

## **Mental Health Support for Students at Manipal University Jaipur**

Manipal University Jaipur (MUJ) is committed to the mental well-being of its students, recognizing that emotional health is key to academic success, personal development, and overall happiness. The university has established a robust mental health support system designed to provide students with the care, guidance, and resources they need to navigate the challenges of university life.

At the core of MUJ's mental health services is its dedicated wellness center, where students can access professional counseling in a confidential and supportive environment. Trained counselors are available to help students cope with a wide range of issues, including stress, anxiety, depression, academic pressures, relationship challenges, and adjustment to campus life. These services are designed to be non-judgmental and accessible, ensuring that every student feels comfortable seeking support. MUJ also places a strong emphasis on prevention and awareness through regular mental health workshops, seminars, and awareness campaigns. These initiatives cover key topics such as stress management, mindfulness, emotional resilience, and coping strategies, equipping students with the tools to manage their mental health effectively. By promoting open dialogue around mental health, MUJ works to reduce the stigma that often surrounds emotional well-being, encouraging students to prioritize their mental health just as they would their physical health. In addition to counseling and educational programs, the university supports peer-led initiatives, where students can connect with each other for support, understanding, and shared experiences. These peer groups help foster a sense of community and belonging, which is vital for mental well-being.

MUJ's approach to mental health is holistic, integrating care and education into the fabric of campus life. By offering accessible mental health services and promoting emotional wellness, Manipal University Jaipur is committed to creating a nurturing and inclusive environment where every student can thrive.



Group Photo with Dr Rimpy Sharma, Vandana Kabra, Ar. Smriti Saraswat, Ar. Megha Prabhu K and B. Des (Interior Design) 2<sup>nd</sup> year Students.



Dr Rimpy Sharma interacting with B. Des (Interior Design) 2<sup>nd</sup> year Students.



MANIPAL UNIVERSITY  
JAIPUR

*(Universities under Section 2(f) of the UGC Act)*



MANIPAL UNIVERSITY  
JAIPUR



EXPERT LECTURE ON:

# COGNITIVE AND BEHAVIOURAL DEVELOPMENT OF CHILDREN

Exclusive Expert Lecture for 2nd Year  
B.Des ID Students: Delving Deep into  
Designing Spaces for Kindergarten and  
Early Elementary Pupils, Informed by  
Child Psychology.



DATE

22 August, 2023



TIME

10.00 - 11.00 AM



**SPEAKER**

**Dr Rimpay Sharma**

Student Counsellor

Directorate of Student Welfare, MUJ

Department of Interior Design



Dr Mathur giving the welcome address



Ms Isha Gupta, delivering session



A snippet from the session



Students attending the session



Students participating in activity – 1



Students participating in activity – 2



MANIPAL UNIVERSITY  
JAIPUR

**FACULTY OF ENGINEERING**

**SCHOOL OF ELECTRICAL, ELECTRONICS AND COMMUNICATION  
ENGINEERING**

**DEPARTMENT OF ELECTRONICS AND COMMUNICATIONS  
ENGINEERING**

## ***The "Express" Train***

**A Mental Health & Well-Being sessions for MUJ students  
in collaboration with MindPeers, ECE, SEEC, & Abhigya Club, MUJ**

**(Target SDG: Good Health & Well-Being)**

**22<sup>nd</sup> September 2023**



## Content of Report

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2. Objective of the Event
3. Beneficiaries of the Event
4. Details of the Guests
5. Brief Description of the event
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8. Schedule of the Event
9. Attendance of the Event
10. News Publication
11. Feedback of the Event
12. Link of MUJ website

## 1. Introduction of the Event

Mental wellbeing can be described as a combination of how we feel (our emotions and life satisfaction) and how we function (relationships with others, personal control, purpose in life and independence). It is something that affects everyone, old and young, and anyone can experience good or poor mental wellbeing.

This event also targets one of the sustainable development goals, namely, Goal 3 GOOD HEALTH AND WELL-BEING. To ensuring healthy lives and promoting well-being at all ages is essential to sustainable development.

This student welfare session targeted the most neglected aspect of higher education which is Mental Health & Well-Being. The sessions was conducted in collaboration with MindPeers, Dept of ECE, School of SEEC, & Abhigya Club, MUJ. The aim was to facilitate learning about the benefits of awareness about mental wellbeing and how to incorporate it in the daily life.

## 2. Objective of the Event

The aim was to bring awareness in students about mental health and build a positive mental attitude.

## 3. Beneficiaries of the Event

All MUJ students including students from Abhigya Club, MUJ.

## 4. Details of the Guests



**Isha Gupta**

Isha has been working in the mental health space for over 4 years leveraging the power of content and storytelling for psycho education. She is passionate about democratizing this space and helping people get access to empowering resources via digital means. Some themes that she's previously worked with include the anxiety spectrum, work life stress management & modern loneliness among young adults. Isha is currently working as the brand manager at MindPeers leading all external and engagement segments.



mindpeers

## 5. Brief Description of the event

The event started with a welcome address from the director of SEEC. The attendees, Non-teaching staff of SEEC, got benefitted from Raghav Charan Das ji's knowledge about mental wellbeing, its benefits and methods of incorporating it in day-to-day life.

The Q&A sessions were the most interesting & intriguing. Where lot of myths associated with rituals & methods were busted. The two-day event went well and left the audience wanting for more.

The event concluded successfully by a vote of thanks from the convenor of the session with a promise to have more such sessions in the future for MUJ staff & students.

## 6. Photographs



Dr Mathur giving the welcome address



Ms Isha Gupta, delivering session



A snippet from the session



Students attending the session



Students participating in activity – 1



Students participating in activity – 2



**7. Brochure or creative of the event:**



**MANIPAL UNIVERSITY  
JAIPUR**  
*(University under Section 2(f) of the UGC Act)*

**mindpeers**

**ISHA GUPTA**

**Ready for a NO BS Session?**  
Because we certainly are!

**MindPeers is coming to our college with an exciting edition of Express Train.**

*Ft. Ms. Isha Gupta  
Mental health advocate & Brand manager at MindPeers*



**22nd September, 10AM  
Smt. Sharada Pai Auditorium**

*Brace yourself, 3 participants among the audience will be selected for a personal mentoring session with Namita Thapar!*

**Abhigya Club in Collaboration with  
Department of ECE & SEEC  
For more info contact Dr. Rohit Mathur  
(+91-8527118621)**

**Abhigya**

**8. Schedule of the event (insert in the report)**

DAY – 1 (Wednesday, 26 <sup>th</sup> July, 2023)		
S. No.	Timing	Event
1.	10:00 AM – 10:30 AM	Introduction & welcome address by convener
2.	10:30 AM – 12:30 PM	The 'Express' Train session
3.	12:30 PM – 01:00 PM	Q&A session
4.	01:00 PM – 01:15 PM	Vote of Thanks by President Abhigya Club

**9. Attendance of the Event (insert in the document only)**

**Total attendee: 33 (ECE Students) + 83 (other MUJ Students)**

Sl. No.	Name	Roll No.	Signature
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1) SHREYAS KUMAR (1903022)
2) KHUSHI NIRE (1903023)
3) ADITI CHAKRAN (1903025)
4) ISHAR JINDAL (1903024)

**10. News Publication- News printed in newspaper or online links (if any) for news – insert images)**

**11. Feedback report of the Event**

■ Excellent ■ Good ■ Satisfactory



**12. Link of MUJ website stating the event is uploaded on website**

*Sanjit Arora*

*Manish*

22nd September 2023

Dr. Manish Tiwari

HEAD OF DEPARTMENT

Seal and Signature of Head with date

MUJ/DSW/C/023/FD/014



**DIRECTORATE OF STUDENTS' WELFARE**

**Workshop on The Art of Achieving**

**OFFLINE EVENT**

**VENUE: 307 SEMINAR HALL AB1**

**Date of Event (11.08.2023)**



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## 1. Introduction of the Event

Counselling domain under the Directorate of Students Welfare organized an offline workshop on mental well-being: “Transforming Minds.” The art of achieving was a workshop about mastering the skills, mindset, and strategies needed to turn dreams and aspirations into reality. Whether it's academic success, personal growth, career advancement, or any other endeavor, achieving goals requires a combination of effective target setting as well as out-of-the-box thinking. To equip MUJ students with this art, the workshop focused on techniques which were Goal Setting and Critical Thinking.

## 2. Objectives of the Event

- To promote effective target setting among students.
- To develop critical thinking among students.
- To enhance academic achievement.

## 3. Beneficiaries of the Event

College students, Research scholars and Staff of MUJ.

## 4. Brief Description of the event

Two sessions were held in this event by the speaker Dr. Shivi Saxena (Director at GCEC Global Foundation Jaipur, Rajasthan, India) and Dr. Richa Mishra (Director, MBA Programme & Associate Professor of OBHR |BML Munjal University). The event aimed to make students aware of Strengthening goal setting skills, developing out-of-the-box thinking, and enhancing problem-solving skills.

