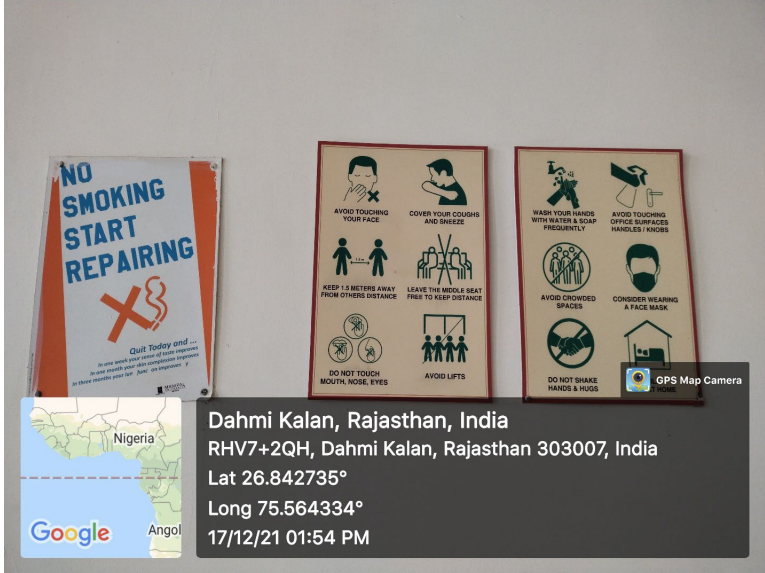




Manipal University Jaipur's Smoke-Free Campus

A smoke-free university campus is a movement toward a healthier and more welcoming environment for all. By prioritizing the health and well-being of students, faculty, and staff, Manipal University Jaipur sets a positive example for the community and promotes healthier lifestyles. The advantages of a smoke-free campus, including improved air quality, support for smoking cessation, and a better campus atmosphere, make it a choice that benefits everyone. Manipal University Jaipur is taking proactive measures to create healthier and cleaner environments for their students and staff.

The foundation of any smoke-free campus initiative is a well-constructed policy that clearly outlines the regulations and expectations regarding tobacco and smoking. Manipal University Jaipur engages in a collaborative effort, involving administrators, students, and staff to develop this policy. Policy typically encompasses a ban on smoking within campus buildings and a certain distance around them, as well as restrictions on e-cigarettes and other forms of tobacco (Picture 1, 2, 3, 4). Once a smoke-free policy is established, effective communication and education are vital to ensure its success. Manipal University Jaipur employs various methods to inform the community about the new policy, its rationale, and the consequences of non-compliance. This involves signage, email campaigns, and educational programs that emphasize the health benefits of a smoke-free environment. Recognizing that quitting smoking can be a challenging endeavor, Manipal University Jaipur provides support services to help those who wish to quit. These services include counseling, access to nicotine replacement therapies, and educational workshops on smoking cessation (Annexure 5, 6 & 7). This not only reinforces the commitment to a smoke-free campus but also supports individuals in making healthier choices. Manipal University Jaipur recognizes that creating a smoke-free campus is not just a matter of internal policy but also affects the surrounding community. Collaborative efforts with local authorities and organizations are common to promote a smoke-free environment beyond the university's borders. This includes community awareness campaigns and coordination with city ordinances. Manipal University Jaipur has successfully installed smoke sensors in various places on the campus to make a smoke-free campus, fostering healthier habits and creating environments that benefit everyone. The measures implemented, from policy development to enforcement and community collaboration, demonstrate a commitment to improving the overall quality of life for students, faculty and staff.



Picture 1: Signpost at MUJ Campus to educate ill effects of Smoking



Picture 2: Posters to educate and aware the ill effects of smoking



Picture 3: Smoking alarms and detectors installed in MUJ to ensure No Smoking in the campus



Rotary International President
Rtn Jennifer Jones

District Governor
Rtn Dr Balwant Singh Chirana

President
PHF Rtn Radhey Shyam Gupta
D-13, Indra Puri Colony, Lal Kothi,
Jaipur, Rajasthan 302015 (India)
Mobile: +91-9414779184
eMail: rsgupta9414@gmail.com

Secretary
PHF Rtn Meeta Mathur
G-2, Janpath, Shyam Nagar,
Jaipur Rajasthan 302019 (India)
Mobile: +91-9982659532
eMail: alokmeeta@yahoo.com

Treasurer
Rtn Brajesh Kumar Gupta
D-28, Indra Puri Colony, Lal Kothi,
Jaipur, Rajasthan 302015 (India)
Mobile: +91-9829072271
eMail: brajeshkgupta24@gmail.com

Club Patron
Maj Donor Rtn Dr Sudhir Kumar Calla

President Elect (2023-24)
PHF Rtn CFP Shalini

Immediate Past President
MPHF Rtn Er Narendra Mal Mathur

Vice Presidents
MPHF Rtn Adv Ashok Goyal
PHF Rtn Desh Deepak Goyal

Jt. Secretary
Rtn Er Nand Kishore Maheshwari

Director – Club Administration
PHF Rtn Rajendra Tiwari

Director – Service Projects
Rtn Er Sudesh Roop Rai

Director – Environment Service
Rtn Shyam Sunder Gupta

Director – Foundation
MPHF Rtn Vipin Bahl

Director – Literacy & T.E.A.C.H.
PHF Rtn Dr Arun Kumar Arya

Director – Membership
PHF Rtn Jwala Prasad Sharma

Director – Public Image & Fellowship
PHF Rtn Chander Mohan Mahajan

Director – Publications
PHF Rtn Basant Jain

Director – Youth Service
Rtn Prof Anil Dutt Vyas

Executive Secretary - I.T.
PHF Rtn Prof Raj Kishor Pareek

Club Trainer
MPHF Rtn Ravi Shanker Sharma

Sergeant at Arms
PHF Rtn Er Satish Goyal

TO WHOMSOEVER IS CONCERN

Directorate of Students' Welfare along NSS and NCC wing with Rotary Club Jaipur, Bapu Nagar conducted a Awareness Rally Against DRUG ABUSE at Dehmi Kalan Village on 30th August 2022. It was a physical activity involving the students from NSS, DSW and the Rotaract Club MUJ. Rally was well coordinated.

We would like to appreciate Rotaract Club and NSS/NCC wing of Directorate of Students' Welfare, Manipal University Jaipur and express our gratitude towards them.

Regards

Rtn Meeta Mathur
Secretary

BROCHURE

LEGAL AWARENESS SESSION
BY
LEGAL AID CLINIC

School of Law

Manipal University Jaipur

Activities 2019-20



The Legal Aid clinics are the well-recognized tools to impart clinical legal education (practical teaching) to the students of law. The Legal Aid Clinic of School of Law has identified the need of the practical learning through legal aid programs to make the students more efficient and effective. The society has identified important areas of law where the students are required to educate the member of the society. The Legal Aid Clinic was established by School of Law, Manipal with Legal Service Authority Jaipur Metropolitan, Jaipur on Sept 08 2018. The objective of legal aid clinic is to provide free legal services along with the counseling & providing procedures necessary to meet the ends of justice. The Legal Aid Cell tries to create awareness & educate people about their civil & political rights and how to exercise them in best available way under the limits of law. The following measures were taken to meet the motives of legal aid clinic-

- Disposal of cases by the Lok Adalat's.
- Publicity to Legal Aid Schemes and programs to make people aware about legal aid facilities.
- Legal aid stations

Dr. Vijay Laxmi Sharma in-charge of the process of public participation in the work of the committee facilitated with the help of volunteers and ably assisted by faculty coordinators. The committee launched its first clinic in the rural hinterland of Bagru (a rural area deprived of legal awareness and facilities). The noble exercise amassed the participation of all primary and secondary schools in the vicinity. The exercise got the support and expertise in form of paralegal's participation in creating awareness drives and presentations of common social welfare legislations among the common citizens.

LEGAL AWARENESS SESSION

ORGANISER- VSSAP COMMITTEE OF SCHOOL OF LAW, MANIPAL UNIVERSITY, JAIPUR IN COLLABORATION WITH MOTIVATION AWARENESS & ACTION SANSTHAN (BHILWARA)

THEME- SUBSTANCE ABUSE & IT'S ILL -EFFECTS ON SOCIETY

DATE OF THE EVENT-5th March 2020

VENUE OF THE EVENT- GOVERNMENT SCHOOL, DEHMI KALAN.



Motivation Awareness & Action Sansthan

80031-15566

Add:- 1 -L - 1 Maharishi Dadhichi Circle, R.C. Vyas Colony Bhilwara - 311001 (Raj.)

Ref. No. : 2343/2020

Date : 6th March, 2020

(VSSAP)

In collaboration with Motivation Awareness & Action Sansthan

Awareness Topic-Substance Abuse and its ill-Effects on Society

Today on 05th, March, 2020 all the members of committee namely VSSAP including volunteers in collaboration with **Motivation Awareness & Action Sansthan** and Faculty of law organized social and legal awareness campaign in the premises of government school, dehmikalan.

