



Malviya National Institute of Technology Jaipur
Dean Student Welfare Office

A Workshop on Mental Health Awareness for Breaking Barriers, Building Bridges
(January 27, 2023)

A REPORT



About

The Wellness team, Dean Student Welfare Office, MNIT Jaipur, organized a workshop on mental health awareness for the students of MNIT Jaipur on January 27, 2023. Ms Simran Luthra, a leading clinical psychologist, was invited to conduct the workshop.

USPs of the session

- Interactive session about mental health
- Fun activities to burst the myths around wellness
- Getting to know what is driving your behaviour
- Opportunity to know your own triggers
- Takeaway tools for better mind space



Resource person

Ms. Simran Luthra, Clinical Psychologist (A)

Being named a 'Suicide Prevention Counsellor' by The New Indian Express, Simran Luthra is a Clinical Psychologist (A), licensed by the Rehabilitation Council of India and the founder of Talk Happy Therapy. She has conducted over 5000 hours of therapy sessions and facilitated more than 100 Workshops for Mental Health Care in different organisations using various therapeutic modalities. She has been a guest speaker at renowned institutions such as IIM-Rohtak, the University of Delhi,

NIMHANS and more. Additionally, she has been an actor, an anchor and worked in the radio with leading names from Bollywood. Currently, Simran is working with the Government of Delhi and United Way Delhi as a Consultant Psychologist on the School Mental Health Initiative - a project running in Government Schools of Delhi to raise mental health awareness and care.



Date

The first session was scheduled on **January 27, 2023, at 5.30 pm in Neeti Sabhagar.**

Activities covered

- Pre-assessment
- Coping up and identifying the triggers
- Thinking errors and risk & Protective factors
- Ballon activity
- Self-care Bingo
- Laugh it out
- What fears you
- Post Assessment

Flyer for the event



MALAVIYA NATIONAL INSTITUTE OF TECHNOLOGY JAIPUR
STUDENT WELFARE OFFICE

"BREAKING BARRIERS, BUILDING BRIDGES : B4YOU"
(An Initiative for Student Wellness)

Ms. Simran Luthra
Clinical Psychologist and Founder of Talk Happy Therapy

27th January, 2023
Venue:- Neeti Sabhagar
Time:- 5:30 PM

Scan this QR Code to fill the registration form

Feedback from Students

“Mental health is important and crucial. We should conduct such workshops more often”

“Please conduct such workshop to improve the mental peace and happiness of student.”

“This type of workshop should be Organised by institute in some intervals of time.”

“Thank you so much for organising this activity. We will love to attend for similar workshop with more in-depth discussions about mental health. Would love to join such workshops ”

“Hoping for frequent and solution based workshop like this”

“Much effective workshop.”

“Got to know how to tackle trigger , stress and various coping mechanism”

“Understood about subtle but alarming behaviours which could lead to mental illness, ways to tackle difficult situations and facing it rather than just living with the problem”

“To be aware, check health and warning signs”

“I appreciate that our college organized this event and I feel this event provided valuable knowledge and resources”

“Organizers did a great job of creating a safe and welcoming space for students to talk about their mental health ”

“The guest speaker was inspiring and relatable, and the mindfulness exercises helped me feel more centered and focussed ”