The session started with the inauguration of the event by Prof. AD Vyas Sir, Director DSW, and co-convener Babita Malik ma'am, Deputy Director, DSW. This was followed by Professor AD Vyas Sir felicitating Professor Lalita Ledwani Ma'am and Prof Babita Malik Ma'am felicitating Dr. Shivi Saxena Ma'am and Rimpay Sharma ma'am felicitated Dr. Richa Mishra Ma'am.

Professor AD Vyas Sir and Professor Lalita Ledwani Ma'am delivered the welcome address.

Dr. Shivi Saxena then shed light on the significance of goal setting and provided a clear understanding of its importance and impact. She began with a lot of real-life examples that were relatable for the students and kept the crowd engaged. She made the students perform an activity on goal setting and even spoke about SMART goals. She spoke about the significance of prioritizing tasks as well as time management.



She taught us about effective goal setting,

S-specific

M- Measurable

A-Attainable

R-realistic

T-time based.

After the break, there was a second session by Dr. Richa Mishra.

She talked about self-management and the importance of critical thinking.

Critical thinking is a kind of thinking in which you question, analyse, interpret, evaluate and make a judgment about what you read, hear, say, or write.

She also shed light on the key critical thinking skills that are analysis, interpretation, inference, explanation, self-regulation, open-mindedness, and problem-solving.

This workshop was insightful for the students. Along with a great session, students were given e-certificates.

## 5. Photographs of the Event



*Fig: students attending workshop*



*Fig : Glimpses of workshop*



*Fig: Speaker of the workshop.*

## 6. Brochure of Event



The brochure features a blue and white color scheme with a grid pattern. At the top, it displays the logos of Manipal University Jaipur, G20 India 2023, and Quality Partners. The main title is "Workshop on Art of Achieving & Quiz Competition" in bold black text. Below the title, it specifies the date and time: "11<sup>th</sup> August, 2023 @ 9:30 AM" and the location: "Room No-307, AB-1". A central section titled "Speakers" features two circular portraits. The first speaker is Dr. Richa Mishra, Director of the MBA Program at BML Munjal University, Gurugram. The second speaker is Dr. Shivi Saxena, Director of GCEC Global Foundation, Jaipur. Below the speakers, the registration link is provided as <https://forms.office.com/e/1jphelL75Cc>, with a last date of registration of 9<sup>th</sup> August 2023. The bottom section lists the coordinators: Dr. Binay Sharma (Student Counsellor), Ms. Vandna Khatnani (Student Counsellor), and Ms. Deepankshi Padalia (Student Counsellor). The background of the bottom half of the brochure shows a large, classical-style building with a prominent dome.

MANIPAL UNIVERSITY  
JAIPUR

G20  
INDIA 2023

3 QUALITY PARTNERS

Directorate of Student's Welfare  
is organizing

**Workshop on Art of Achieving**  
&  
**Quiz Competition**

11<sup>th</sup> August, 2023 @ 9:30 AM Room No-307, AB-1

**Speakers**

**Dr. Richa Mishra**  
Director, MBA Program  
BML Munjal University, Gurugram

**Dr. Shivi Saxena**  
Director  
GCEC Global Foundation, Jaipur

Registration Link: <https://forms.office.com/e/1jphelL75Cc>  
Last Date of Registration: 9<sup>th</sup> August 2023

**Convener**  
Prof. Anil Dutt Vyas  
Director, DSW

**Co-Convener**  
Prof. Babita Mathi  
Deputy Director, DSW

**Coordinators**

Dr. Binay Sharma  
Student Counsellor

Ms. Vandna Khatnani  
Student Counsellor

Ms. Deepankshi Padalia  
Student Counsellor

## 7. Schedule of the Event

The event took place offline on campus in room number 307 AB1 seminar hall.

Date: 11.08.2023

Time: 10:00 AM to 2:00 PM

## 8. Attendance of the Event

total attendance of the event – 112





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99.	Arushi Agarwal	220902019	<a href="mailto:arushii.agarwal18@gmail.com">arushii.agarwal18@gmail.com</a>
100.	Aryan Srivastava	191301065	<a href="mailto:aryan.191301065@mun.manipal.edu">aryan.191301065@mun.manipal.edu</a>
101.	ARYAN ARORA	209301518	<a href="mailto:aryan.209301518@mun.manipal.edu">aryan.209301518@mun.manipal.edu</a>
102.	Damandeep singh	219302480	<a href="mailto:damandeepsingh204@gmail.com">damandeepsingh204@gmail.com</a>
103.	Danish Taiyebi	229303092	<a href="mailto:dantaiyebi@gmail.com">dantaiyebi@gmail.com</a>
104.	Dev Dhiren Faldu	229301360	<a href="mailto:dev.229301360@mun.manipal.edu">dev.229301360@mun.manipal.edu</a>
105.	Eshan Sud	229301214	<a href="mailto:eshan.229301214@mun.manipal.edu">eshan.229301214@mun.manipal.edu</a>
106.	Garima Kaushik	201007070	<a href="mailto:Garima.201007070@mun.manipal.edu">Garima.201007070@mun.manipal.edu</a>
107.	Gaurav	209303102	<a href="mailto:gaurav.209303102@mun.manipal.edu">gaurav.209303102@mun.manipal.edu</a>
108.	Gaurav Pratap Singh	210901012	<a href="mailto:gaurav.210901012@mun.manipal.edu">gaurav.210901012@mun.manipal.edu</a>
109.	Mini Gautam	220601019	<a href="mailto:gautammini42@gmail.com">gautammini42@gmail.com</a>
110.	Aryan Gavit	209309015	<a href="mailto:gavitaryan03@gmail.com">gavitaryan03@gmail.com</a>
111.	Vedika Gupta	221007014	<a href="mailto:guptavedika12@gmail.com">guptavedika12@gmail.com</a>
112.	Hanshita Poplani	229302572	<a href="mailto:hanshitapoplani26@gmail.com">hanshitapoplani26@gmail.com</a>



**9. Link of workshop:**

<https://forms.office.com/r/1pheL17rCc>

**10. Feedback of the Event –**

**Post session feedback was taken by the participants.**

**Faculty coordinator**

(Dr Rimpay Sharma)  
Student Counsellor  
Directorate of Student's Welfare

(Ms. Vandna Kabra)  
Student Counsellor  
Directorate of Student's Welfare

(Ms. Devanshi Padaliya)  
Student Counsellor  
Directorate of Student's Welfare

(Prof. Anil Dutt Vyas)  
Director  
Directorate of Student's Welfare



**MANIPAL UNIVERSITY  
JAIPUR**

**MUJ/DSW/C/023/FD/018**

**FACULTY OF DESIGN  
Department of Interior Design**

**Expert Lecture  
"Cognitive and Behavioral Development of Children"**

**Dr. Rimpay Sharma**

**Student Counsellor, Directorate of Student Welfare,  
Manipal University Jaipur**

**22/08/2023**



## Content of Report

1. Introduction of the Event
2. Objective of the Event
3. Beneficiaries of the Event
4. Brief Description of the event
5. Photographs
6. Poster of an Event
7. Schedule of the Event
8. Attendance of the Event
9. Link of the event

## 1. Introduction of the Event

The Department of Interior Design at Manipal University Jaipur hosted a noteworthy expert lecture on the subject of "Cognitive and Behavioural Development in Children" on 22<sup>nd</sup> August 2023, Tuesday. The event, held for the 2nd-year students pursuing B. Des (Interior Design), aimed to illuminate the pivotal role that child psychology plays in the context of Interior Design, particularly within the scope of the students' ongoing studio design project.

The lecture was delivered by Dr. Rimpay Sharma, an esteemed Student Counsellor from the Directorate of Student Welfare. This event served as a platform to bridge the gap between theoretical knowledge and practical application by emphasizing the understanding of children's cognitive and behavioural patterns, which directly influence the creation of engaging and effective design solutions for spaces like Kindergartens and Elementary schools.

## 2. Objective of the Event

- Enhance students' understanding of cognitive and behavioural development in children.
- Bridge the gap between theoretical knowledge of child psychology and practical application in interior design.
- Sensitize students to the needs and preferences of young occupants in designed spaces.
- Equip students with the ability to create engaging, functional, and child-centric interior designs.
- Provide insights into the role of child psychology in the design of kindergarten and elementary school spaces.
- Foster a holistic approach to interior design that prioritizes the well-being and development of children.
- Establish a connection between psychological principles and creative design processes.
- Offer a platform for students to engage in an interactive Q&A session with an expert in child psychology.



- Align the curriculum with industry-relevant practices by integrating psychological considerations into design projects.
- Strengthen the Department of Interior Design's commitment to comprehensive and industry-responsive education.

### 3. Beneficiaries of the Event

The beneficiaries of the event encompassed the entire cohort of 2nd-year students enrolled in the B. Des (Interior Design) program:

- 49 Students of 2<sup>nd</sup> year B. Des (Interior Design) Program.

By engaging with Dr. Rimpay Sharma's insights on cognitive and behavioural development in children, these students stood to gain valuable knowledge that would directly impact their studio design projects. Additionally, faculty members and the Department of Interior Design at Manipal University Jaipur also benefited from the event, as it reinforced the department's commitment to providing holistic and industry-relevant education by integrating psychological principles into the creative process of interior design.