The Campaign started with the awareness rally which was carried from Manipal University Campus gate to the premises of the government school, dehmikalan at 10:00 A.M.



Students while going through the village in a rally spreading the awareness through slogans and posters

Motivation Awareness & Action Sansthan

In the school premises different activities were carried out. Words of legal and social awareness regarding substance abuse, domestic violence and motor vehicle accidents were shared by Dr. Vijay Laxmi (Chairperson of VSSAP Committee), Dr. Sony Kulshreshta and Principal of the school. The activity was coordinated by Mr. Prabhpreet Singh. This was followed by the skit play which was performed by the members and volunteers of VSSAP. The skit focused on awareness on the three major issues which includes Substance Abuse, Domestic Violence and Motor Vehicle Accidents.



Information shared by Dr. Vijay Laxmi (Chairperson of VSSAP Committee), regarding substance abuse, domestic violence and motor vehicle accidents

Reg. No. BHL/185/06-07

Tel. No. & Fax 01482-232333



99286-25616



Motivation Awareness & Action Sansthan

80031-15566

Add:- 1 -L - 1 Maharishi Dadhichi Circle, R.C. Vyas Colony Bhilwara - 311001 (Raj.)



Information shared by Dr. Sony Kulshreshta regarding Substance abuse, domestic violence and motor vehicle accidents and Principal of the school

Visit on : www.maasanstha.org, E-mail. : info@maasanstha.org



Motivation Awareness & Action Sansthan

80031-15566

Add:- 1 -L - 1 Maharishi Dadhichi Circle, R.C. Vyas Colony Bhilwara - 311001 (Raj.)

First skit demonstrated issue on domestic violence. The story line depicted abuse made by husband to his wife which had drastic effect on child. The message carried out by the skit showed substance abuse lead to domestic violence therefore its use must be prohibited.



Skit depicting issue of domestic violence



Motivation Awareness & Action Sansthan

80031-15566

Add:- 1 -L - 1 Maharishi Dadhichi Circle, R.C. Vyas Colony Bhilwara - 311001 (Raj.)

The second part of the play depicted the adverse impact of substance abuse on society. The act also showcased the fatal death accident which occurs due to drink and drive cases. Helpline numbers were also displayed which can be used in case of emergent situations.



Depiction of the adverse impact of substance abuse on society.

The play concluded with the last scene which depicted the legal consequences of drug intake and offence related to drink and drive.



The awareness programme concluded with students of the committee interacting with students and conducting activities such as quiz and other activities including dancing and singing.



Students of School of Law interacting with the school students in the form of quiz and other activities

Manipal University Jaipur

Visit on : www.maasanstha.org, E-mail. : info@maasanstha.org

School of Law**Attendance Sheet**

S.n.	Name of Student	Registration No.	
1	Abhinav Bhardwaj	PhD Student	Member
2	Utkarsh Bhushan	151301086	Member
3	Pooja Sharma	151301059	Member
4	Mrittika Sengupta	161401052	Member
1	Sourav Kumar	151301082	BA-LLB
2	Tanmay Sharma	151301083	BA-LLB
3	Tarusha Mathur	151301085	BA-LLB
4	Utkarsh Bhushan	151301086	BA-LLB
5	Yashika Gupta	151301090	BA-LLB
6	Pooja Sharma	151301092	BA-LLB
7	Rashmi Singh	151301095	BA-LLB
8	Niveditha Sreenivasan	151301096	BA-LLB
9	Neeharika Katragadda	151301099	BA-LLB
10	Vani Vyas	151301101	BA-LLB
11	Nishi Sangtani	151301104	BA-LLB
12	Karan Khadgawat	151301105	BA-LLB
13	Aniruddh Pareek	151301008	BA-LLB
14	Shubhi Tiwari	151301081	BA-LLB
15	Kartik Srivastava	151301043	BA-LLB
16	Rakesh Kumawat	151301067	BA-LLB
17	Jitendra Kakralia	151301107	BA-LLB
18	Himja Singh	151301109	BA-LLB
19	Tanya Neeraj Tandon	151301084	BA-LLB
20	Yogesh Solanki	151301091	BA-LLB
21	Jagdish Deora	151301039	BA-LLB
22	Anushka Singh Gahlout	151301014	BA-LLB
23	Abhimanyu Singh Bhati	141401052	BA-LLB
24	Chandra Prakash Saraf	151301023	BA-LLB
25	Dhananjay Rajawat	141401023	BA-LLB



**MANIPAL UNIVERSITY
JAIPUR**

MUJ/Q&C/22/F/1.01

Event Report Format



**MANIPAL UNIVERSITY
JAIPUR**

FACULTY OF ARTS

School of Humanities and Social Sciences

Department of Psychology

**Empowering and sensitizing teachers to safeguard mental health of
students**

Five Day Faculty development program

17th July – 21st July 2023



Content of Report (index)

(Page number may not be required)

(Delete entries which are not applicable)

1. Introduction of the Event
2. Objective of the Event
3. Beneficiaries of the Event
4. Details of the Guests
5. Brief Description of the event
6. Geo-tagged Photographs
7. Brochure or creative of the event
8. Schedule of the Event
9. Attendance of the Event
10. News Publication
11. Feedback of the Event
12. Link of MUJ website



- **Introduction of the Event**

Mental health of the students is a primary concern for all of us as teachers and requires an effort to understand the agony of the students going through mental health issues. Generally, it is assumed that dealing with the psychological issues is a sole responsibility of the counsellors or psychologists. But, in an educational scenario, where we all are confronted with specific emergency situations related to students, it becomes a necessity for all of us, to become aware of the ways and methods in which these situations can be dealt with.

Department of Psychology, MUJ-TEC and HR in association with KPsych Services Pvt. Ltd. Organised a five-day FDP from 17th July to 21st July 2023.

- **Objective of the Event**

The FDP aimed at:

- 1) Empowering the teaching faculty to build emotional capital for themselves.
- 2) Sensitizing and helping the teaching faculty to become aware of the mental health conditions of the students.
- 3) Helping the faculty members to gain insights and learn about the ways to handle the emergency issues such as, anxiety, panic attacks, substance abuse etc. amongst the students.
- 4) Helping faculty members to develop skills to deal with the students in a better way in the classroom setting.
- 5) Helping teachers to create a safe space for the students to function effectively academically, psychologically, emotionally, and socially.

- **Beneficiaries of the Event**

After sensitizing the Faculty members to safeguard the mental health of students, they will be able to:

- **Identify and intervene at early stage:** Teachers spend a significant amount of time with their students and are in a unique position to observe changes in behavior, mood, and academic performance. By sensitizing teachers to mental health issues, they can recognize early warning signs and intervene promptly, ensuring students receive the support they need at the earliest stage possible.
- **Promote a safe and supportive environment:** When teachers are aware of mental health concerns, they can create a classroom environment that is safe, supportive, and nurturing. Sensitized teachers can foster a culture of empathy, understanding, and acceptance, reducing stigma and creating an atmosphere where students feel comfortable discussing their mental health concerns.
- **Facilitate the Academic success:** Sensitized teachers can proactively address mental health challenges that may hinder students' learning abilities. By providing appropriate support and



accommodations, teachers can help students overcome barriers, improve their focus, and enhance their academic success.

- **Facilitate their Social-emotional development:** Teachers can integrate social-emotional learning strategies into their curriculum, promoting skills such as self-awareness, empathy, resilience, and responsible decision-making. These skills not only benefit students academically but also contribute to their long-term personal and social development.
- **Prevent crises and promote well-being:** Sensitized teachers can recognize the signs of distress and intervene appropriately, connecting students with the necessary mental health resources and professionals. By promoting overall well-being, teachers can help prevent crises and create a positive and healthy learning environment.
- **Build stronger Teacher-student relationships:** When teachers are knowledgeable and supportive regarding mental health, students feel valued, understood, and cared for. This positive relationship dynamic not only benefits students' mental health but also enhances their engagement, motivation, and overall educational experience.

- **Details of the Guests**

- Dr. Kavita Bhargava, Hypnotherapist and Clinical Psychologist
- Dr. Tanjul Saxena, Corporate Trainer, Professor and Principal, Mahatma Gandhi College of Hospital Administration
- Dr. Nitya Bajoria, Clinical Psychologist and Psychotherapist
- Dr. Raghav Shah, De-addiction Psychiatrist
- Ms. Shweta Sharma, Clinical and Counselling Psychologist

- **Brief Description of the event**

- **The detailed description of the sessions is as under:**

- **Day 1 – The Science behind LGBTQ** held on 17th July 2023

The session was facilitated by Dr. Shweta Sharma, Clinical Psychologist. The resource person explained the biological reasons behind LGBTQ+ and elaborated on the ways in which the community can be made to feel inclusive in order to make them comfortable amongst the fellow companions and enhance their social relationships.

