



**Malaviya National Institute of Technology Jaipur
Dean Student Welfare Office**

**Report on Wellness Camps in the
Orientation Program 2023**

1. Introduction:

During the 2023 Orientation Program for UG and PG students at MNIT Jaipur, the Dean Student welfare office organized Wellness Camps. These camps were strategically scheduled in two groups—the first from August 3-5 and the second on August 26-27, 2023. Both camp groups focused on the well-being of the new UG and PG students, providing a base of support and growth opportunities as the students started their academic journey.

1.1. Objectives Outlined and Achieved

- Elevating consciousness regarding a multi-faceted approach to well-being.
- Advocating for physical fitness paradigms and the adoption of healthful lifestyle practices.
- Introducing students to methods beneficial for emotional, social, and digital well-being.
- Getting students excited and involved in creative activities that improve their wellness.
- Building a solid feeling of togetherness and acceptance among the students.
- Making talks about mental health more common and creating a safe place for these discussions without any shame or embarrassment.

The Camp focussed on nurturing personal well-being. With the guidance of experienced counselors and well-being experts, students received feedback on physical and emotional wellness and personality assessment. Recognizing the importance of social connections, team-building exercises, and interactive workshops were conducted to foster a strong sense of camaraderie among the students. Further, in an increasingly digital era, digital well-being was promoted. The Camp raised awareness about maintaining a balanced approach to technology use and social media, encouraging students to be mindful of their digital habits while harnessing technology for productive and positive purposes.

1.2 The camp had six activities facilitated by well-being experts and designed to give students the strength and knowledge to handle different parts of their lives well. These included:

1. **Discover Your X-Factor** involved comprehensive psychometric assessments, giving students insights into their personalities, leadership potential, and learning styles. Executed by a team of psychologists, the activity culminated in personalized reports for students, highlighting individual strengths and areas for growth.
2. **Let's Connect** provided a valuable opportunity for students to engage in individual counseling sessions with guidance counselors. This activity was designed to foster a supportive environment where students could openly share and navigate their concerns.
3. **Digital Zen** addressed the importance of digital well-being. An expert in the field guided participants through the nuances of responsible technology use, emphasizing the need for balance in their digital lives.
4. **Fit and Fabulous** focused on physical health, with specialists discussing exercise, nutrition, and preventive healthcare. The interactive nature of this session provided practical advice for adopting a healthier lifestyle.

5. **Connect and Thrive** employed experiential learning to enhance social bonds, communication, and teamwork. Through various activities, students were encouraged to interact and build relationships with their peers, fostering community within the college.
6. **Happiness Hub** created a space for relaxation and expression through games and creative activities. This segment, managed by student volunteers, highlighted the therapeutic value of leisure and fun in maintaining emotional balance.

The second group of the Wellness Camp, August 26-27, introduced an additional element apart from the activities organized in group one. This incorporated a panel discussion, enriching the program's comprehensive approach to student well-being. The discussion was spearheaded by a trio of experts comprising a psychologist, a digital well-being specialist, and a visionary teacher. Their combined expertise broadened the scope of the camp, ensuring a more multifaceted approach to the various challenges students face in contemporary academic and social landscapes.

1.3 Execution Strategy

To ensure the efficient and smooth execution of the Wellness Camp, the following strategy was implemented:

Each session was assigned a specific time slot. Activities were scheduled sequentially and organized to maximize participation and minimize disruptions. Simultaneous sessions were conducted to accommodate all the students. Students were divided into groups, each following a pre-defined rotational schedule. This schedule enabled every student to participate in all the activities within the given timeframe. A buffer time of 0.5 hours was allocated daily to account for any unexpected delays or extensions in activities. This buffer time ensured a smooth transition between activities and allowed for flexibility in unforeseen circumstances.

To efficiently conduct all the sessions for students attending the wellness camp each day, the students were divided into batches of equal numbers. To allocate time for each session, the total available 3.5 hours was equally divided among the six sessions for the batches. Thus, each batch spent approximately 20 minutes in each session.

The execution strategy for the Wellness Camps was meticulously organized. Activities were sequenced to ensure smooth transitions and broad participation. The camp accommodated all attendees by conducting simultaneous sessions, with students rotating through the activities in small groups. This efficient structure, including buffer periods, accounted for potential delays, ensuring a seamless experience for all participants.