- Ar. Megha Prabhu Karkala (Course Coordinator – ID2101 Interior Design III)
- Ar. Smriti Saraswat (Co-Coordinator- ID2101 Interior Design III)

### 4. Brief Description of the event

The event commenced with an engaging introduction by the department head, highlighting the event's significance in the context of the ongoing curriculum. Dr. Rimpay Sharma's expert lecture then commenced, delving into the intricate facets of cognitive and behavioural development in children. Drawing on her extensive experience as a Student Counsellor, she elucidated key milestones in a child's development, shedding light on how these milestones inform the design considerations for educational spaces. The lecture seamlessly connected psychological theories with practical interior design applications, reinforcing the symbiotic relationship between the two disciplines. It concluded with an interactive Q&A session, allowing students to further clarify concepts and seek guidance on their studio projects. In summation, the event effectively bridged the gap between psychology and design, equipping students with a well-rounded understanding essential for crafting purposeful and child-centric interior spaces.

## 6. Photographs of the Event



Group Photo with Dr Rimpay Sharma, Vandana Kabra, Ar. Smriti Saraswat, Ar. Megha Prabhu K and B. Des (Interior Design) 2<sup>nd</sup> year Students.



Dr Rimpay Sharma interacting with B. Des (Interior Design) 2<sup>nd</sup> year Students.



Dr Rimpay Sharma explaining Design Perspective and Child Psychology to B. Des (ID) 2<sup>nd</sup> year Students.



Ms Vandana Kabra explaining Behavioural Development of Children to B. Des (ID) 2<sup>nd</sup> year Students.



Ms Vandana Kabra and Dr Rimpay Sharma having Q&A session with students.

**7. Poster of the event**



**8. Schedule of the event**

Time	Activity	Time Allocated
11:00 AM	Welcome Address by Ar. Megha Prabhu Karkala	2 min
11:05 AM	Expert Lecture on “Cognitive and Behavioural Development of Children” by Dr. Rimpay Sharma	45 min
11:50 AM	Question & Answer + Interaction Session with Students	5-10 min
12:00 Noon	Vote of Thanks delivery by Ar. Smriti Saraswat + Group Photo	5 min

## 9. Attendance of the Event

Total attendee- 4+15 external participants

Sl.No	Faculty Name
1	Dr Rimpay Sharma
2	Vandana Kabra
3	Ar. Smriti Saraswat
4	Ar. Megha Prabhu

 <b>MANIPAL UNIVERSITY JAIPUR</b>			
<b>Manipal University Jaipur</b> <b>Department of Interior Design   FOD</b> <b>II Year III Semester - ID2101 Interior Design Studio III - Attendance</b> <b>Expert Lecture- 'Cognitive and Behavioural Development of Children' - Dr. Rimpay Sharma</b>			
Sl.no.	Reg No.	Name	Sign
1	220606001	ARCHITA PRADHAN	<i>[Signature]</i>
2	220606002	TARU SHARMA	— ABSENT —
3	220606003	PRANIMA FATEHPURI	<i>[Signature]</i>
4	220606004	FRANIAL PURI	<i>[Signature]</i>
5	220606005	TANISHA SAINI	<i>[Signature]</i>
6	220606006	PRISHA PACHNANDA	<i>[Signature]</i>
7	220606007	MUSKAN MITTAL	<i>[Signature]</i>
8	220606008	ANANYA GUPTA	<i>[Signature]</i>
9	220606009	KALASH MEHROTRA	<i>[Signature]</i>
10	220606010	AKRITI PRYA	<i>[Signature]</i>
11	220606011	VINEET DAGA	<i>[Signature]</i>
12	220606012	KAVYA GARG	<i>[Signature]</i>
13	220606013	ARCHITA PAREEK	<i>[Signature]</i>
14	220606014	ANSHIKA GUPTA	<i>[Signature]</i>
15	220606015	RIYA KODIA	<i>[Signature]</i>
16	220606016	KATOL	<i>[Signature]</i>
17	220606018	ADITI JHALA	— ABSENT —
18	220606019	MUSKAN MITTAL	<i>[Signature]</i>
19	220606020	CHAARVI KUMAR	<i>[Signature]</i>
20	220606021	KAARYA SACHIN PATIL	<i>[Signature]</i>
21	220606022	URNATI AGARWAL	<i>[Signature]</i>
22	220606023	SIMMERJEET SINGH	<i>[Signature]</i>
23	220606024	SIDHIKA RAJE KACHHWANA	<i>[Signature]</i>
24	220606025	TIYA GANDHI	— ABSENT —
25	220606026	RIYA NAYAK	— ABSENT —
26	220606027	VISHAL JAIN	<i>[Signature]</i>
27	220606028	KRISHI AGRAWAL	<i>[Signature]</i>
28	220606029	JHELMIL SAMU	— ABSENT —
29	220606030	KANAK AGRAWAL	— WITHDRAW —
30	220606031	RADHIKA KHANDELWAL	<i>[Signature]</i>
31	220606032	BHAVYA SHARMA	<i>[Signature]</i>
32	220606033	SANIKSHA AGRAWAL	<i>[Signature]</i>
33	220606034	BHAVINI KUMAWAT	<i>[Signature]</i>
34	220606035	UMANG AGRAWAL	<i>[Signature]</i>
35	220606036	LAN CHEZHIAN VASU	<i>[Signature]</i>
36	220606037	YANA CHOUDHARY	<i>[Signature]</i>
37	220606038	LAKITA VIJAY	<i>[Signature]</i>
38	220606039	MOHIT SINGHAL	<i>[Signature]</i>
39	220606040	KANIKA POKDAR	<i>[Signature]</i>



# MANIPAL UNIVERSITY JAIPUR

40	220606041	GOPIKA AGRAWAL	Gojika
41	220606042	VIDHI SHARMA	Vidhi Sharma
42	220606043	RITVI RAWAT	Ritvi Rawat
43	220606044	AYUSHI RATHI	Ayushi Rathi
44	220606045	NIDHI GEHLOT	Nidhi
45	220606046	RISHIKA SINGH	Rishika
46	220606047	ARIDHI GHATIA	Aridhi
47	220606048	ABHISHEK KALA	Abhishek
48	220606049	RAMRISHI	Ramrishi
49	220606050	SHASHANK JINDAL	Shashank

## 10. Link of MUJ social media page

- Instagram:  
[https://www.instagram.com/p/CwP3B1\\_hBvM/?utm\\_source=ig\\_web\\_copy\\_link&igshid=MzRlODBiNWFiZA==](https://www.instagram.com/p/CwP3B1_hBvM/?utm_source=ig_web_copy_link&igshid=MzRlODBiNWFiZA==)
- LinkedIn:  
<https://www.linkedin.com/feed/update/urn:li:activity:7099739538780008449>
- Facebook:  
<https://www.facebook.com/interiordesignmuji/posts/pfbid02tFo9EXheRQ1majgi6KTa7rAWTRUPak6CSsRVnBPZyroncsykAA4oSjg7hPaSkiIBG>

### Faculty coordinator

(Dr Rimpay Sharma)

Student Counsellor

Directorate of Student's Welfare

(Prof. Anil Dutt Vyas)

Director

Directorate of Student's Welfare



MANIPAL UNIVERSITY  
JAIPUR

FACULTY OF DESIGN

School of Design & Art

Department of Fashion Design

National Event

Department of Fashion Design, "D" Club & DSW, in collaboration  
with Maybelline, called the "Brave Together India Initiative by  
Maybelline"

20<sup>th</sup> October 2023





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*Dr. Ashwini*



### 1. Introduction of the Event

The Department of Fashion Design, "D" Club & DSW, in collaboration with Maybelline, is organizing the "Brave Together India Initiative by Maybelline" for MUJ students. This initiative is in partnership with "Yuvaa."

### 2. Objective of the Event

The "Brave Together" initiative is a global campaign aligned with Sustainable Development Goal 3: Good Health and Well-being, addressing anxiety and depression by offering support tools to navigate various emotions, including stress, anxiety, depression, or any other feelings that make you uncomfortable. The objective of the "Brave Together" initiative is to globally address and combat anxiety and depression by providing a comprehensive support system and tools to navigate a range of emotions, including stress, anxiety, and discomfort. This campaign aims to create a community-driven approach that fosters open conversations around mental health, reduces stigma, and encourages individuals to seek help when needed. By offering accessible resources and support tools, "Brave Together" seeks to empower people to better understand and manage their mental well-being, ultimately promoting a more compassionate and supportive environment for individuals facing challenges related to anxiety and depression, thereby contributing significantly to the attainment of global health and well-being goals.

