

ACTIVITY CLUBS, FORUMS AND STUDENT CHAPTERS

(A.Y. 2024-2025)

Name of the Campus: Mukesh Patel Technology Park.

Name of Activity Club: Well-being Club

Name of the In-charge: Ms. Kiran Kalyani Akasapu

Objectives:

1. Promote mental health awareness and break stigma around seeking help.
2. Provide Peer support, professional support opportunities and creating a safe space for students, faculties and staff to discuss their well-being.
3. Foster a sense of belonging and shares responsibility for well-being.
4. Provide practical tools for stress, resilience and healthy living.
5. Organize activities to enhance over-all well-being.

Vision:

1. To create a platform where students can prioritize their mental, emotional, and physical wellbeing while fostering a supportive and inclusive environment in the university.
2. Promote emotional wellbeing, reduce stigma around mental health, and create a safe space for students.
3. Empowering students to thrive through balance, resilience, and connection.

Outcomes:

1. Encourages discussions on mental health, reducing stigma and creating a supportive community.
2. Increases awareness about mental well-being
3. Improved Coping & Resilience techniques for better stress management and emotional well-being.
4. Stronger Peer Support for creating safe space for sharing and mutual support.

5. Healthier Lifestyle Choices for helping students to have a balanced sleep, nutrition, and reduced harmful behaviours.
6. Academic & Personal Growth for improvement in focus, confidence, and time management.
7. Campus Well-being Culture – A supportive and inclusive environment for all.

Functions:

1. To organize mental health awareness sessions, general interactive sessions, seminars, webinars, workshops and training sessions.
2. To prepare a monthly newsletter to spread awareness amongst everyone in the campus.
3. To create awareness amongst everyone by conducting community outreach sessions.

Membership: Open to all students passionate about fostering a holistic environment that promotes awareness about mental health and well-being. Join us in making a difference!

Activities proposed for this academic year:

Sr.No.	Name of Activity	Brief details of activity
1.	Own your worth- The power of self-Esteem.	Led by Dr. Komalpreet Kaur, who had thoughtfully highlighted the importance of self-esteem in achieving both academic and personal success.
2.	Stress... No More	The session had covered practical strategies to manage stress effectively in their professional and personal lives.
3.	Navigating Hostel Life With Confidence	The session has aimed to educate the girls on their rights, personal safety and appropriate conduct within hostel premises. It covered topics like emergency protocols and ways to handle uncomfortable situations while maintain discipline and mutual respect.
4.	Unmasking Mental Health- Let's Talk, Let's Heal	Led BY Dr. Namrata Gupta, she explored the pressing issue of mobile addiction, emphasizing its growing impacts on mental health. Explained on how constant connectivity affected psychological wellbeing and provided practical strategies for managing screen time. While highlighting importance of digital detox.
5.	News Letter	

