

## **Mental Health and well-being session for girl international students at Archaraya Narendra Dev Hall (11-03-2024)**

Mental health and well-being session (Well M) was conducted at Acharya Narendra Hall for the Hostel inmates of Acharya Narendra Dev International boys hostel. The session was started with the welcome by provost of Acharya Narendra Dev International boys hostel Dr.Saksham Srivasatava .He welcomed the team Dr. Anup Singh provost of Acharya Narendra Hall also welcomed the counsel team members and discussed the need for such counselling sessions at the hostels. Dr. Vaishali Saxena, director Counselling Guidance Cell, was leading the team had extended gratitude to the vice chancellor professor Alok Rai for providing the opportunity and understanding the need for such sessions.

Dr. Vaishali Saxena spoke about cross cultural barriers in communication. She emphasized on to develop cultural empathy among international students knowing each other's culture is a best way. Hostel Provost Dr. Anoop Aingh also spoke about does and don'ts of the hostel life. Dr. Saksham Srivastava assistant provost of the hostel extended vote of thanks to everyone. She also discussed the various dimensions of mental health and well-being- physical, social, emotional, psychological health, etc.

Prof. M. Priyadarshini discussed on cultural distances and spoke about universal values appreciated in every culture. Both the speakers answered many queries of the boys students. They also talked about keeping safe cards while going alone or moving alone at other places than the university. Students discussed the feeling of home sickness and the expert responded and talked about how to handle home sickness in the hostel. The session was attended by hostel inmates of various countries including Sri Lanka, Botswana, Kazakhstan, Bangladesh, Nigeria, etc. The session was assisted by Nisha of Happy Thinking laboratory.





11/3/24

12/3/24

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## Acharya Narendra Dev Hall Session-2

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