#### **Beneficiaries of the Event:**

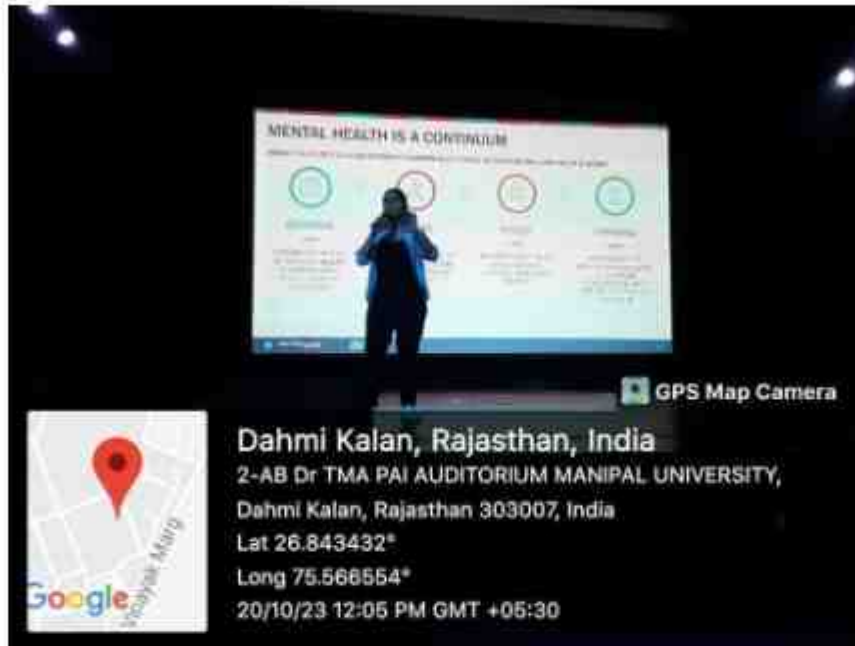
Students of Faculty of Design, Manipal University Jaipur

### 3. Brief Description of the event: -

This initiative, conducted in collaboration with a community of mental health experts, is aligned with Sustainable Development Goal 3: Good Health and Well-being. Maybelline launched "Brave Together India" in India, with brand ambassador and Indian Badminton Star P.V. Sindhu, to raise awareness about mental health and its importance in the country. Yuvaa aims to engage with college students under the "Brave Together India" initiative to discuss mental health, anxiety, and stress, and to understand the challenges faced by the youth of our country. Through these initiatives, they aim to interact with and listen to over 50,000 students from 14 major cities in India, including Mumbai, Delhi, Bangalore, Pune, Kolkata, Ahmedabad, Jaipur, Hyderabad, Surat, Vadodara, Indore, Ranchi, Manipal, and Kota. This campaign is dedicated to helping students overcome stress, anxiety, and depression, thus enhancing their overall well-being and contributing to the global goal of promoting good health.

### 4. Photographs of the event





Speaker Vaibhavi addressing students



Speaker Vaibhavi addressing students

## 5. Schedule of the event

The lecture was conducted on 17th March 2023, from 11:30 AM - 12:30 PM and 2:00 PM - 3:00 PM, at TMA PAI Auditorium at Manipal University Jaipur.

*Vaibhavi*



MAYBELLINE  
NEW YORK



Yuvaa



MANIPAL UNIVERSITY  
JAIPUR

# BRAVE TOGETHER INDIA

**DON'T LET THEM SUFFER  
ALONE IN SILENCE**

TIME SLOT -11:30 AM - 12:30 PM  
02:00 PM - 03:00 PM  
VENUE - TMA PAI AUDITORIUM

Organized by  
DEPARTMENT OF FASHION DESIGN



## 6. Total attendee of the Event – 352

Timestamp	Email Address	Name :
10-20-2023 9:46:04	shubhi.tambi@gmail.com	Shubhi Tambi
10-20-2023 9:46:58	harsh9octvardhan@gmail.com	Harshvardhan singh
10-20-2023 9:47:03	navyavidyarthi@gmail.com	Navya vidyarthi
10-20-2023 9:47:06	pabuwalbhavika.bp@gmail.com	Bhavika Pabuwal
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10-20-2023 10:39:21	verma.shruti1109@gmail.com	Shruti verma
10-20-2023 10:40:26	tiwaridrishti328@gmail.com	Drishti Tiwari

*Shubhi Tambi*



10-20-2023 11:11:44	simranppatil2002@gmail.com	Simran Patil
10-20-2023 11:14:16	tommascigar@gmail.com	Chaitanya Jain
10-20-2023 11:14:29	jainism.bhavya0810@gmail.com	Bhavya Jain
10-20-2023 11:14:45	nathawat7@gmail.com	Ram
10-20-2023 11:14:57	deepakchaudhari2011@gmail.com	Abhishek Chaudhari
10-20-2023 11:14:59	arushisharma.contact@gmail.com	Arushi Sharma
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10-20-2023 11:15:13	nimiquotes@gmail.com	Nimisha Giri
10-20-2023 11:15:18	pawar.ayushsingh@gmail.com	Ayush Singh Pawar
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10-20-2023 11:15:48	bhoomikagupta2276@gmail.com	Bhoomika gupta
10-20-2023 11:15:49	yashvdadhich04@gmail.com	Yashvardhan dadhich
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10-20-2023 11:18:18	hp400304@gmail.com	Himanshu Patel
10-20-2023 11:18:19	faizangazi336@gmail.com	Mohammad Faizan Gazi
10-20-2023 11:18:28	devraj.099909@gmail.com	Devraj
10-20-2023 11:18:28	a2panday@gmail.com	Chandra Tivrakrishna Panday
10-20-2023 11:18:51	sharma.uday.2312@gmail.com	Uday Sharma
10-20-2023 11:18:52	shresth.panigrahi@gmail.com	Shresth Panigrahi
10-20-2023 11:18:57	mmanya.1704@gmail.com	Manya Bhutada
10-20-2023 11:18:58	arshimathur@gmail.com	Arshi Mathur
10-20-2023 11:19:01	mehreenkaur425@gmail.com	MEHREEN KAUR
10-20-2023 11:19:08	mr.shubhamraj610@gmail.com	Shubham raj
10-20-2023 11:19:14	tejasdutta.1707@gmail.com	Tejas Dutta
10-20-2023 11:19:17	gautam2821kakkargmail.com	Gautam Kakkargmail.com
10-20-2023 11:19:24	tanishqchoudhary007@gmail.com	Tanishq Choudhary
10-20-2023 11:19:43	jhaanuragkumar05@gmail.com	Anurag kumar jha
10-20-2023 11:19:45	jaink5623@gmail.com	Khushi Jain
10-20-2023 11:19:52	drishti222004@gmail.com	Drishti
10-20-2023 11:20:25	raginiladha2004@gmail.com	Ragini Ladha
10-20-2023 11:20:26	umeshchaharjaat@gmail.com	UMESH Singh Chahar
10-20-2023 11:20:30	apoorvkrishanverma@gmail.com	Apoorv Krishan Verma
10-20-2023 11:20:44	maithree.g@gmail.com	Maithree
10-20-2023 11:20:46	kashishdogra2037@gmail.com	Kashish
10-20-2023 11:20:49	jahanvijaisree00@gmail.com	jahanvi jai shri
10-20-2023 11:20:51	mathurshreya0819@gmail.com	Shreya Mathur
10-20-2023 11:20:58	gauravvijay471@gmail.com	Mahima vijayvargiya
10-20-2023 11:21:00	ishikajangid09@gmail.com	Ishika jangid
10-20-2023 11:21:13	deepaligupta.23dg@gmail.com	Deepali Gupta
10-20-2023 11:21:20	prakriti573@gmail.com	Prakriti Chhabra
10-20-2023 11:21:24	sethivibhorbest@gmail.com	Vibhor Sethi
10-20-2023 11:21:28	ankitasinghjunu3011@gmail.com	Ankita Singh
10-20-2023 11:21:53	mandeepkang.1992@gmail.com	Mandeep kaur
10-20-2023 11:21:57	jainvrishti.04@gmail.com	Vrishti jain
10-20-2023 11:22:03	andreaaji02@gmail.com	Andrea
10-20-2023 11:22:10	mibhumittal1602@gmail.com	Bhumi mittal
10-20-2023 11:22:27	ishashekhawat10@gmail.com	Isha shekhawat
10-20-2023 11:22:28	tanu89473@gmail.com	Tanu Sharma
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10-20-2023 11:23:22	dechenamo25@gmail.com	Dechen Angmo
10-20-2023 11:23:25	disasarkar1234@gmail.com	Disha Sarkar



