

ACTIVITY REPORT

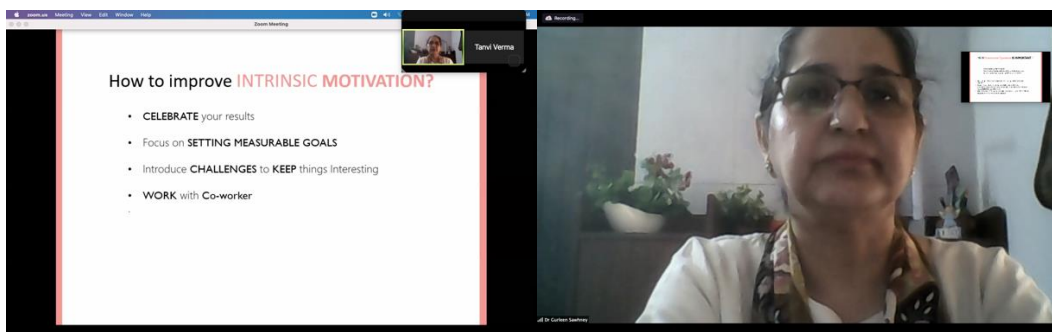
Name of the activity	Counselling Session on Work to Wellness	Date	10 th July,2021
Name of the Coordinator(s)	Dr Rashmi Aggarwal	Time	1:00 pm (IST)
Name of the Resource Person	Dr Gurleen Kaur Sawhney, Psychologist and Wellness expert	Mode	Virtual through ZOOM
Nature of the activity	Counselling Session	Program & Batch	MBA, B. Com, BBA, BA Economics 2020
Number of students participated	302	Academic Session	2021-22

About the Activity

WHO says that Mental health is a state of well-being. Dr. Gurleen discussed with the faculty and students about mental health and its ability to create a balance in life activities ability to remain calm during Crisis, chaos, & ability to move on without negative consequences. Good mental health in 2021, involves a return to simpler things, creating community, surrounding yourself with people also seeking better health and taking care of oneself in ways to promote healthy self. She explained all the components of MH i.e. Physical wellness, Social wellness Psychological wellness, Intellectual Wellness Environment wellness and Spiritual wellness need attention and needs to be a constant growing process. An individual who has a good well-being if one sees positive in oneself and has sustained relationships. Dr. Gurleen Sawhney conveyed the concepts through simple anecdotes for better understanding of the audience. American Psychologist Martin Seligman understands how natural it is for individuals to continuously seek What makes them happy regardless of their age, orientation and status in life; He gave PERMA theory - Positive, Emotion, Relationships, Meaning and Accomplishments.

Activity objectives and Outcome achieved

S.No	Objectives	Outcomes
1.	To improve the overall well-being, the physical and mental health of the employees and students in the present situation.	Increased self-management, social awareness and relationship management.
2.	To Ensure Sustainable and all-around Wellness for the students and faculty.	Reduce emotional reactivity and improve cognitive flexibility
3.	To facilitate Enthusiasm and Comfort.	Increased Morale of both students and faculty.
4.	To have healthy work environment which promotes long-lasting positive attitudes.	Development of understanding of how to maintain good relationships, inspire others, work well in a team and manage conflict.



Dr. Gurleen discussing with the students on how to maintain the wellness while at work/classroom during the counselling session.