2. Activities Executed

2.1 Discover Your X-Factor (Psychometric Assessment)

A standout session entitled "**Discover Your X-Factor**" was conducted, marking a transformative experience for the students. Facilitated by Dr. Jaishree Jain, with her team of 20 psychologists from SMS Medical College and Hospital, Jaipur, the session focussed on aspects of personality analytics for the new UG and PG students.

About the Speaker:

Dr. Jaishree Jain is a clinical psychologist recognized for her extensive academic journey, including an M.Phil and Ph.D. in the discipline. Currently presiding as the Head of the Department of Psychology at SMS Jaipur, Dr. Jain operates from the neuro-specialty hub, Brain Tower. Her vast experience encompasses numerous cases, examining the efficacy of psychological interventions and exercises in enhancing functional capabilities.



Session Highlights:

- The event was initiated with comprehensive psychometric evaluations focusing on personality, leadership, and individual learning capabilities. Each assessment tool was carefully chosen for its precision and relevance to the student's journey of understanding themselves better

Learning Outcomes:

- Participants experienced an enhanced self-awareness, paving the way for academic and personal strategizing grounded in introspective understanding.
- The tailored reports and guidance acted as a navigational tool, endorsing a self-empowered approach to personal development and decision-making.



2.2 Let's Connect

"Let's Connect" was a dedicated space for students to participate in one-on-one counseling sessions with guidance counselors. The activity was crafted to create a supportive setting where students could freely discuss and explore their concerns, benefiting from the counselors' guidance.

Session Highlights:

- Students received individual counseling, ensuring a tailored approach to their personal development.
- Experienced psychologists led the sessions, providing valuable insights and practical advice

based on each student's assessment results.

Learning Outcomes:

- Students gained insights into their traits, including unique characteristics, strengths, areas needing improvement, leadership styles, and preferred ways of learning.
- The individual attention helped students understand themselves better, aiding them in making informed decisions and strategies for their academic journey and personal development.



2.3 Digital Zen-Digital Wellness

The digital wellness workshop provided a comprehensive understanding of the impact of technology on our mental health and offered practical tools to cultivate a balanced relationship with it. The session began by delving into the neuroscience, psychology, and technology behind digital overload, illuminating its profound effect on our cognitive functions and emotional well-being. With a strong foundation in research, he elucidated the findings regarding the consequences of excessive technology usage, shedding light on its potential detriment to our mental health. The session emphasized heightened awareness and conscious engagement with our devices. One of the pivotal segments of the workshop encompassed introducing over five practical tools to foster a healthy interaction with technology. Furthermore, engaging activities were conducted to exemplify the impact of excessive social media usage on interpersonal relationships and the "iPhone effect" - a phenomenon supported by multiple studies demonstrating the adverse influence of a digital device's mere presence on our focus and empathy levels. In conclusion, the workshop was enlightening, equipping students with invaluable insights and actionable strategies to navigate the digital landscape with mindfulness and balance.

About the Speakers

A Certified Digital Workplace and Wellness Educator, Rijul's vision is to enable people to lead a healthy relationship with technology. A 4 times TEDx speaker, coach, and Amazon bestselling author, Rijul is a Senior Consultant at Ernst and Young (EY) Global Metaverse Lab. His work has been featured in Forbes, Indian Express, Financial Express, National Public Radio (NPR) US, ETV Bharat, and many others. He is also the head of Lookup India, a youth-for-youth social venture dedicated to helping people thrive in the digital world. He was also featured among Bagby's Top 28 Thought Leaders in Digital Wellness (the only Indian to be featured).

Shiromi Chaturvedi (Founder and Counselling Psychologist, The Social Therapist): She has completed her B.Sc.(H) Psychology from IIS University, Jaipur where she also received a Gold Medal and the Best Student award. She then completed her MA in Applied Psychology from TISS, Mumbai, receiving a Gold Medal and Best Researcher award. She is also an EFT and Matrix Reimprinting Practitioner (Level 1 & 2), and Internationally published researcher and author. She is known for her work with young adults in the realm of education, motivation, and well-being.

Janice James (Counselling Psychologist, The Social Therapist): She has completed her BA (Hons) Psychology from Delhi University and her M.Sc. Psychological Counselling from IIPR, Bangalore. She has been practising as a Counselling Psychologist for 2 years and is a Queer-Affirmative and Trauma-Informed Therapist. She specialises in anxiety and mood-related concerns of adolescents and young adults.