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10-20-2023 11:23:43	tikshasukhija9024977749@gmail.com	Tiksha Sukhija
10-20-2023 11:23:59	agarwalsim1394@gmail.com	Simran Agarwal
10-20-2023 11:24:00	ishitajhunjunwala1@gmail.com	Ishita jhunjunwala
10-20-2023 11:24:10	kushicool2417@gmail.com	Prachi Jain
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10-20-2023 11:25:07	faaizmallick23@gmail.com	Faaiz haib mallick
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10-20-2023 11:26:27	g.sugyani5@gmail.com	Sugyani P. Gouda
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10-20-2023 11:30:15	manvikeshwani6114@gmail.com	Manvi Keshwani
10-20-2023 11:30:22	geetikarai1016@gmail.com	Geetika Rai
10-20-2023 11:30:31	krittikasaini5@gmail.com	Krittika Saini
10-20-2023 11:30:41	adrija@ghantel.com	Adrija Rathore
10-20-2023 11:30:45	guptanavya9@yahoo.com	Navya Gupta
10-20-2023 11:31:09	berioussama6789@gmail.com	PREM PRAKASH
10-20-2023 11:31:10	kartiktotla2009@gmail.com	Kartik Totla
10-20-2023 11:31:25	chowdhrylakshya@gmail.com	Lakshya Chowdhry
10-20-2023 11:31:31	fernandesfloy73@gmail.com	Floy Fernandes
10-20-2023 11:31:38	mariyabaiwala11@gmail.com	Mariya
10-20-2023 11:32:32	vanshikamalik0390@gmail.com	vanshika
10-20-2023 11:33:22	kavyakalra005@gmail.com	Kavya Kalra
10-20-2023 11:33:22	lipika.dudeja14@gmail.com	Lipika Dudeja
10-20-2023 11:33:33	gungundagdi@gmail.com	Neha dagdi
10-20-2023 11:33:38	ishanisantuka@gmail.com	Ishani Santuka
10-20-2023 11:33:39	lavanya.aggarwal.57@gmail.com	Lavanya Aggarwal
10-20-2023 11:33:59	anand.shreya32@gmail.com	Shreya Anand
10-20-2023 11:34:54	linkjokerx150@gmail.com	Shrestha
10-20-2023 11:35:09	vedikakiishore@gmail.com	Vedika
10-20-2023 11:35:17	kovvurugeetika284@gmail.com	Kovvuru Geetika
10-20-2023 11:36:08	samarpreetsinghpasrija@gmail.com	Samarpreet Singh Pasrija
10-20-2023 11:36:19	ankitakumawat0801@gmail.com	Ankita kumawat
10-20-2023 11:36:24	chiragaggarwal0625@gmail.com	Chirag Aggarwal

*Supriya*



10-20-2023 11:36:50	ishanchanda05@gmail.com	Ishan Chanda
10-20-2023 11:36:56	shreyansh777784@gmail.com	Shreyansh saini
10-20-2023 11:37:00	aashijain5707@gmail.com	Aashi jain
10-20-2023 11:37:00	bhuyangayatri01@gmail.com	Gayatri B
10-20-2023 11:37:01	harmandeep0405@gmail.com	Harman deep
10-20-2023 11:37:08	aanchalbachwani831@gmail.com	Aanchal bachwani
10-20-2023 11:37:13	hardikp21052004@gmail.com	Hardik Garg
10-20-2023 11:37:35	singhgaurang32@gmail.com	Gaurang Ashawat
10-20-2023 11:37:42	soumimajumder2005@gmail.com	Soumi Majumder
10-20-2023 11:37:42	blogss022@gmail.com	Jiya Dutta
10-20-2023 11:37:53	priyanshibhati262002@gmail.com	Priyanshi bhati
10-20-2023 11:38:02	tashuananyasingh@gmail.com	Ananya Singh
10-20-2023 11:38:05	vardhanarts1712@gmail.com	Vardhan Arts
10-20-2023 11:38:11	harmanxc9@gmail.com	Gautam
10-20-2023 11:38:22	divyanship2705@gmail.com	Divyanshi paliwal
10-20-2023 11:40:39	sparshitagp308@gmail.com	Sparshita Gangwar
10-20-2023 11:41:32	tushittasethi12@gmail.com	Tushita Sethi
10-20-2023 11:41:50	kanak76678@gmail.com	Kanak
10-20-2023 11:45:10	apurvharsh11@gmail.com	Apurv
10-20-2023 11:45:28	sonibhavya283@gmail.com	Bhavya Soni
10-20-2023 11:47:00	aarya300604@gmail.com	Aarya Chandiramani
10-20-2023 11:47:10	ritikprajapat050@gmail.com	Ritik prajapat
10-20-2023 11:49:11	harshvch792@gmail.com	Harsh
10-20-2023 11:51:34	shreshtha.gaur.16@gmail.com	Shreshtha gaur
10-20-2023 11:51:39	khanfaishal1693@gmail.com	Mohammad Faishal Khan
10-20-2023 11:51:41	ankityadav012407@gmail.com	Ankit yadav
10-20-2023 11:52:26	atharv.goel12@gmail.com	Atharv Goel
10-20-2023 11:53:46	sr8910561@gmail.com	Bhumika rathore
10-20-2023 11:55:38	saachijain2006@gmail.com	saachi
10-20-2023 11:57:00	shivang7177@gmail.com	Sarvagya singh
10-20-2023 11:57:05	harshita.deora116@gmail.com	Harshita deora
10-20-2023 11:58:06	ishanilohar.1802@gmail.com	Ishani Lohar
10-20-2023 11:58:22	jatinkhiyani14@gmail.com	Jatin Khiyani
10-20-2023 12:01:10	baidhardik@gmail.com	Hardik jain
10-20-2023 12:01:46	vishalkumawat1000@gmail.com	Vishal Kumawat
10-20-2023 12:01:46	djdhruv99@gmail.com	Dhruv jain
10-20-2023 12:04:10	anushree.kanoongo@gmail.com	Anushree Kanoongo
10-20-2023 12:08:48	bsomila291@gmail.com	Somila Bhadauriya
10-20-2023 12:10:25	pantlavanya3@gmail.com	Lavanya Pant
10-20-2023 12:11:27	asthatomar008@gmail.com	Aastha tomar
10-20-2023 12:12:04	chhavi02kohli@gmail.com	Chhavi Kohli
10-20-2023 12:14:20	kuldeepsinghrajawat5556@gmail.com	Kuldeep Singh rajawat
10-20-2023 12:14:25	bhoumikyadav87@gmail.com	Bhoumik Yadav
10-20-2023 12:16:54	ishitapadha3@gmail.com	Ishita
10-20-2023 12:31:39	kaushikisharma438@gmail.com	Kaushiki Sharma
10-20-2023 12:31:57	himanshu303819@gmail.com	Himanshu
10-20-2023 12:32:42	shinjini27@yahoo.com	Shinjini Bansal
10-20-2023 12:33:13	ayushkeshav2003@gmail.com	Ayush Ranjan
10-20-2023 12:36:24	dharmpritsingh51@gmail.com	Dharmpreet Singh
10-20-2023 12:39:35	anshtrivedi14feb@gmail.com	Ansh Trivedi
10-20-2023 13:16:39	deepitmathur99@gmail.com	Deepit Mathur
10-20-2023 14:00:39	rishabhrao256@gmail.com	Rishabh
10-20-2023 14:01:22	edom.mx541513@gmail.com	Megha sharma
10-20-2023 14:01:39	malekaniksha@gmail.com	Kaniksha male
10-20-2023 14:01:42	vanshikasharma262005@gmail.com	Vanshika

*Vanshika*



10-20-2023 14:01:53	aditishringi160604@gmail.com	Aditi Shringi
10-20-2023 14:02:03	abhk563@gmail.com	Abhinav Kumar Singh
10-20-2023 14:02:17	aarushithora@gmail.com	Aarushi Thora
10-20-2023 14:02:49	mundhrahharshita00@gmail.com	Harshita Mundhra
10-20-2023 14:02:55	singhanwasha280@gmail.com	Anwasha singh
10-20-2023 14:02:58	monilathakur12@gmail.com	Monila Thakur
10-20-2023 14:03:00	anushkajain3104@gmail.com	Anushka jain
10-20-2023 14:03:04	surajjain252005@gmail.com	Suraj
10-20-2023 14:03:11	aarya.p304@gmail.com	Aarya patil
10-20-2023 14:03:14	muskanmittal092003@gmail.com	Muskan Mittal
10-20-2023 14:03:20	bansalcheshta19@gmail.com	Cheshta Bansal
10-20-2023 14:03:20	sunilvijay031@gmail.com	Laxita Vijay
10-20-2023 14:03:29	01shiwangi@gmail.com	Shiwangi chaurasiya
10-20-2023 14:03:42	jasleenk5002@gmail.com	Jasleen kaur
10-20-2023 14:03:52	ishg0024@gmail.com	Ishika
10-20-2023 14:03:59	priyaljain.p4@gmail.com	Priyal Jain
10-20-2023 14:04:04	ananya.tandon24@gmail.com	Ananya Tandon
10-20-2023 14:05:00	a.agarwal.8753@gmail.com	Anushka agarwal
10-20-2023 14:05:36	ritvirawat@gmail.com	Ritvi Rawat
10-20-2023 14:06:18	lipikwal1@gmail.com	Lipi
10-20-2023 14:06:25	riyakodia281@gmail.com	Riya kodia
10-20-2023 14:06:34	saxenaanshima1@gmail.com	Anshima Saxena
10-20-2023 14:07:16	abdulrauf51423@gmail.com	Umam
10-20-2023 14:07:56	natani8653@gmail.com	Shailly natani
10-20-2023 14:09:18	eastrise.aadhya2005@gmail.com	Aadhya Mahajan
10-20-2023 14:09:24	radhikakhandelwal279@gmail.com	Radhika Khandelwal
10-20-2023 14:09:30	pulkitsoni634@gmail.com	Pulkit soni
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10-20-2023 14:10:05	dcmcmuskanmittal@gmail.com	Muskan mittal
10-20-2023 14:10:27	raghavmahajan2004@gmail.com	Raghav Mahajan
10-20-2023 14:10:30	angelkalukuri@gmail.com	Angel Kalukuri
10-20-2023 14:10:35	priyanshura0244@gmail.com	Priyanshu Yadav
10-20-2023 14:10:36	ranavarshika1230@gmail.com	Varshika Rana
10-20-2023 14:10:44	d19934198@gmail.com	Drishti bhansali
10-20-2023 14:11:04	unnatiagrawal2312@gmail.com	Unnati Agrawal
10-20-2023 14:11:08	nikitabswl13@gmail.com	Nikita Biswal
10-20-2023 14:11:15	ridhiarora017@gmail.com	Ridhi Arora
10-20-2023 14:11:23	akshatyojit6@gmail.com	Akshat Sharma
10-20-2023 14:11:25	manishdendor66@gmail.com	Manish Dendor
10-20-2023 14:11:30	pratikshashekhawat0210@gmail.com	Pratiksha Shekhawat
10-20-2023 14:12:04	varshitha05x@gmail.com	Varshitha
10-20-2023 14:12:19	rs0810944@gmail.com	Ishika saini
10-20-2023 14:12:29	suhaniray13@gmail.com	Suhani Ray
10-20-2023 14:12:48	purvaisinghal@gmail.com	PURVAI SINGHAL
10-20-2023 14:15:37	guneetpahwa1@gmail.com	Guneet Pahwa
10-20-2023 14:16:34	riyaguptasas2013@gmail.com	Riya Gupta
10-20-2023 14:16:49	chandrikastar1@gmail.com	Chandrika Verma
10-20-2023 14:16:52	pyneaditi05@gmail.com	Aditi Pyne
10-20-2023 14:18:21	priyamvadatiwari924@gmail.com	Priyamvada Tiwari
10-20-2023 14:18:32	shantanuchauhan915@gmail.com	Shantanu Singh Chauhan
10-20-2023 14:18:38	jazzzz.xo2004@gmail.com	Jasmine Kaur
10-20-2023 14:18:45	aadithyakrishna006@gmail.com	Aadithya Krishna Jk
10-20-2023 14:21:05	kantrishika0@gmail.com	Rishika
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10-20-2023 16:09:11 ansh.manawat@gmail.com  
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10-20-2023 16:09:37 yashika8priyadarshi@gmail.com  
10-20-2023 16:10:14 vrndamaheshwari09@gmail.com