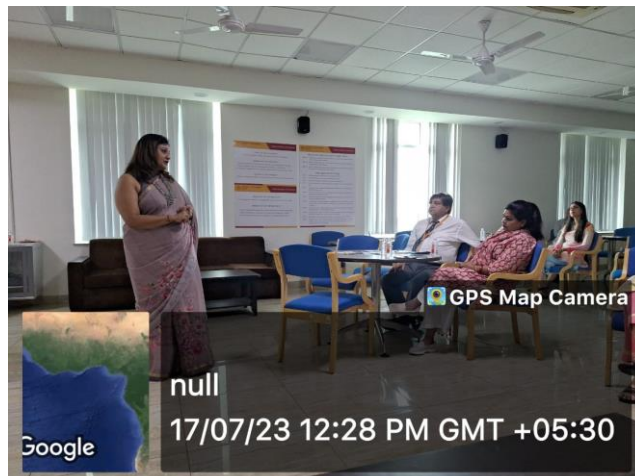
- **Day 2 - Self-management through Mind Sciences** held on 18th July 2023

Dr. Kavita Bhargava, Director, KPsych Services Pvt. Ltd., Clinical hypnotherapist and trainer shared insights on how the subconscious mind can help bringing the highest potential as individuals both personally and professionally. The theory of mind was explained in detail and the audience were engaged through various activities.

- **Day 3 - Effective transactions: The TA perspective** held on 19th July 2023

The concept of Transactional analysis was facilitated by Dr. Tanjul Saxena, Trainer, Professor and Principal, Mahatma Gandhi College of Hospital Administration. How interactions take place between teachers and students and also amongst the fellow colleagues is an important aspect to be understood to become successful and have a healthy working environment. Dr. Saxena elaborated on various types of transactions and how to handle the parent, adult and child ego states in daily routine. The concept of life script and games analysis was also elaborated.

- **Day 4 - Behavioural Regulation : Substance abuse and addictive behaviours** held on 20th July 2023
Dr. Raghav Shah, Director and consultant psychiatrist, Rajasthan Hospital, Jaipur, made it easy to understand the substance abuse and addictive behaviours most commonly found in adolescents. He elaborated on the early signs and management techniques that can be used with students to control addictive tendencies in them. The session was informative as there were many such aspects that were new for the faculty members and needed to be emphasized in order to deal with growing children.
- **Day 5- Tendencies of Anxiety, Depression and Self-harm amongst students** held on 21st July 2023
Dr. Nitya Bajoria, Clinical Psychologist, Counsellor, and life coach gave insights on the early signs of Anxiety, Panic attacks, Depression and self-harm tendencies found in the youth. The key indicators that can help identify the students having clinical symptoms of imbalanced mental health were made to understand. Strategies to deal with, that can make the management of such tendencies were emphasized.
- **Photographs**







- Brochure or creative of the event

MANIPAL UNIVERSITY JAIPUR

**Faculty of Arts
School of Humanities and Social Sciences
Department of Psychology, MUJ-TEC & HR**
in collaboration with

KPsych Services
Organizes

A Five Days Faculty Development Programme
On
**Empowering and Sensitizing Teachers
to Safeguard the Mental Health of Students**
17th July – 21st July 2023 | Time: 10:30 AM to 04:30 PM

Resource Persons

 Dr Kavita Bhargava Director Kpsych services Pvt. Ltd.	 Ms Shweta Sharma Clinical and Counselling Psychologist	 Dr Tanjul Saxena Corporate Trainer, Professor and Principal, Mahatma Gandhi College of Hospital Administration	 Dr Raghav Shah Consultant Psychiatrist & Deaddiction Specialist, Rajasthan Hospital, Jaipur	 Dr Nitya Bajoria Clinical Psychologist and Psychotherapist
--	--	---	--	--

 Mr S. Vaitheeswaran Chairperson, MUJ	 Dr G K Prabhu President, MUJ	 Dr Thammaiah CS Pro-President, MUJ	 Dr Nitu Bhatnagar Registrar, MUJ	 Dr Komal Audichya Dean, FoA, MUJ
--	--	--	--	--

 Dr Devi Prasad Sharma Director - MUJ-TEC, MUJ	 Dr Bhavana Arya HoD - Psychology, MUJ	 Mr M S Sridhar Head HR	 Dr Prashasti Jain Assistant Professor, MUJ
---	---	--------------------------------------	--



Day	Session 1	Session 2	Resource Person
17 th July 2023	Understanding LGBTQ	Dealing with LGBTQ	Dr. Shweta Sharma
18 th July 2023	The art and Science Self-Management	Mind sciences at work	Dr. Kavita Bhargava
19 th July 2023	Demystifying Transactional Analysis: Structural and Transactional Analysis	Demystifying Transactional Analysis: Life Script Analysis and Games Analysis	Dr. Tanjul Saxena
20 th July 2023	Substance Abuse and Addictive behaviours	Early indicators and Basic Management of Most common Clinical conditions	Dr. Raghav Shah
21 st July 2023	Identifying proneness and vulnerability in students	Managing Anxiety, Depression, Panic Attacks and Self harm tendencies in students	Dr. Nitya Bajoria

- **Schedule of the event**

- **Attendance of the Event (insert in the document only)**

Total attendee- 38

Sr. No	Name of Institution	Place of Institution	Registration Number/Employee code	Name of Attendee	Name of Dept
1	MUJ	Jaipur	MUJ0950	Dr. Uvais	Directorate Of Research
2	MUJ	Jaipur	MUJ0864	Dr. Alok Bhargava	Mathematics
3	MUJ	Jaipur	MUJ1036	Dr. Somya Goyal	ECE
4	MUJ	Jaipur	MUJ0092	Dr. Sonal Sidana	BBA
5	MUJ	Jaipur	MUJ1081	Dr. Kirti Shekhawat	Psychology
6	MUJ	Jaipur	MUJ1062	Dr. Priyanka Sharma	BBA
7	MUJ	Jaipur	MUJ1242	Dr. Deeksha Ahuja	BBA
8	MUJ	Jaipur	MUJ1532	Dr. Kirti Goyal	BBA
9	MUJ	Jaipur	MUJ0484	Dr. Sunita Khatana	LAW
10	MUJ	Jaipur	231351002	Paridhi Jain	LAW
11	MUJ	Jaipur	MUJ1100	Dr. Arpit totuka	LAW



MANIPAL UNIVERSITY JAIPUR

12	MUJ	Jaipur	MUJ1552	Dr. Sarvesh Kumar Pandey	Chemistry
13	MUJ	Jaipur	MUJ1220	Dr. Suranjan De	Chemistry
14	MUJ	Jaipur	MUJ1551	Dr. Shikha Awasthi	Chemistry
15	MUJ	Jaipur	MUJ1550	Dr. Mayank Namdev	CSE
16	MUJ	Jaipur	MUJ1606	Dr. Sourabh Mishra	CSIT
17	MUJ	Jaipur	MUJ1084	Dr. Samridhi Pareek	Psychology
18	MUJ	Jaipur	MUJ1083	Dr. Gagan Jain	Psychology
19	MUJ	Jaipur	MUJ1254	Dr. Rajnish Gupta	Psychology
20	MUJ	Jaipur	MUJ1190	Rajshree Rathore	Psychology
21	MUJ	Jaipur	MUJ1248	Ar. Smriti Saraswat	Architecture
22	MUJ	Jaipur	MUJ1244	Ar. Ketaki Darp	Architecture
23	MUJ	Jaipur	MUJ0014	Dr. Meenakshi Joshi	Psychology
24	MUJ	Jaipur	MUJ0534	Dr. Monica Sogani	Bioscience
25	MUJ	Jaipur	MUJ1148	Dr. Shalini Puri	CSIT
26	MUJ	Jaipur	MUJ0127	Dr. Sushil Kumar Jain	Chemistry
27	MUJ	Jaipur	MUJ1112	Col. AS Shekhawat	Chief warden
28	MUJ	Jaipur	MUJ1418	Sub maj. Gopal Ram Saini	Senior warden
29	MUJ	Jaipur	MUJ1420	Seema Kumari	Senior warden
30	MUJ	Jaipur	MUJ0670	Dr. Arun Kumar Poonia	Languages
31	MUJ	Jaipur	MUJ1519	Namrata Bharadwaj	Economics
32	MUJ	Jaipur	MUJ1064	Prabhat Dixit	JMC
33	MUJ	Jaipur	MUJ1605	Jyotirmay	JMC
34	MUJ	Jaipur	MUJ1496	Dr. Shraddha Tripathi	Psychology
35	MUJ	Jaipur	MUJ1218	Dr. Rahul Kr. Singh	Psychology
36	MUJ	Jaipur	MUJ0395	Dr. Charu Dhankar	Psychology
37	MUJ	Jaipur	MUJ1515	Dr. Swati Sharda	LAW
38	MUJ	Jaipur	MUJ1227	Dr. Jaivardhan Singh Rathore	Languages



- **Feedback report of the Event**

The faculty members found it useful and most of them suggested that such kind of FDP should be made mandatory for all faculty members to attend. This will help the university to reduce allot of student issues. Not only the students, but the consciousness and awareness among the teachers will help to make their and others' life easier.

