

Event Details	
Event Type	Mind Management
Topic	Balancing the Load: Navigating Life's Challenges with Mindfulness
Date	2024-11-08 to 2024-11-08
Mode	Offline
Venue	Faraday Hall, Chitkara University
Organizer Name	Dr. Nayhel Sharma, Department of SCM & General Management
Resource Person	Lt. Col.Rakesh Sharma VP, Dr. Pooja Singh Assistant Professor
No. of Participants	140
SDG No	SDG 3: Good Health and Well-being, SDG 10: Reduced Inequalities

Objective:

- To educate students about the importance of mental health and the impact of stress on their daily lives.
- To introduce mindfulness techniques to manage stress and enhance well-being.
- To highlight the benefits of cultivating positive thoughts and behaviors in reducing stress.
- To provide knowledge about react-response psychology and its role in managing emotions.

Description:

The Department of SCM & General Management, in collaboration with the Seagulls Club at Chitkara Business School, organized a session titled "Balancing the Load: Navigating Life's Challenges with Mindfulness" on 8th November 2024 for BBA LSCM and AVM students, marking World Mental Stress Awareness Day. Coordinated by Dr. Neeraj Anand (Dean, SCM & General Management) and Dr. Nayhel Sharma (Coordinator, Seagulls Club), the event featured expert speakers Lt. Col. (Dr.) Rakesh Sharma and Dr. Pooja Singh, who shared their insights on mental health, positive thinking, and stress management. The session aimed to address the increasing mental health challenges faced by students, especially those preparing for high-pressure careers in logistics, supply chain, and aviation management. Lt. Col. (Dr.) Rakesh Sharma began the session by discussing the connection between mood, behavior, and mental well-being, highlighting how a positive mindset can significantly impact daily decisions and interactions. He introduced the concept of react-response psychology, which differentiates between impulsive reactions and thoughtful responses. This approach helps individuals pause and reflect before reacting, thereby improving emotional regulation and decision-making. Dr. Sharma emphasized that cultivating positive thoughts and managing reactions could lead to better stress handling, particularly in high-stakes environments like aviation and supply chain management, where quick and calm decision-making is crucial.

Outcomes:

- The students gained a better understanding of the importance of mental health and the impact of stress on their overall well-being.
- The students learned strategies to manage their emotions effectively, shifting from impulsive reactions to thoughtful responses.
- The session encouraged students to adopt a positive outlook, helping them reframe negative thoughts and improve their mood.
- The students were equipped with tools to build resilience, enabling them to cope better with life's challenges and setbacks.



Dr. Puja interacting with the students (08-11-2024)



Dr. Puja clearing the doubts of students (08-11-2024)



Col. Rakesh Sharma conducting activity during the session (08-11-2024)



Dr. Neeraj Anand felicitating the Speakers in the session (08-11-2024)