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Rutu shah  
Samarth jangir  
Aashi Agarwal  
Lekshmi narayanan aji  
Anushka rai  
Vedang soni  
Namrata Narela  
Suhani verma  
Satvik Soni  
Kathryn Binuraj  
Vyshnavi Shyma Baiju  
Reet tak  
Ram  
Shubhangi  
SHWETA MISHRA  
Shrija Suman  
Rut Badaya  
Harshita singh  
Maahi Shahani  
Keerti Rajani  
Abhinav Rajeev Nair  
Rojan Francis R  
Nandil Govind  
Yashika Yadav  
AALIYA RIDA FATIMA  
Nishtha Bansal  
Samrat Singh  
Tavisha Nindawat  
diya  
Harsh birla  
Abhijeet Yadav  
Sanjana Chaudhry  
Himanshu  
Abhijith babu  
Mahboob Anwer  
Devansh Sharma  
Annie  
Himanshu dabas  
Vipul Jain  
SHUBHAM KUMAR  
Arham  
Ishani lohar  
Anushka  
Twinkle  
Ishika Gujjar  
Aradhya  
Sakshi  
Ram Nibahe  
Uday singh  
Vrinda Maheshwari  
Ansh manawat  
Mehul  
Yashika Priyadarshi  
Radhika

*Shubhika*





10-20-2023 16:11:34 vrnndamaheshwari09@gmail.com  
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10-20-2023 16:15:47 devika09soni@gmail.com  
10-20-2023 16:16:39 mandlikanand18@gmail.com  
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10-20-2023 16:18:29 piyushrajredd@gmail.com  
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10-20-2023 10:25:53 vanshnids11@gmail.com  
10-20-2023 11:47:20 amaankhokar120@gmail.com  
10-20-2023 13:18:05 jyotirmay.r101@gmail.com  
10-20-2023 13:53:21 ramnibahe.chandgothia@gmail.com  
10-20-2023 15:08:58 rohitpang3@gmail.com  
10-20-2023 16:04:29 chowdhrylakshya@gmail.com  
10-20-2023 16:42:59 ishanchanda05@gmail.com  
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Shubhi  
Shristi Gupta  
Devika Soni  
Anand Mandlik  
Navya Gupta  
Khushi porwal  
sakshi agrawal  
Adrija Rathore  
Shruti verma  
Piyush raj  
Shubhi Tambi  
Anushka  
Vidisha bajaj  
Rakhi verma  
Rohit Ajarawal  
Mini gautam  
Raksha Agarwal  
Sankalp  
Preksha Baplawat  
Himanshi jangid  
Neha dagdi  
Sumera Parveen  
Mehul jhalani  
Ayush saini  
Mehul Soni  
Vansh Pratap Singh Rathore  
Mohammad Amaan  
Jyotirmay singh Rathore  
Ramnibahe  
Rohit  
Lakshya Chowdhry  
Ishan Chanda  
Aryan pareek

Mahboob Anwer  
Event Coordinator

Signature of HOD

**Dr. Deepshikha Sharma**

Department of Fashion Design

School of Design & Art

Faculty of Design



**MANIPAL UNIVERSITY  
JAIPUR**



**MANIPAL UNIVERSITY  
JAIPUR**

**FACULTY OF ARTS**

**School of Humanities and Social Sciences**

**Department of Psychology**

**Cognitive Behaviour Therapy- Practical applications**

**Industry Lecture**

**9<sup>th</sup> February 2023**

**10:00 am to 12:00 pm**



Content of Report (index)

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. Attendance of the Event

## 1. Introduction of the Event

Cognitive behavioral therapy (CBT) is a form of psychological treatment that has been demonstrated to be effective for a range of problems including depression, anxiety disorders, alcohol and drug use problems, marital problems, eating disorders, and severe mental illness. This involves making the client change the faulty thinking patterns responsible for maladaptive functioning. The event was organised for facilitating the learning of CBT amongst the final year students of graduation and post-graduation.

## 2. Objective of the Event

3. The guest lecture aims at providing the students an opportunity to learn and understand the practical application of CBT in clinical and non-clinical settings.

## 4. Beneficiaries of the Event

Final year students of BA Hons., BSc Hons. And MSc Clinical Psychology

## 5. Details of the Resource Person

Meghna Mittal: Psychologist, Co-founder Buddhayan Counselling.

## 6. Brief Description of the event

Department of Psychology organized a guest lecture on the Practical Applications of Cognitive Behaviour therapy (CBT) on the 9<sup>th</sup> day of February 2023. The session was facilitated by Ms. Meghna Mittal, Psychologist and Co-founder, Buddhayan Counselling. The session emphasized on the various therapeutic techniques of CBT which can be applied on individuals facing issues such as depression, anxiety, drug abuse, eating disorders and severe mental illnesses. The session was very informative and was appreciated by the undergraduate and post graduate students of the department

## 7. Photographs



Ms. Meghna Mittal, Resource Person, conducting the session on CBT



Ms. Meghna Mittal, Resource Person



Group Photograph with the attendees.

8. Brochure or creative of the event



**Guest Lecture**  
**on**  
**Cognitive Behaviour Therapy**  
**Practical Applications**  
organised by  
**Department of Psychology**  
**School of Humanities and Social Sciences**



**Resource Person:**  
**Ms. Meghna Mittal**

**Date: 9th February 2023**  
**Time: 10:00 am -12:00 pm**



**Faculty Coordinator:**  
**Dr. Prashasti Jain**

**9. Attendance of the Event**

**Total attendee- 63**

Sr. No	Name of Institution	Place of Institution	Registration Number/Employee code	Name of Attendee	Name of Dept
1	Manipal University Jaipur	Jaipur	201007001	Dns Pranavi	Psychology
2	Manipal University Jaipur	Jaipur	201007002	Pranav Saxena	Psychology
3	Manipal University Jaipur	Jaipur	201007003	Absam Rasheed	Psychology
4	Manipal University Jaipur	Jaipur	201007004	Srishti Saxena	Psychology
5	Manipal University Jaipur	Jaipur	201007006	Khushi Gund	Psychology
6	Manipal University Jaipur	Jaipur	201007007	Ayushi Gupta	Psychology
7	Manipal University Jaipur	Jaipur	201007008	Abhishree Sadhukhan	Psychology
8	Manipal University Jaipur	Jaipur	201007009	Manya jindal	Psychology
9	Manipal University Jaipur	Jaipur	201007016	Sonu Kumar	Psychology
10	Manipal University Jaipur	Jaipur	201007018	Zena Macwan	Psychology
11	Manipal University Jaipur	Jaipur	201007019	Anusha Prince	Psychology
12	Manipal University Jaipur	Jaipur	201007020	Vipin	Psychology