Session Highlights:

- The workshop focussed on how technology impacts our mental health, exploring the neuroscience, psychology, and technology behind digital overload.
- Students had over five practical tools to establish a balanced relationship with technology, including mindfulness practices and structured routines.
- Activities demonstrated how excessive social media usage can affect personal relationships, highlighting the need for mindful engagement.
- The phenomenon of the "iPhone effect" showed how the mere presence of a digital device can affect focus and empathy levels.
- The workshop provided actionable strategies and insights for navigating the digital world in a way that promotes mental well-being and balance.

Learning Outcomes:

- A better understanding of how technology affects our mental health.
- Insights about how our relationships change because of time spent online.
- How digital habits can impact our minds and feelings.
- A fresh goal to use technology on purpose and thoughtfully.
- The ability to handle the online world wisely and with balance.



2.4 Fit and Fabulous

The Wellness Camp featured an inspiring and enlightening session, "Fit and Fabulous," under the guidance of Dr. Surbhi Pareek, the visionary founder of Nutrisaga. This transformative journey was tailored to instill the principles of fitness and wholesome living among the new UG and PG entrants, setting the stage for a lifestyle resonating with health and vitality.

About the speaker:

At the forefront of the "Fit and Fabulous" initiative stands Dr. Surbhi Pareek, a celebrated dietitian and nutritionist. Her expertise stems from her extensive experience in dietary science, culminating in the establishment of Nutrisaga. She commits to unraveling the path to physical wellness and sustainable healthy living practices through her initiative.



Session Highlights:

- The session was an educational crusade emphasizing the pillars of physical health, from vital nutrition to proactive preventive healthcare. It served as a blueprint for students to understand and embrace the disciplines of a physically fit lifestyle.
- Participants underwent evaluations spanning various facets of physical health, succeeded by personalized counseling sessions, offering tailored recommendations for optimal well-being.
- The program infused a spirit of joy through interactive physical activities, incorporating team games and a vibrant Zumba session, promoting fitness as a delightful, collective pursuit.

Learning Outcomes:

- The "Fit and Fabulous" experience left a lasting imprint on the students:
- They acquired an in-depth appreciation for the effects of holistic health and lifestyle choices.
- Tailored recommendations served as a navigational guide in their journey toward health and fitness resilience.
- Empowered with knowledge and self-awareness, students were assured to optimize their physical capabilities and mental fortitude, embracing decisions that enhance their overall well-being





2.5 Connect and Thrive

‘Connect and Thrive’ was one of the sessions conducted in the Wellness Camp. Louis Manoj Ambrose led this session to foster community and teamwork through ice-breaking and team-building activities. These activities were directed toward enhancing the communication and leadership skills of the newly admitted UG and PG students of the 2023 batch.

About the speaker

Louis Manoj Ambrose is an assistant professor at Govt. First Grade College, Kavoor, Mangalore. He has a teaching experience of 24 years and has been a part of FDPs, workshops, and conferences on various topics. His hobbies and interests encompass social empowerment, reading, and sports.

Session Highlights:

- The session started with some ice-breaking activities as the students were new to each other, and then they were divided into teams.
- Various activities for the teams allowed them to explore their leadership skills and further build upon problem-solving and communication skills.

Learning Outcomes:

- The experiential learning session helped the newcomers develop connections with their peers and enhance their communication and collaboration skills, aiding their adjustment to the college environment
- They were told to look forward to being happy and live every moment of their journey at MNIT.



2.6 Happiness Hub

Crafted and executed by MBA students from MNIT, this segment was designed as a sanctuary of joy, facilitating a warm, inclusive atmosphere where newcomers could seamlessly mingle with their peers. Through a tapestry of games, activities, and interpersonal interactions, participants embarked on a journey to unearth and embrace their inner sources of happiness.



Session Highlights:

- In a fun competition, two teams go head-to-head in a friendly battle. They stood facing each other and quickly responded to different physical signals, aiming to grab a plastic bottle. Being fast, agile, and super focused were the keys to winning this thrilling game.
- Teams of 6-8 people worked out a plan to keep balloons in the air just by blowing on them. The team that could save their balloon up the longest without using hands would win, showing great teamwork, thoughtful planning, and calm breathing.
- The room was excited when it was time for a dance activity set to the lively beats of the song

"Badal Barsa Bijoni." Everyone followed along with the dance moves, and the energy went through the roof, making it a thrilling show.

Learning Outcomes:

The "Happiness Hub" was a tribute to the simple pleasures in life. Instead of being a regular place of learning, it brought back the pure joy of laughter, the free spirit of dancing, and the comfort found in shared smiles. Among the fun, important messages were quietly shared, pointing out the importance of self-confidence, being alert, finding peace within, and, above all, the shared understanding of laughter.