List of Committee Members

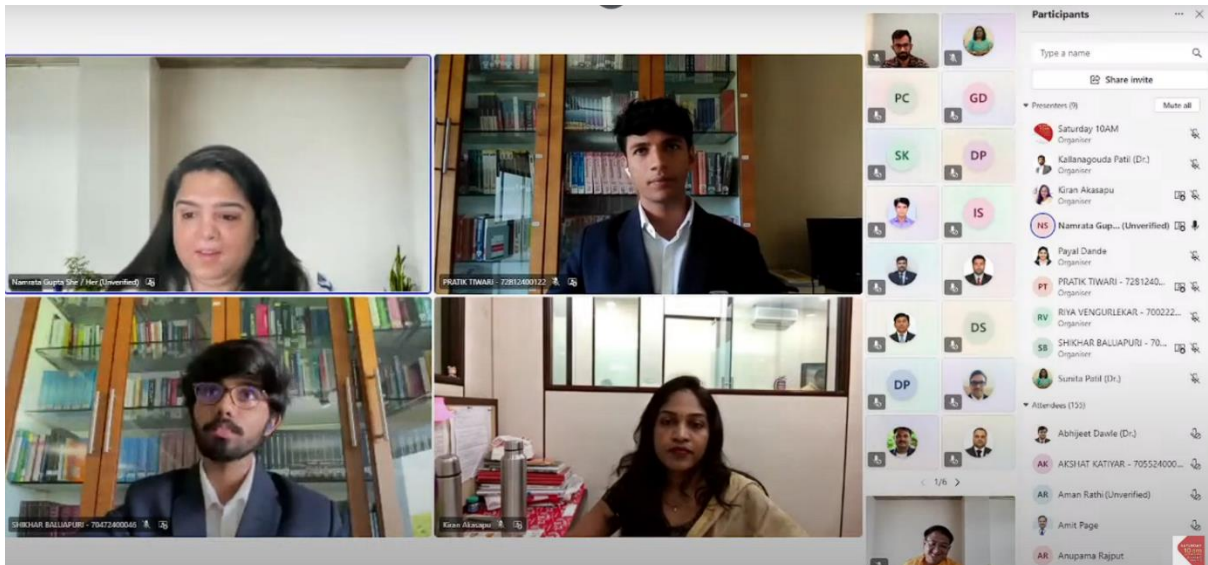
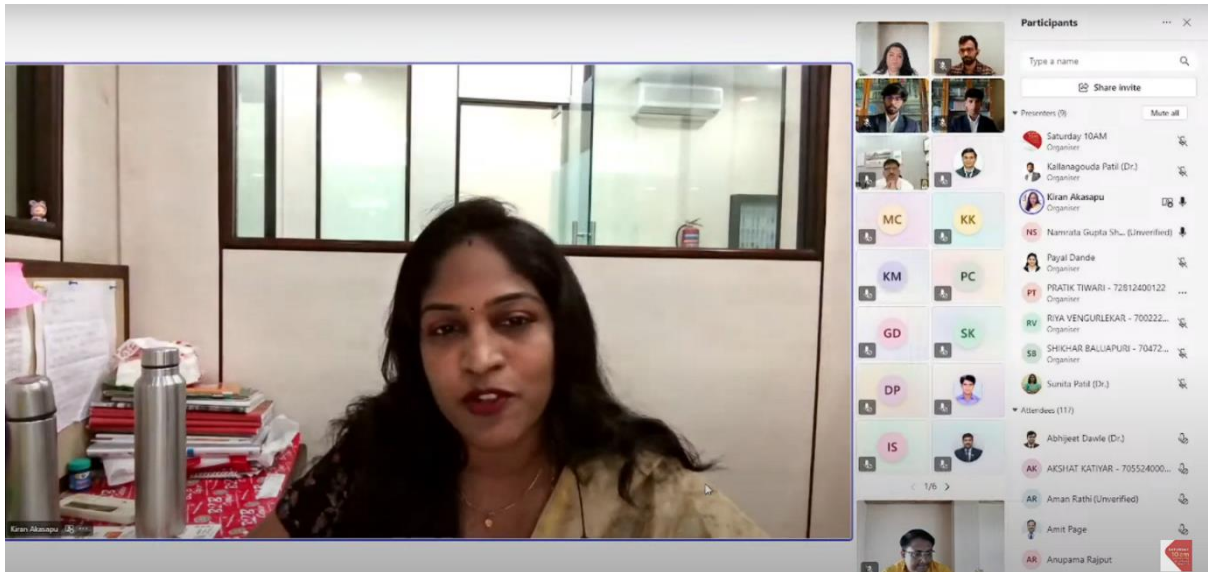
Name of Student	Year/Program/Branch	Position
Aaryan Uppal	3rd year BTech Cs	Head
Rasanath Kulkarni	3rd year BTech Cs	Head
Unnati Dadich	4th year BPharm	Head
Khushi Rathi	3rd year BPharm	Volunteers
Garvit Kanchan	1st year MPharm	Volunteers
Minakshi Singh	1st year BPharm	Volunteers
Jidnya Lad	2nd year Agriculture	Volunteers
Prakhar Vagrecha	2nd year BTech	Volunteers
Jiya Patel	1st year BTech Cs	Volunteers
Sachi	2nd year MBA Pharma	Volunteers
Malay Padshah	2nd year B.Tech	Volunteers
Vaidik Nandwana	2nd year B Tech	Volunteers
Naaem	III B.Pharm	Volunteer

Description:

The Well-Being Club aims to create a safe and supportive space for students to prioritize their mental health and emotional well-being. With mental health becoming a critical aspect of student life, this club will serve as a hub for awareness, education, and peer support.