13	Manipal University Jaipur	Jaipur	201007021	Sanjoli	Psychology
14	Manipal University Jaipur	Jaipur	201007022	Swati Joshi	Psychology
15	Manipal University Jaipur	Jaipur	201007024	Prajwal Patil	Psychology
16	Manipal University Jaipur	Jaipur	201007026	Jagruth	Psychology
17	Manipal University Jaipur	Jaipur	201007027	Nishtha Mukherjee	Psychology
18	Manipal University Jaipur	Jaipur	201007028	Diksha Rani	Psychology
19	Manipal University Jaipur	Jaipur	201007029	Anubhab De	Psychology
20	Manipal University Jaipur	Jaipur	201007032	Mahi Ajmera	Psychology
21	Manipal University Jaipur	Jaipur	201007033	Sanjna Sharma	Psychology
22	Manipal University Jaipur	Jaipur	201007034	Garima Mahaur	Psychology
23	Manipal University Jaipur	Jaipur	201007038	Shrishti Sen	Psychology
24	Manipal University Jaipur	Jaipur	201007039	Khushi Sharma	Psychology
25	Manipal University Jaipur	Jaipur	201007040	Shivangee	Psychology
26	Manipal University Jaipur	Jaipur	201007041	Rudraansh Pandey	Psychology
27	Manipal University Jaipur	Jaipur	201007042	Srishti Garg	Psychology
28	Manipal University Jaipur	Jaipur	201007044	Suhani Kashyap	Psychology
29	Manipal University Jaipur	Jaipur	201007045	Sojwal Khedkar	Psychology
30	Manipal University Jaipur	Jaipur	201007046	Anvikshaa	Psychology
31	Manipal University Jaipur	Jaipur	201007047	Harshita Kaushik	Psychology
32	Manipal University Jaipur	Jaipur	201007048	Asma Ambadi	Psychology
33	Manipal University Jaipur	Jaipur	201007050	Riya Shekhawat	Psychology
34	Manipal University Jaipur	Jaipur	201007051	Tejasvini	Psychology
35	Manipal University Jaipur	Jaipur	201007052	Rutman Kaur	Psychology
36	Manipal University Jaipur	Jaipur	201007053	Ananya Patel	Psychology
37	Manipal University Jaipur	Jaipur	201007054	Akanksha Jha	Psychology
38	Manipal University Jaipur	Jaipur	201007055	Jahnvi Sood	Psychology
39	Manipal University Jaipur	Jaipur	201007056	Stephen Sunny Matthew	Psychology
40	Manipal University Jaipur	Jaipur	201007057	Sabiha khan	Psychology
41	Manipal University Jaipur	Jaipur	201007059	Khwaish Gohil	Psychology
42	Manipal University Jaipur	Jaipur	201007061	Anupam Patel	Psychology
43	Manipal University Jaipur	Jaipur	201007062	Sahil Bishnoi	Psychology
44	Manipal University Jaipur	Jaipur	201007063	P.kamala Nayani	Psychology
45	Manipal University Jaipur	Jaipur	201007064	Khushi seth	Psychology





46	Manipal University Jaipur	Jaipur	201007065	Astha Gautam	Psychology
47	Manipal University Jaipur	Jaipur	201007066	Anisha Maiti	Psychology
48	Manipal University Jaipur	Jaipur	201007067	Tanisha Meena	Psychology
49	Manipal University Jaipur	Jaipur	201007068	Prince Kumar	Psychology
50	Manipal University Jaipur	Jaipur	201007069	Rinku Kewlani	Psychology
51	Manipal University Jaipur	Jaipur	201007070	Garima Kaushik	Psychology
52	Manipal University Jaipur	Jaipur	201007072	Dhawal	Psychology
53	Manipal University Jaipur	Jaipur	211016008	Nehal Shah	Psychology
54	Manipal University Jaipur	Jaipur	211016039	Priyanka saini	Psychology
55	Manipal University Jaipur	Jaipur	211016046	Ashi mourya	Psychology
56	Manipal University Jaipur	Jaipur	211016047	Shloka Shanbhag	Psychology
57	Manipal University Jaipur	Jaipur	211016055	Shruti Jain	Psychology
58	Manipal University Jaipur	Jaipur	211016060	Rajvir Singh	Psychology
59	Manipal University Jaipur	Jaipur	211016073	Khushboo Vashishth	Psychology
60	Manipal University Jaipur	Jaipur	211016083	Sakshi Shah	Psychology
61	Manipal University Jaipur	Jaipur	211016084	Naomi Shah	Psychology
62	Manipal University Jaipur	Jaipur	211016099	Rohini newar	Psychology
63	Manipal University Jaipur	Jaipur	211016008	Nehal Shah	Psychology

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

**Dr. Bhavana Arya**

**Signature of Head of Department**



MANIPAL UNIVERSITY  
JAIPUR



MUJ/DSW/C/023/FD/020

## **DIRECTORATE OF STUDENTS' WELFARE**

**Goal Setting**

**Seminar**

**Date of Event: 22 August 2023**



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5.	Photographs	2-3
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7.	Schedule of the Event	5
8.	Attendance of the Event	5
9.	Feedback of the Event	5



### 1. Introduction of the Event –

Goal setting is an important topic to be discussed among college students. The seminar was to explain the concept of Goal setting. The Counselling team, DSW, Manipal University Jaipur conducted these sessions to promote Goal setting among our students.

#### Objective of the Event -

- To understand the process of Goal setting.
- To help students gain understanding about how to plan their activities.

### 2. Beneficiaries of the Event-

The seminar was conducted for the students of Chemistry Department 1 semester.

### 3. Brief Description of the event-

In the pursuit of personal and professional excellence, goal setting stands as a cornerstone, guiding individuals towards their aspirations and ambitions. It is a transformative process that not only crystallizes dreams but also provides the roadmap for their realization. As humans, we are inherently driven by the desire to grow, achieve, and progress. Goal setting harnesses this innate motivation, offering a structured approach to turn abstract visions into tangible realities. On August 22, 2023, the session on Goal setting was conducted for Chemistry Department I semester students. All students from the group were present. Student Counsellors Dr. Rimpay Sharma, Ms Vandna Kabra and Ms. Devanshi Padaliya. Counsellors explained that setting goals is not merely about envisioning a destination; it is a dynamic journey of self-discovery, continuous improvement, and purposeful action. This guide delves into the art and science of goal setting, unravelling the principles and strategies that empower individuals to define their objectives, stay focused, and navigate the often-winding path to success. A power point presentation was made, and related questions were answered. Overall, all students gained a lot of insight with the help of the session as they were able to get their questions answered. Students expressed their need to further understand the topic in detail.



4. 3 to 5 photographs of the event or screenshots of the event (if online) with captions-






Glimpse of ongoing session



5. **Brochure of the event**

 **MANIPAL UNIVERSITY  
JAIPUR**

**DIRECTORATE OF STUDENT'S WELFARE**

**SEMINAR  
ON  
GOAL  
SETTING**

**DATE: August 22,2023**  
**TIME: 3:00 PM**

**Organized by: Counselling Team**



**6. Schedule of the event -**

1	Introduction by the counsellor.
2	Shared power point presentation
3	Counsellors alternatively took the session
4	Question-Answer session was done
5	Shared the contact details of students with the students.

**7. Attendance of the Event (insert in the document only)**

**Total attendee - 6**

S.no	Name	Registration no.
1.	PRAGYA SINGH	23FS10CHE00001
2.	PRABHVEER KOUR	23FS10CHE00002
3.	SAUMYA JOSHI	23FS10CHE00003
4.	RAHUL GYANANI	23FS10MAT00001
5.	ANJALI YADAV	23FS20MCH00001
6.	DIVYA SHARMA	23FS20MCH00003

**8. Feedback of the Event –**

**Post session feedback was taken by the participants.**

**Faculty coordinator**

*Rimpy Sharma*

(Dr Rimpy Sharma)

Student Counsellor

Directorate of Student's Welfare





(Ms. Vandna Kabra)

Student Counsellor

Directorate of Student's Welfare

(Ms. Devanshi Padaliya)

Student Counsellor

Directorate of Student's Welfare

(Prof. Anil Dutt Vyas)

Director

Drectorate of Student's Welfare



MANIPAL UNIVERSITY  
JAIPUR



MUJ/DSW/C/023/FD/025

## **DIRECTORATE OF STUDENTS' WELFARE**

**Goal Setting**

**Seminar**

**Date of Event: 23 August 2023**



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6.	Brochure or creative of the event	4
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9.	Feedback of the Event	5



## 1. Introduction of the Event –

Goal setting is important topic to be discussed among college students. The seminar was to explain the concept of Goal setting. The Counselling team, DSW, Manipal University Jaipur conducted these sessions to promote Goal setting among our students.

## 2. Objective of the Event –

- To understand the process of Goal setting.
- To help students gain understanding about how to plan their activities.

## 3. Beneficiaries of the Event-

The seminar was conducted for the students of Liberal Arts I semester.

