and not felt genuinely. Her appeal to the student body was to reflect within and seek a human help where trust can be established to resolve issues rather than feeling lonely and taking extreme decisions in haste.

She also discussed various career options related to Psychology and opportunities of the various combinations of courses as major and minor at Flame University. Her approach towards the students, coming to their level, made her connect well. The invigorating session truly benefitted the students.

DIGITAL MARKETING