- **Link of MUJ website stating the event is uploaded on website**

<https://jaipur.manipal.edu/muj/news-events/events-list/empowering-and-sensitizing-teachers-to-safeguard-the-mental-heal.html>

Dr. Bhavana Arya
Head, Department of Psychology
Manipal University Jaipur

[25/07/2023]

Seal and Signature of Head with date



MANIPAL UNIVERSITY
JAIPUR

MUJ/DSW/SC/30 Aug 2022/



MANIPAL UNIVERSITY
JAIPUR

DIRECTORATE OF STUDENT'S WELFARE

(SOCIETY CONNECT)

AWERNESS RALLY

on

“DRUG ABUSE”

Date of Event: 30th August 2022



Index

S.No.	Activity Heads	Page no.
1.	Introduction of the Event	1
2.	Objective of the Event	1
3.	Beneficiaries of the Event	1
4.	Details of the Guests	1
5.	Brief Description of the event	2
6.	Photographs	2-4
7.	Brochure or creative of the event	5
8.	Schedule of the Event	6
9.	Attendance of the Event	6-9



1. Introduction of the Event: -

Directorate of Student's Welfare (NSS), Manipal University Jaipur organized an Awareness Rally Against DRUG ABUSE on 30th August 2022 from Manipal University Gate to Gram Panchayat Dehmi Kalan. It was a great message provided against Drug Use. It was a physical activity involving the students from NSS, NCC, DSW and the Rotaract Green Club MUJ.

2. Objective of the Event: -

- To make the Prevention Action Plan are to prevent youth from using illicit drugs by enhancing their awareness.
- Providing MUJ students an understanding of the harmful social and health effects of drug use and to develop and implement community-based interventions and initiatives to prevent illicit drug use.

3. Beneficiaries of the Event: -

The event was conducted for villagers in Dehmi Kalan and Students of Manipal University Jaipur.

4. Details of the Guests

Rotary Club Jaipur Bapu Nagar

Rotary started with the vision of one man — Paul Harris. The Chicago attorney formed the Rotary Club of Chicago on 23 February 1905, so professionals with diverse backgrounds could exchange ideas and form meaningful, lifelong friendships.

Over time, Rotary's reach and vision gradually extended to humanitarian service. Members have a long track record of addressing challenges in their communities and around the world.

Rotary is a global network of 1.4 million neighbors, friends, leaders, and problem-solvers who see a world where people unite and take action to create lasting change – across the globe, in our communities, and in ourselves. They provide service to others, promote integrity, and advance world understanding, goodwill, and peace through our fellowship of business, professional, and community leaders. We collaborate with community leaders who want to get to work on projects that have a real, lasting impact on people's lives. We connect passionate people with diverse perspectives to exchange ideas, forge lifelong friendships, and, above all, take action to change the world.

5. Brief Description of the event: -

Directorate of Student's Welfare (NSS and NCC Air wing) Manipal University Jaipur organized Awareness Rally Against DRUG ABUSE was carried out on 30th August 2022 from Manipal University Gate to Gram Panchayat Dehmi Kalyan. The event was inaugurated by Dr. R.C. Gour former Director Manipal University Jaipur and Dr. Anil Dutt Vyas Director Student's Welfare by NSS/NCC Cadets, and Rotaract Club students. It was a great message provided against Drug Use. It provides the knowledge necessary to avoid risky situations and information to make healthier personal choices. It aids in creating personal strategies for avoiding both negative peers and the inherent social pressures associated with substance use in social scenarios. For that this awareness rally was carried out.

Preventive and Remedial Measures. There are certain preventive and remedial measures for dealing with the problem of drug abuse.

- (a) The Government must use all the media to propagate against the habit of drug-taking.
- (b) Voluntary organizations should pay more attention to instructing addicts on how to give up the vice to bring them to the mainstream of public life without shame or sorrow.
- (c) Physicians should teach them how to prevent and avoid evil and how to lead a normal healthy life.
- (d) Parents should pay more care, attention, and love to their sons and daughters.
- (e) Reading moral and religious books is also helpful to addicts.
- (f) The police must act fearlessly to act against the people involved in drug traffic.

6. Photographs of the event with captions: -



Image Rally at MUJ Gate



Image Rally at Dahmi Kalan Road



Image Staring of the Rally from Manipal University Jaipur Main gate



Image of the rally t Dehmi Kalan Village

7. Brochure of the Event:



MANIPAL UNIVERSITY
JAIPUR

राष्ट्रीय सेवा योजना
NATIONAL SERVICE SCHEME

NCC
NATIONAL CADET CORPS

DIRECTORATE OF STUDENT WELFARE

**AWARENESS RALLY AGAINST
DRUG ABUSE**

30TH AUGUST 2022 | Time: 10:00 AM

Venue: University Main Gate to Gram Panchayat,
Dehmi Kalan, Jaipur





8. Schedule of the event: -

August 30th, 2022, from 10 AM onwards from Manipal University Jaipur Main Gate.

9. Attendance of the Event

Total attendee- 70 Students

S. No.	Name of Institution	Reg. No	Full name	Year	Branch
1	Manipal University Jaipur	200901164	Pratham Kapoor	3rd	BBA
2	Manipal University Jaipur	209403025	Akshvin K Singhal	3rd	B.Tech Mechatronics
3	Manipal University Jaipur	209303107	Ansh Chawla	3rd	CCE
4	Manipal University Jaipur	199303074	Vaibhav Vats	4th	CCE
5	Manipal University Jaipur	201103019	Vani Ghai	3rd	BA Hons Psychology
6	Manipal University Jaipur	201105005	Yasha Taneja	3rd	BA Libral Arts
7	Manipal University Jaipur	201002005	Abhinav Wadhwa	3rd	Bsc.Biotechnology
8	Manipal University Jaipur	201007034	Garima Mahaur	3rd	Bsc. Psychology
9	Manipal University Jaipur	200901113	Aditya Mathur	3rd	BBA
10	Manipal University Jaipur	201103042	Navneet Bhukmariya	3rd	BA Hons Psychology
11	Manipal University Jaipur	209301040	Chandraveer Mathur	3rd	CSE
12	Manipal University Jaipur	201105015	Deepti Meena	3rd	BA Libral Arts
13	Manipal University Jaipur	209403017	Lohit Shandiliya	3rd	B. Tech Mechatronics
14	Manipal University Jaipur	209303345	Sejal Shrisale	3rd	CCE



MANIPAL UNIVERSITY JAIPUR

15	Manipal University Jaipur	209303088	Atharva Chaudhari	3rd	CCE
16	Manipal University Jaipur	209302183	Siddharth Dhaka	3rd	B. Tech IT
17	Manipal University Jaipur	209302354	Raghav Ruia	3rd	B. Tech Mechatronics
18	Manipal University Jaipur	209301186	Aryan Bansal	3rd	CSE
19	Manipal University Jaipur	209301496	Pranav Shrivastava	3rd	CSE
20	Manipal University Jaipur	209302323	Priyam Agarwal	3rd	B. Tech IT
21	Manipal University Jaipur	209402037	Apar Gupta	3rd	Mechanical
22	Manipal University Jaipur	209301160	Vaibhav Shoree	3rd	CSE
23	Manipal University Jaipur	201007007	Ayushi Gupta	3rd	Bsc. Hons. Psychology
24	Manipal University Jaipur	201015039	Parth Sharma	3rd	BCA
25	Manipal University Jaipur	209309042	Vikramaditya Hiran	3rd	DSE
26	Manipal University Jaipur	209303087	Akash Shedage	3rd	CCE
27	Manipal University Jaipur	209301086	Urvi Dhasmana	3rd	CSE
28	Manipal University Jaipur	201003007	Garima Ghaley	3rd	Bsc. Hons. Microbiology
29	Manipal University Jaipur	209303333	Nivedita Ramaesh	3rd	CCE
30	Manipal University Jaipur	201101037	Aishwarya Seth	3rd	BA-Economics
31	Manipal University Jaipur	219302360	Disha Agarwal	2nd	IT
32	Manipal University Jaipur	219302421	Bhavin Sehrawat	2nd	B.Tech IT



