



MALAVIYA NATIONAL INSTITUTE OF TECHNOLOGY JAIPUR

DEAN STUDENT WELFARE OFFICE

CULTIVATING A POSITIVE MINDSET: A WORKSHOP



ABOUT

The wellness Team of MNIT Jaipur under the Dean Student Welfare Office organized a workshop for the undergraduate students of Swami Keshvanand Institute of Technology to promote awareness about mental health and wellbeing. The workshop was conducted on **12th of April 2023** from **12.30 pm to 3.00 pm**.



TEAM

- DR. RITIKA MAHAJAN (FACULTY)
- PRAKASH (2022PBM5014)
- MANSI SHRESHTHA (2022PBM5036)
- MONICA SAREEN (2021RBM9042)
- NISHANK (2022PBM5039)
- SEBIN (2021PBM5049)
- SUBAKARAN SAIPRASANNA (2021UEC1009)



PURPOSE

- To create awareness about the importance of mental health
- To provide a safe space to the students to share their problems
- To relieve students of their stress due to day-to-day problems
- To teach better self-care routines for the wellbeing of students

PROCEEDINGS

INTRODUCTION: The Team was introduced and an overview of the event was given to the students.

PRELUDE: Myths about mental health were busted.

ACTIVITY 1: A balloon was given to each student and they were asked to blow it up, and they were instructed to keep the balloon in the air with a few commands. This activity showed that the students the significance of focus, concentration and physical activity. It brought laughter and smiles and broke the ice.

ACTIVITY 2: This activity was called "self-care bingo" where the student had to pick a row or column of self-care examples that they perform and explain how they performed them. This activity helped the students open up and set examples for the others to perform self-care activities.

ACTIVITY 3: This activity was a social experiment, where the students disclosed their fears and problems. The students were also called upon on stage to address these problems. It was an anonymous activity helping students to open up and seek solutions to their issues and problems.

CLOSING: An open house was held where the students asked questions. The event was concluded with a vote of thanks.



FEEDBACK

- "The session was great rating:10/10
- "I felt a lot of happiness after this session . It's a positive goodness." rating:9/10
- "Talk about the general issues that everyone is facing ." rating:10/10
- "We enjoyed activities and learnt most of the things related to our life." rating:8/10
- "The session is very good and interesting." rating:9/10
- "The energy of the speaker and the relevance of the content was great." rating:7/10
- "The energy of the speaker and the relevance of the content." rating:10/10
- "session helped me out to solve my intrusive thoughts." rating:9/10

Total 73 responses were recorded, few selected responses are show above.



खबरों की दुनिया

जयपुर। स्वामी केशवानन्द इन्स्टिट्यूट ऑफ टेक्नोलॉजी मैनेजमेंट एवं ग्रामोत्थान में आयोजित पाँच दिवसीय विद्यार्थी कार्यशाला के समापन में मोहित गौड़ के द्वारा विद्यार्थियों को सही मायने में आनन्दम का मतलब बताया गया। यह कार्यशाला 10-14 अप्रैल, 2023 को स्टूडेंट काउन्सलिंग एण्ड गाइडेंस - माइण्डिंग मेंटल हेल्थ विषय पर बीटेक के विद्यार्थियों के लिए ऑफिस ऑफ स्टूडेंट अफेअर्स एवं रसायन शास्त्र विभाग के संयुक्त तत्वाधान में आयोजित की गई। वर्तमान काल के विद्यार्थियों में बढ़ रहे अवसाद, अवसाद, नकारात्मक भाव, कैरियर की आशंका, भविष्य की चिन्ता एवं मोबाइल के बढ़ते उपयोग से होने वाले मानसिक एवं शारीरिक विकारों के समाधान के लिए संस्था में भिन्न-भिन्न विषयों के विशेषज्ञों को

आमंत्रित किया गया। कार्यशाला के प्रथम दिन श्री कृष्ण पाद प्रभु जी ने विद्यार्थियों को जीवन में प्रसन्न होने के तरीके बताए। आर्ट ऑफ लिविंग के अक्षय मितल ने भस्मिका प्राणायाम द्वारा अवसाद नियन्त्रण का तरीका बताया। कार्यशाला के तृतीय दिवस डॉ. रितिका महाजन, समन्वयक, वेलनेस ग्रुप, अण्डर डीन स्टूडेंट वेलफेयर विभाग, एम एन आई टी जयपुर ने सकारात्मक मनस्थिति बढ़ाने के तरीके बताए। ब्रह्मकुमारी शिवानी एवं डॉ मीनाक्षी व्यास ने मानसिक सशक्तिकरण के तरीकों पर चर्चा की। इस कार्यशाला का आयोजन डॉ. संगीता व्यास, हेड ऑफिस ऑफ स्टूडेंट अफेयर्स एवं डॉ. विनीता शर्मा, डॉ शारदा सोनी, प्रवक्ता रसायन शास्त्र विभाग ने किया और संचालन डॉ चन्दन कुमार और डॉ स्वाति जोशी ने किया। सुश्री राधिका सोनी एवं कायनात अंसादी ने कार्यक्रम में एंकरिंग की।