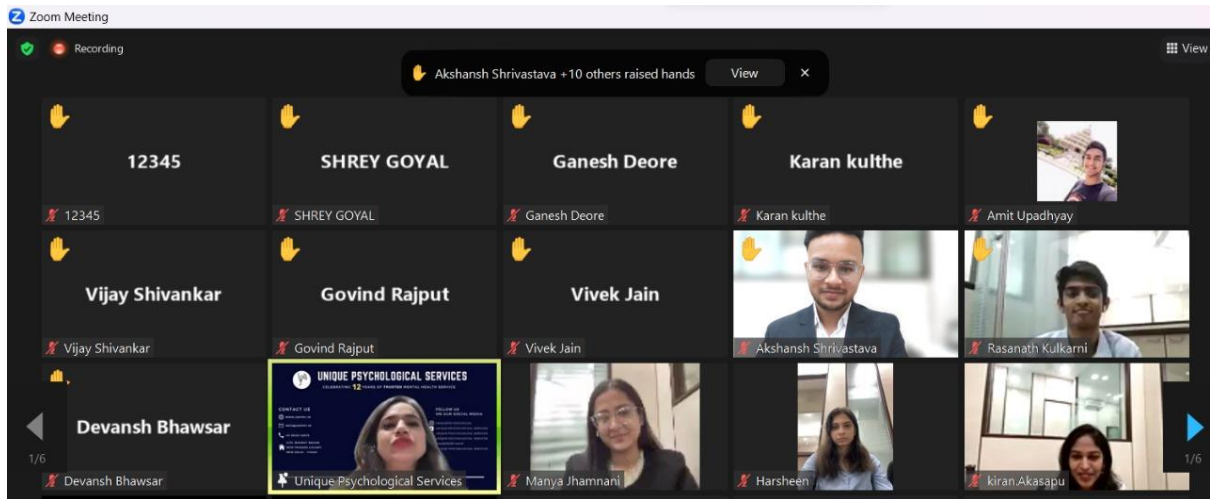
To normalize discussions around mental health and empower students with the tools and resources they need to thrive.

Photos:









Zoom Meeting (Locked)

Sharmila Bhanu... Harshit

Recording

UNI**QUE PSYCHOLOGICAL SERVICES**
 CELEBRATING **12** YEARS OF TRUSTED MENTAL HEALTH SERVICE

CONTACT US
 WWW.UNIPSY.IN
 INFO@UNIPSY.IN
 +91 90183 59575
 C101, BHARAT NAGAR,
 NEW FRIENDS COLONY,
 NEW DELHI - 110065

FOLLOW US ON OUR SOCIAL MEDIA
 UNI**QUEPSYCHOLOGICAL**
 UNI**QUE PSYCHOLOGICAL SERVICES**
 UNI**QUE PSYCHOLOGICAL SERVICES**
 UNI**QUE PSYCHOLOGICAL SERVICES**
 GAGANDEEP KAUR
 UNI**QUE PSYCHOLOGICAL SERVICES**

Meeting Chat

Amit Upadhyay to Everyone 15:52
 I have a question.

You to Everyone 15:53
 after Rajendra patil amit can

student to You (Direct Message) 15:59
 sir

I too had a doubt

Krish Mittal to Everyone 16:00
 What are the fundamental differences between sadness and depression? How can one know if he or she is depressed or sad

You to Everyone 16:00
 Ms. Sharmila can ask question

Harshit to You (Direct Message) 16:01
 Bro Mari Bari kab

Who can see your messages? Recording On

To: Harshit (Direct Message)
 Type message here...