MANIPAL UNIVERSITY JAIPUR

33	Manipal University Jaipur	219301155	Nishita Gogia	2nd	Btech CSE (Core)
34	Manipal University Jaipur	219311125	Yash verma	2nd	Cse iot
35	Manipal University Jaipur	210901018	Pratham choudhary	2nd	BBA
36	Manipal University Jaipur	219311161	Anisha Lamba	2nd	BTech in CSE
37	Manipal University Jaipur	229403013	Gunn Verma	1st	Mechatronics
38	Manipal University Jaipur	229302083	Vedic Varma	1st	CSE (CORE)
39	Manipal University Jaipur	229303191	Krishang Shukla	1st	BTech CCE
40	Manipal University Jaipur	229302371	Rishika Bhagawati	1st	Btech IT
41	Manipal University Jaipur	229309218	Kartikey Sharma	1st	Btech data science
42	Manipal University Jaipur	221305021	Nehal Dashottar	1st	BBA LLB
43	Manipal University Jaipur	220113244	Daksh sharma	1st	BBA LLB
44	Manipal University Jaipur	229309035	Krishang Goel	1st	IT
45	Manipal University Jaipur	229311254	Gargi Arora	1st	CSE (IoT and IS)
46	Manipal University Jaipur	229303405	anav lamba	1st	CCE
47	Manipal University Jaipur	200901298	Rajeev Sharma	3rd	BBA
48	Manipal University Jaipur	209303239	Abhinav Jindal	3rd	IT
49	Manipal University Jaipur	209301053	Nadella Rutvik Ramana	3rd	CSE
50	Manipal University Jaipur	211007071	Anuja pol	2nd	Bsc psychology honors



MANIPAL UNIVERSITY JAIPUR

51	Manipal University Jaipur	211007003	Lakshita	2nd	Bsc psychology honours
52	Manipal University Jaipur	219303064	Shobhit Bansal	2nd	CCE
53	Manipal University Jaipur	210903065	Prerana Singh	2nd	Bcom Accounting
54	Manipal University Jaipur	219301331	Ayush Goyal	2nd	CSE
55	Manipal University Jaipur	219310146	Yoshe vijay	2nd	BTech CSE
56	Manipal University Jaipur	210901317	Pranav Agarwal	2nd	BBA
57	Manipal University Jaipur	219309129	Nayonika Sharma	2nd	Btech Data Science
58	Manipal University Jaipur	219311064	Khushboo Tewari	2nd	CSE
59	Manipal University Jaipur	210901184	Nihal	2nd	BBA
60	Manipal University Jaipur	219303126	Divyanshee Saxena	2nd	Btech CCE
61	Manipal University Jaipur	219301388	Madhur Dhingra	2nd	CSE
62	Manipal University Jaipur	219302301	Vanshika Singh Andotra	2nd	IT
63	Manipal University Jaipur	211103012	Jessica Agarwal	2nd	BA -psychology
64	Manipal University Jaipur	219310180	harshit shah	2nd	CSE
65	Manipal University Jaipur	211007011	Kashish parmar	2nd	Bsc psychology
66	Manipal University Jaipur	219403030	rupansh goyal	2nd	mechatronics
67	Manipal University Jaipur	219303120	Pravartika mishra	2nd	Btech IT
68	Manipal University Jaipur	219303066	Sivam Pratik	2nd	IT



MANIPAL UNIVERSITY JAIPUR

69	Manipal University Jaipur	219301133	Soham Dixit	2nd	Btech CSE
70	Manipal University Jaipur	219301208	Divyansh Jain	2nd	Cse core

(Hemant Kumar)

Assistant Director, Society Connect

Directorate of Student's Welfare

(Prof. AD Vyas)

Director, Directorate of Student's Welfare

DIRECTOR STUDENT WELFARE & PROCTOR
MANIPAL UNIVERSITY, JAIPUR



Event Report

By

LearnIT

Department of IT

(Manipal University Jaipur)

Webinar on

- Run against Drug Abuse

Platform: MS Teams

Weblink:


For Run Against Drug Abuse: https://teams.microsoft.com/l/meetup-join/19%3ameeting_ZDE3Njk1YjltNGNhMy00NzRjLTk5YWwtOGUzMzNkZTAzZjVm%40thread.v2/0?context=%7b%22Tid%22%3a%2227282fdd-4c0b-4dfb-ba91-228cd83fdf71%22%2c%22Oid%22%3a%225fcd9be0-4fb1-4f97-8df7-c36383998507%22%7d

Brochure of the Event:



**RUN AGAINST
DRUG ABUSE**

LEARNIT PRESENTS
A WEBINAR WITH
DR TANVI KAUR

 **24 MARCH
6:30 PM**

Event Schedule:

Event	Date	Time
Webinar-Run against Drug Abuse	24 th March 2021	6:30 p.m. onwards

Report of the Events:

Webinar-Run Against Drug Abuse

LearnIT took this wonderful opportunity to conduct a workshop on this very topic "RUN AGAINST DRUG ABUSE". We were honoured to have Ms. Tanvi Kaur who is a RCI registered clinical psychologist. Students learnt about various aspects from what are drugs to how to overcome substance abuse. Students also acquired the knowledge of various forms and types of drugs available how it takes a toll on a human being. Our speaker had also presented a powerpoint presentation with great visuals for an enhanced way of learning and creating awareness. Students also learnt about how and why someone can deal with addiction. The whole webinar lasted for about an hour or so. Students were also made to do a self introspection. They were handed out a list of 20 insightful questions. The speaker warmly welcomed all queries and answered all the questions raised by the students. The webinar encouraged students on many levels towards positive behaviour and attitude in life. One must have definitely learnt the importance of rehabs and support needed by a victim of substance abuse.

Faculty Coordinators:

Mr. Ankit Mundra (IT)

Attendance of the Events:

Name	WhatsApp Number	Outlook Email Id
SAKSH ARORA	9412271008	saksh.209302108@muj.manipal.edu
Anushka Sharma	9602438123	anushkasharmaa0103@gmail.com
Hardik Jain	7456995386	hardikjain12aug@gmail.com

Aiman Ahmad	9661929155	emailtoaiman@gmail.com
Yugma Thakkar	7702323421	yugma007.t@gmail.com
Rishabh Mathur	9024119413	rishabh.26.2000@gmail.com
Ishan Shrimali	9887463770	ishan17vk@gmail.com
Gaurav Bansal	8839281261	gaurav.209302400@mu.j.manipal.edu
Chetan Verma	7897913721	chetan.2093092019@mu.j.manipal.edu
AYUSHMAN PATRA	8260755160	ayushmanpatra019@gmail.com
Priyam Agarwal	9983862829	priyam.209302323@mu.j.manipal.edu
Yasha Jain	9407882300	yasha.j.jain@gmail.com
Shashwati	9340299919	shashwatimishra8@gmail.com
NITIN SHARMA	9460914037	Nitin.209302388@mu.j.manipal.edu
Tejaswinj	7032539953	tejaswinirao2109@gmail.com
Aman Bhardwaj	9971294101	bhardwajaman2719@gmail.com
Palak Dwivedi	9648280770	palak.199302116@mu.j.manipal.edu
Harsh Rajput	9810600041	rharshrajput.99@gmail.com
Samridhi	9810505363	Samridhiyer00@gmail.com
Sarthak Jain	9999254748	Sarthakjainn5@gmail.com
Ishika jain	7042772662	Ishika.199303157@mu.j.manipal.edu
Jasveer	8104387203	singhjasveer7848@gmail.com
Mohammad Owais Farooqui	9915014907	owais.frq@gmail.com
Paarth Modgil	8427691205	paarthmodgil4@gmail.com
Khushi Singh	9999393729	singhkhushi.ks13@gmail.com
Radhika Gupta	9958798729	gptradhika1208@gmail.com

Vishal dadwal	9717709012	Vishaldadwal10@gmail.com
Tarushi Litoria	9811730858	tarul2001@gmail.com
Abani	8130813385	abanikohli@gmail.com
Parshwa Pasoba	7032996570	us.parshwa@gmail.com
Devika Vadehra	7015383366	vadehradevika@gmail.com
Nilanshu	7727882662	sharma.nilanshu@gmail.com
Radhika Kedia	9936172678	radhika.209302426@muj.manipal.edu
Shruti Sonthalia	9643647610	shrutisonthalia2711@gmail.com
Devanshi Khosla	9501235999	Devanshikhosla20002@gmail.com
Sahiti Balantrapu	9993335848	sahitib8200@gmail.com
Nancy Bhargava	7011655737	nancybhargava1301@gmail.com
Mahi Dhakre	9131426607	mahi.dhakre30@gmail.com
Pranav Rastogi	8077442667	pranav.rastogi2902@gmail.com
Gavesh Jain	7568466627	gaveshjain2023@gmail.com
Atishi Jain	8755733763	Atishijain98@gmail.com
Palak Dwivedi	9648280770	palak.199302116@muj.manipal.edu
Tanya Tooley	9873550637	Tanya.Tanya.199302023@muj.manipal.edu
Rhea Mehta	9717652778	rheamehta212@gmail.com



Ankit Mundra

Faculty Coordinator



Dr Pankaj Vyas

HoD, Department of IT

Measures taken (excluding lectures/talk) to create and awareness – within the Institute on Mental Health and Wellbeing

Interaction with the students:

Being healthy is important for any individual, and mental health is a vital part of it. Mental health includes our emotional, psychological, and social wellbeing. It affects how we think, feel and act. Over the course of time, we may find issues related to our mental health and that needs to be addressed with this thought student counsellors have organized various interactions with the students. (report enclosed as annexure-01)

With this aim, to promote overall wellbeing of students and staff, the counselling team has conducted interactions with students on the following topics:

- Effective study habits
- Promotion of mental health
- Building resilience
- Enhancing effective communication
- Coping in current times of pandemic

Using social media as a platform to increase mental health awareness:

Social media platforms are the places youth spend most of their time, especially after pandemic when the only places to be at are virtual. Thus, expanding upon this idea the counselling team used these platforms to talk and discuss mental health.

