

## Well M SESSIONS

### REPORT

#### **Kailash Hall: Mental Health and well-being session for girl's inmates of Kailash Hostel (1-04-2024)**

Mental health and well-being session (Well M) was conducted at Kailash Hall for the Hostel inmates on 1.04.2024. Mostly students residing at Kailash Hall are undergraduates enrolled in different faculties. The session was started with the welcome by Chief Provost of Subhash Hall Dr..... She welcomed the students in the premises. She also discussed some Mental health challenges among students.



Dr. Vaishali Saxena Director of Counselling and Guidance Cell spoke about role of positive attitude in our life. She interacted with the participants and shared her views on values like sharing, positivity and honesty toward ourselves and others. She had shown gratitude to Vice Chancellor Prof. Alok Rai ji for the initiative of the Well M sessions.





The session expert was Dr. Kavita Upadhyay. She spoke about how Meditation develops positive outlook in ourselves and may remove various mental challenges faced by students in their career. Afterwards she also conducted a small session on meditation for the students, focusing on their breath.



Director of Happy Thinking Laboratory Prof. M. Priyadarshini also spoke about importance of Motivation for mental health in students' life. The last segment of the session was answering various issues and queries by the expert. These questions and queries were unanimously collected from the students.

## Kailash Girls Hall - 1/5/2024

Name	Contact / class / Dept.	Feedback
Nikita Kaushal	M.Sc. (Mathematics) 4 <sup>th</sup> sem	Excellent
Pooja Sahani	M.Sc. (Mathematics) "	"
Megha Verma	B.Ed. (Education)	excellent
Juhi Dubey	MA (Hindi)	"
Mahima Shukla	M.P.Ed.	"
Zara Malik	B.V.A (Painting) 4 <sup>th</sup> year	Innovative idea
Ayushi Yadav	B.V.A (Painting) 4 <sup>th</sup> year	Excellent idea
Jyoti Yadav	M.A. Economics 2 <sup>nd</sup> sem	Excellent
Priyanshi Upadhyay	M.A. A.I.H. 4 <sup>th</sup> Sem.	Excellent
Laxmi Kharasani	M.Com (Applied Economics) 2 <sup>nd</sup> sem	Excellent
Sumati Shukla	MA (Political Science) 2 <sup>nd</sup> sem	Innovative
Hemvika Chandra	MA (Political Science) 2 <sup>nd</sup> sem	Innovative
Kavita	M.Sc. (Physics) IV semester	"
Archita Rajput	M.Sc. (Physics) 4 <sup>th</sup> sem	It's too Good
Mousam Singh	M.Sc. (Botany) II <sup>nd</sup> sem	Excellent conv.
Ayushi Gupta	M.S.W (social work) II <sup>nd</sup> sem	Good.
Shikha Tripathi	M.Sc Botany 4 <sup>th</sup> Sem.	Excellent
Sushma Kushwaha	M.Sc Mathematics 4 <sup>th</sup> sem	Excellent
Anshika Bajpai	M.Sc Mathematics 4 <sup>th</sup> sem	excellent
Swati Sonkar	BVA Painting 8 <sup>th</sup> sem.	Good
Koyal Tripathi	M.A Political Science 2 <sup>nd</sup> sem	Fuuffful
Ayushi Brijapati	B.P.Ed Physical education 4 <sup>th</sup> sem	It's a good idea for <small>competition</small>