Podcast on mental health awareness (report enclosed as annexure-02)

Instagram live on demystifying mental health and on substance use. (report enclosed as annexure-03)

Facebook live on Adapting to the new normal (Post 1st wave of Covid)

Articles:

Even during the period of lock down counsellors were connecting with all the university students by sharing write ups and images related to coping and maintaining well-being.

The counselling team also shares an article in every newsletter related to the varied topics comprising of mental health.

Articles and pictures have also been shared for celebration of specific days like, world suicide prevention day, gratitude day etc.

Celebration of mental health week:

On 10th October world mental health day, a whole week was celebrated in the university by having digital poster making competition and other activities. (report enclosed as annexure-04)

Initiation of Mental Health Club:

A student club was formed with the goal of spreading awareness and breaking the stigma regarding mental health.

Counselling First Aid workshop:

A Workshop was conducted for University faculty members on how to identify and give a first-hand response to students with any psychological issue.

Annexure 1

Report of Interaction with Student



MANIPAL UNIVERSITY
JAIPUR

Directorate of Student's Welfare Student Support System

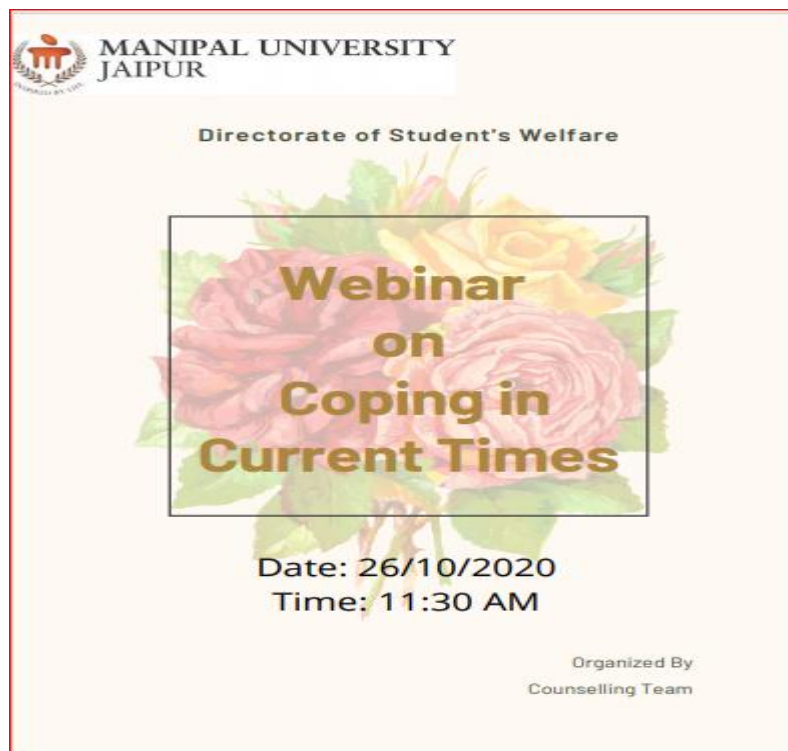
Webinar Series: Coping in Current Time

Session: VII

Department: Law (BALLB(HONS)IX SEM)

Date and Time: 26/20/2020 and 11:30AM

Venue: Virtual Mode



The purpose of the webinar was to reach the students and make them aware about the current pandemic situation and how they can take care of your mental health along with physical health.

FEEL FREE TO CONTACT US AT:

STUDENT SUPPORT SYSTEM,
Directorate of Student Welfare
Room no. 001 and 023 AB I
(Ground Floor), University Campus.

Email :
students.counsellor@jaipur.manipal.edu
Call: 0141-3999100 Ext.: 812

Dr. RIMPY SHARMA

Ms. VANDNA KABRA

Ms. DEVANSHI PADALIYA

have any kind of query or question you can ask us right

+41 JM US R S NA A G NA AP AS AA

Glimpse of ongoing session

A series of webinar has been initiated by the Student Counsellors keeping in mind the current situation due to Covid-19 pandemic and the challenges brought by it. It is important to take care of our mental health along with our physical health in the time of uncertainty. The theme of the webinar is to share practical and healthy ways to cope in the current times which is new normal for all. The sessions are organized for the students of Manipal University Jaipur. The seventh session was organized with the Law Department students.

Organized By: Counselling Team

Annexure 2

Report of Mental Health Podcast



MANIPAL UNIVERSITY
JAIPUR

Directorate of Student's Welfare

Student Support System

Launching a Mental Health Podcast

Date and Time: 01/06/2020 and 4PM

Venue: Virtual Mode



The purpose of the podcast is to reach to people and brief them about the importance of mental health and what are the myths attached to it.



Recording of Mental Health Podcast

A Podcast is digital audio file made available on the Internet. Mental health is as important as physical Health. Mental health affects how we think, feel, and act. Over the course of our life, if we experience mental health problems, our thinking and behavior could get affected. Understanding the importance and ways of taking care of our mental health is necessary for individual. With the purpose of spreading awareness on this topic, students of BJMC along with Student Counsellor Ms. Vandana Kabra recorded a 20-minute audio on Podcast.

Organised By: Counselling Team

Annexure 3

Report of Instagram live



MANIPAL UNIVERSITY
JAIPUR

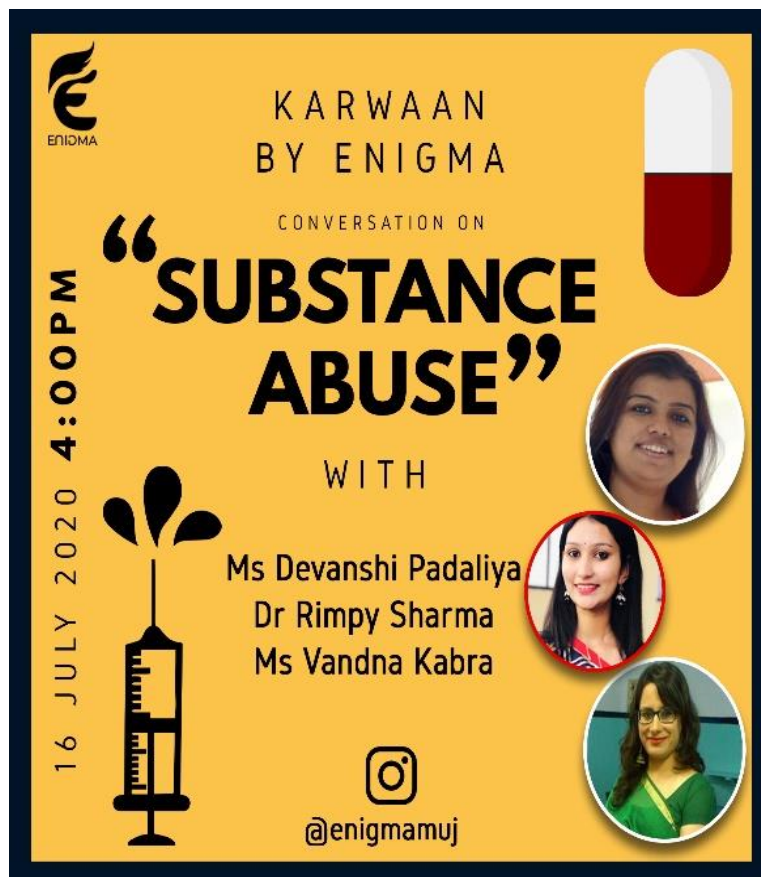
Directorate of Student's Welfare

Student Support System

A Session on Substance Abuse

Date & Time: 16/07/2021, 4 PM

Venue: Virtual Mode



The purpose of this session was to talk and interact on a sensitive issue of substance abuse. Students were answered about their queries.



Third episode of the “KARWAAN” series created by student members of enigma club, of Manipal University Jaipur, was a live interactive session with student counsellors of the University. Counselling team consists of Dr.Rimpy Sharma , Ms. Vandna Kabra and Ms. Devanshi Padaliya who work under the guidance of Dr. G.L Sharma Dean ,Directorate of Students’ Welfare.

The session was on 16th July,2020 at 4:00 PM this session started with students asking the meaning of most basic terms used very commonly such as substance use, substance abuse, substance dependence and addiction.

Student counsellors of MUJ had a live interactive session with students regarding substance consumption, ways to manage and regulate the usage and the harmful effects of various substances.

Counsellors also explained various techniques regarding reduction of substance intake and keeping a check upon oneself. Some fundamental ethics followed by mental health professionals such as Confidentiality, Non-judgemental attitude and Non-maleficence were delineated, which would motivate people to reach out for help.

Organised By: Counselling Team

Annexure 4

Report on Poster Making Competition



MANIPAL UNIVERSITY
JAIPUR

Directorate of Student's Welfare

Student Support System

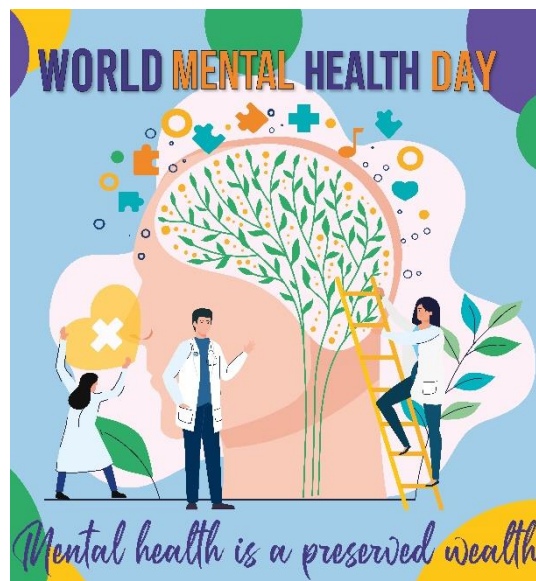
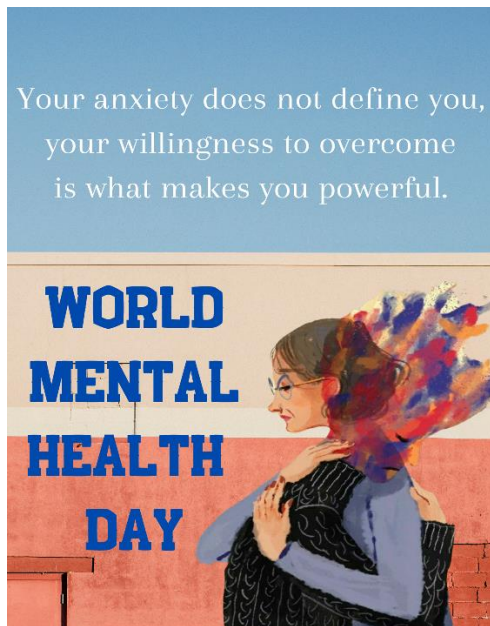
Poster Making Competition-Celebrating World Mental Health Day



World Mental Health Day is observed on 10 October every year, with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support

of mental health, keeping this goal in mind Student Counselling team under the Directorate of Students' Welfare in MUJ organised a digital poster making competition for all MUJ students and staff.

Theme for the competition was Mental Health and all the posters were created on virtual modes using software MS Paint, MS Word, MS PowerPoint and Canva. Entries were accepted from 1st till 9th of October,2020. A committee comprising of erudite personalities of MUJ devised the result and selected top three posters out of more than 30 entries. All the students were given e-certificate of participation and were appreciated for their enthusiasm towards promoting mental health awareness in society.



Organized By: Counselling Team



MANIPAL UNIVERSITY
JAIPUR

MUJ/DSW/Student Clubs/2021/MoM/Nov.12

MIND OVER MATTER
FACULTY OF ARTS AND LAW
SCHOOL OF HUMANITIES & SOCIAL
SCIENCES
DEPARTMENT OF PSYCHOLOGY

**Webinar “Refresh 2.0” on Being With Well-Being:
Pause, Unwind & Reconnect**
Online event

DATE: 12th November, 2021

Index

S. No.	Activity Heads	Page no.
1.	Introduction of the Event	3
2.	Objective of the Event	3
3.	Beneficiaries of the Event	3
4.	Details of the Guests	3
5.	Brief Description of the event	4
6.	Photographs	4
7.	Brochure or Creative of the event	6
8.	Schedule of the Event	7
9.	Attendance of the Event	7
10.	News Publication	10
11..	Feedback of the Event	10
12.	Link of MUJ Website	

Introduction of the Event

The webinar 'Refresh 2.0', a session on 'Being With Well-Being: Pause, Unwind & Reconnect' was held on 12th November, 2021 on Zoom from 6.00pm to 7.30pm.

The speaker was Ms Juhi Sharma, Founder at Light up (EME) & Unbottle Emotions.

Objective of the Event

- Mind refreshing activities that help in rejuvenating the mind and soul
- Helping students with any struggles that they are facing
- Understanding the importance of a healthy mental health and emotional balance
- Promoting gestures of gratitude amongst student community

Beneficiaries of the Event

- Students
- Counsellors
- Faculty

Details of the Guest

Guest :Juhi Sharma

Founder, Light Up & Unbottle emotions

Brief Description of the event

Refresh 2.0, a therapeutic evening started with a brief introduction session encompassing the description of the organization by Ms Juhi Sharma, Founder, Light Up & Unbottle emotions.

Ma. Juhi Sharma began her lecture which lasted close to an hour. She gave an overview of the topic, addressing the need to discuss mental health issues. This was followed by a music therapy activity and its relevance to help students explore and understand the exam fear and anxiety that they experience during tests.

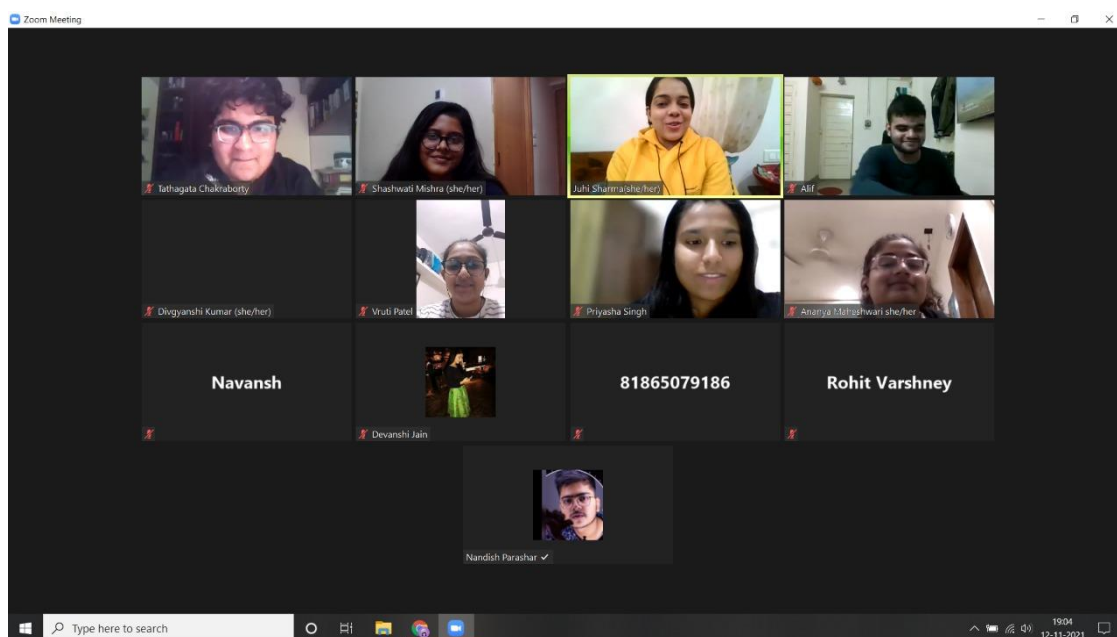
During this session many activities were there which with the goal of relaxation of our mind, analysis of emotions, ideas of gratitude along with serenity and

selflessness were taken up. The overlooking and need of self introspection was proposed to the attendees. Driving ‘real and reel life’ was undertaken including the necessity of a healthy diet, exercise, mental health, social good, wellbeing etc. were some of the topics that were presented vividly during the event.

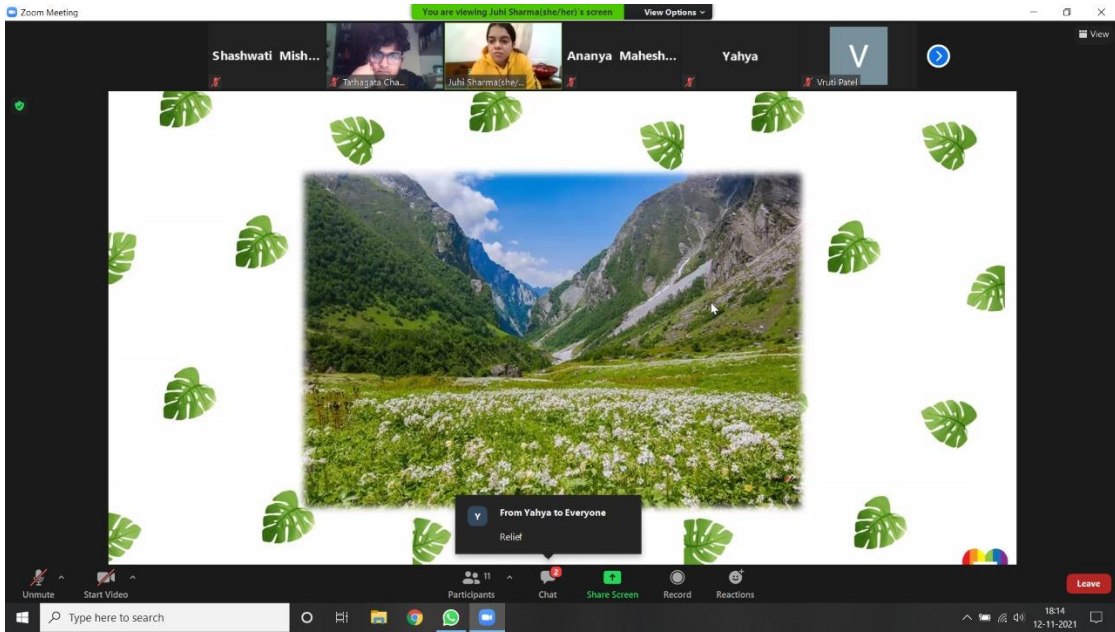
She touched on all relevant subtopics within the hour after which there was a round of questions from students attending the webinar. As the event came towards an end, the speaker discussed various problems faced by students and highlighted how to solve them through creation of a peer support group and a united community.

This was followed by a brief note of gratitude from the Faculty Coordinator of Mind Over Matter, Ms Devanshi Padaliya, . The session concluded with a vote of thanks from the President of Mind Over Matter, Ms Sashwati Mishra.

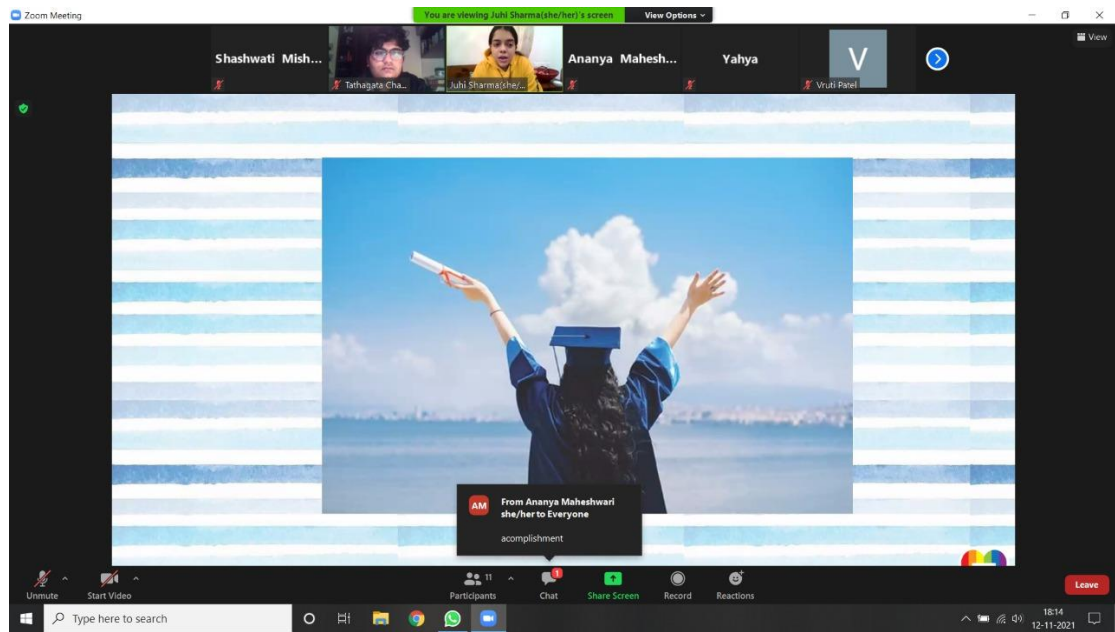
Photographs



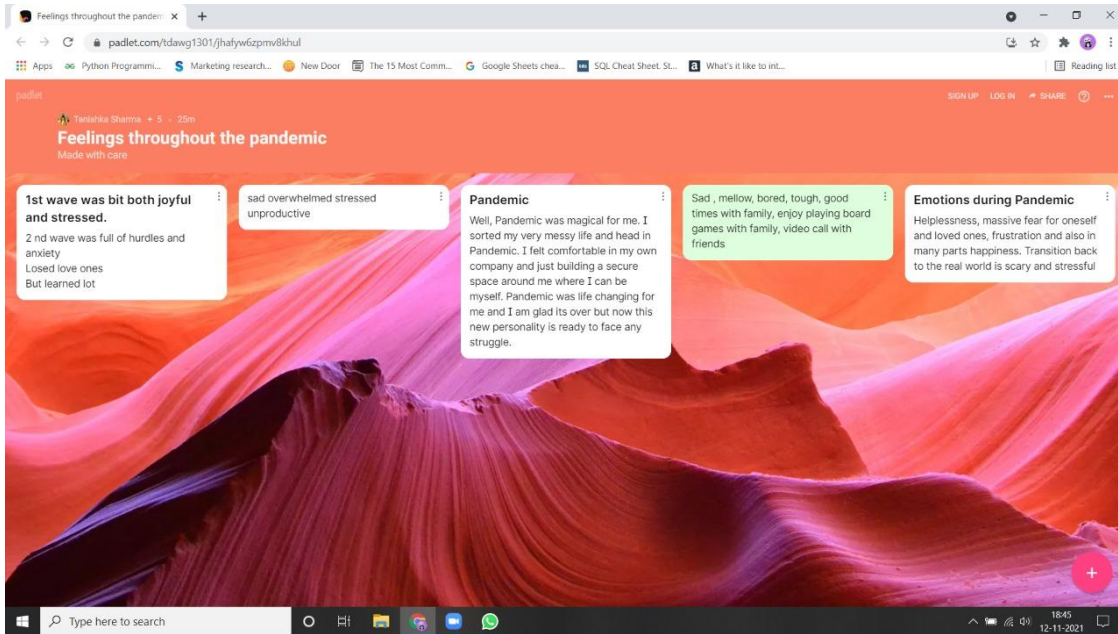
Introductory speech by Ms Juhi Sharma, Founder at Light up (EME) & Unbottle Emotions



Ms Juhi Sharma explaining Gratitude Theory to students.



Ms Juhi Sharma enlightening students how to attain “emotional balance.”



Ms Juhi Sharma helping students in “self-introspection”.

Brochure or creative of the event



Schedule of the event

The event was on 12th November, 2021 from 6.00pm to 7.30pm.

Attendance of the Event

Total attendees-13

S. No.	Name of Institution	Place of Institution	Registration no.	Name
1.	Manipal University Jaipur	Jaipur	-	Sashwati Mishra
2.	Manipal University Jaipur	Jaipur	-	Tathagata Chakraborty
3.	Light up (EME) & Unbottle Emotions	Jaipur	-	Juhi Sharma
4.	-	-	-	Devanshi Jain
5.	Manipal University Jaipur	Jaipur	-	Rohit Varshney
6.	-	-	-	Priyanka Singh
7.	-	-	-	Ananya Maheshwari
8.	-	-	-	Vaishali Sarda
9.	-	-	-	Vanshit Aggarwal
10.	Manipal University Jaipur	Jaipur	-	Divgyanshi Kumar
11.	Manipal University Jaipur	Jaipur	-	Vruti Patel
12.	Manipal University Jaipur	Jaipur	-	Navansh
13.	Manipal University Jaipur	Jaipur	-	Nandish Parashar
13.	-	-	-	Alif

News Publication– N/A

Feedback of the Event

The participants thoroughly enjoyed the event. Students felt empowered and enlightened with wonderful ways of expressing and tackling emotions. Not only did students learn how to control our positive and negative emotions, situation and its effects and overcoming them, but also learnt new ways of making life better by showing gesture of gratitude in everything.

Link of MUJ Website

<https://jaipur.manipal.edu/content/muj/news-events/events-list/rethinking-democracy-and-rule-of-law-in-the-european-union.html>