## 4. Brief Description of the event-

In the pursuit of personal and professional excellence, goal setting stands as a cornerstone, guiding individuals towards their aspirations and ambitions. It is a transformative process that not only crystallizes dreams but also provides the roadmap for their realization. As humans, we are inherently driven by the desire to grow, achieve, and progress. Goal setting harnesses this innate motivation, offering a structured approach to turn abstract visions into tangible realities. On August 23, 2023, the session on Goal setting was conducted for Liberal Arts Department I semester students. All students from the group were present. Student Counsellors Dr. Rimpay Sharma, Ms Vandna Kabra and Ms. Devanshi Padaliya. Counsellors explained that setting goals is not merely about envisioning a destination; it is a dynamic journey of self-discovery, continuous improvement, and purposeful action. This guide delves into the art and science of goal setting, unravelling the principles and strategies that empower individuals to define their objectives, stay focused, and navigate the often-winding path to success. A power point presentation was made, and related questions were answered. Overall, all students gained a lot of insight with the help of the session as they were able to get their questions answered. Students expressed their need to further understand the topic in detail.



**5. 3 to 5 photographs of the event or screenshots of the event (if online) with captions-**





Glimpse of ongoing session



6. Brochure of the event



7. Schedule of the event -

1	Introduction by the counsellor.
2	Shared power point presentation
3	Counsellors alternatively took the session
4	Question-Answer session was done
5	Shared the contact details of students with the students.



**8. Attendance of the Event (insert in the document only)**

**Total attendee - 22**

S.no	Name	Registration no.
1	KARAN PRATAPMALLICK	23FA10BLE00001
2	VANSHIKA AGARWAL	23FA10BLE00002
3	ANUP SINGHRAO	23FA10BLE00003
4	TANISHA CHATURVEDI	23FA10BLE00004
5	CHANDER VERDHAN	23FA10BLE00005
6	DHANNUSHREE KANWAR	23FA10BLE00006
7	DIYAA BAID	23FA10BLE00007
8	LATIKA	23FA10BLE00008
9	MAHENDRA YADAV	23FA10BLE00009
10	SHREEYANSHREE SHARMA	23FA10BLE00010
11	VIVEK YADAV	23FA10BLE00011
12	DEEPAK .	23FA10BLE00012
13	SOUMYA PAREEK	23FA10BLE00013
14	ALOK KUMAR	23FA10BLE00014
15	ADHIRAJ SINGH	23FA10BLE00015
16	TUSHAR KHATRIKHATRI	23FA10BLE00016
17	KHUSHI YADAV	23FA10BLE00017
18	FIZZA ZEHRA.	23FA10BLE00019
19	MAHAVEER TUSAVDA	23FA10BLE00020
20	MAYANK RANA	23FA10BLE00021
21	SURENDRA CHOUDHARY	23FA10BLE00022
22	JOY TAK	23FA10BLE00023

**9. Feedback of the Event –**

**Post session feedback was taken by the participants.**

**Faculty coordinator**

*Rimpy Sharma*

(Dr Rimpy Sharma)

Student Counsellor

Directorate of Student's Welfare





(Ms. Vandna Kabra)

Student Counsellor

Directorate of Student's Welfare

(Ms. Devanshi Padaliya)

Student Counsellor

Directorate of Student's Welfare

(Prof. Anil Dutt Vyas)

Director

Drectorate of Student's Welfare



MANIPAL UNIVERSITY  
JAIPUR



MUJ/DSW/C/023/FD/025

## **DIRECTORATE OF STUDENTS' WELFARE**

**Goal Setting**

**Seminar**

**Date of Event: 23 August 2023**



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## 1. Introduction of the Event –

Goal setting is an important topic to be discussed among college students. The seminar was to explain the concept of Goal setting. The Counselling team, DSW, Manipal University Jaipur conducted these sessions to promote Goal setting among our students.

## 2. Objective of the Event –

- To understand the process of Goal setting.
- To help students gain understanding about how to plan their activities.

## 3. Beneficiaries of the Event-

The seminar was conducted for the students of Liberal Arts I semester.

## 4. Brief Description of the event-

In the pursuit of personal and professional excellence, goal setting stands as a cornerstone, guiding individuals towards their aspirations and ambitions. It is a transformative process that not only crystallizes dreams but also provides the roadmap for their realization. As humans, we are inherently driven by the desire to grow, achieve, and progress. Goal setting harnesses this innate motivation, offering a structured approach to turn abstract visions into tangible realities. On August 23, 2023, the session on Goal setting was conducted for Liberal Arts Department I semester students. All students from the group were present. Student Counsellors Dr. Rimpay Sharma, Ms Vandna Kabra and Ms. Devanshi Padaliya. Counsellors explained that setting goals is not merely about envisioning a destination; it is a dynamic journey of self-discovery, continuous improvement, and purposeful action. This guide delves into the art and science of goal setting, unravelling the principles and strategies that empower individuals to define their objectives, stay focused, and navigate the often-winding path to success. A power point presentation was made, and related questions were answered. Overall, all students gained a lot of insight with the help of the session as they were able to get their questions answered. Students expressed their need to further understand the topic in detail.



5. 3 to 5 photographs of the event or screenshots of the event (if online) with captions-





Glimpse of ongoing session



6. Brochure of the event



7. Schedule of the event -

1	Introduction by the counsellor.
2	Shared power point presentation
3	Counsellors alternatively took the session.
4	Question-Answer session was done
5	Shared the contact details of students with the students.



**8. Attendance of the Event (insert in the document only)**

**Total attendee - 22**

S.no	Name	Registration no.
1	KARAN PRATAPMALLICK	23FA10BLE00001
2	VANSHIKA AGARWAL	23FA10BLE00002
3	ANUP SINGHRAO	23FA10BLE00003
4	TANISHA CHATURVEDI	23FA10BLE00004
5	CHANDER VERDHAN	23FA10BLE00005
6	DHANNUSHREE KANWAR	23FA10BLE00006
7	DIYAA BAID	23FA10BLE00007
8	LATIKA	23FA10BLE00008
9	MAHENDRA YADAV	23FA10BLE00009
10	SHREEYANSHREE SHARMA	23FA10BLE00010
11	VIVEK YADAV	23FA10BLE00011
12	DEEPAK .	23FA10BLE00012
13	SOUMYA PAREEK	23FA10BLE00013
14	ALOK KUMAR	23FA10BLE00014
15	ADHIRAJ SINGH	23FA10BLE00015
16	TUSHAR KHATRIKHATRI	23FA10BLE00016
17	KHUSHI YADAV	23FA10BLE00017
18	FIZZA ZEHRA.	23FA10BLE00019
19	MAHAVEER TUSAVDA	23FA10BLE00020
20	MAYANK RANA	23FA10BLE00021
21	SURENDRA CHOUDHARY	23FA10BLE00022
22	JOY TAK	23FA10BLE00023

**9. Feedback of the Event –**

**Post session feedback was taken by the participants.**

**Faculty coordinator**

*Rimpy Sharma*

(Dr Rimpy Sharma)

Student Counsellor

Directorate of Student's Welfare





(Ms. Vandna Kabra)

Student Counsellor

Directorate of Student's Welfare

(Ms. Devanshi Padaliya)

Student Counsellor

Directorate of Student's Welfare

(Prof. Anil Dutt Vyas)

Director

Directorate of Student's Welfare



MANIPAL UNIVERSITY  
JAIPUR



MUJ/DSW/C/023/FD/020

## **DIRECTORATE OF STUDENTS' WELFARE**

**Goal Setting**

**Seminar**

**Date of Event: 22 August 2023**



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### 1. Introduction of the Event –

Goal setting is an important topic to be discussed among college students. The seminar was to explain the concept of Goal setting. The Counselling team, DSW, Manipal University Jaipur conducted these sessions to promote Goal setting among our students.

#### Objective of the Event -

- To understand the process of Goal setting.
- To help students gain understanding about how to plan their activities.

### 2. Beneficiaries of the Event-

The seminar was conducted for the students of Chemistry Department 1 semester.

### 3. Brief Description of the event-

In the pursuit of personal and professional excellence, goal setting stands as a cornerstone, guiding individuals towards their aspirations and ambitions. It is a transformative process that not only crystallizes dreams but also provides the roadmap for their realization. As humans, we are inherently driven by the desire to grow, achieve, and progress. Goal setting harnesses this innate motivation, offering a structured approach to turn abstract visions into tangible realities. On August 22, 2023, the session on Goal setting was conducted for Chemistry Department I semester students. All students from the group were present. Student Counsellors Dr. Rimpay Sharma, Ms Vandna Kabra and Ms. Devanshi Padaliya. Counsellors explained that setting goals is not merely about envisioning a destination; it is a dynamic journey of self-discovery, continuous improvement, and purposeful action. This guide delves into the art and science of goal setting, unravelling the principles and strategies that empower individuals to define their objectives, stay focused, and navigate the often-winding path to success. A power point presentation was made, and related questions were answered. Overall, all students gained a lot of insight with the help of the session as they were able to get their questions answered. Students expressed their need to further understand the topic in detail.



4. 3 to 5 photographs of the event or screenshots of the event (if online) with captions-






Glimpse of ongoing session



5. **Brochure of the event**

 **MANIPAL UNIVERSITY  
JAIPUR**

**DIRECTORATE OF STUDENT'S WELFARE**

**SEMINAR  
ON  
GOAL  
SETTING**

**DATE: August 22,2023**  
**TIME: 3:00 PM**

**Organized by: Counselling Team**



**6. Schedule of the event -**

1	Introduction by the counsellor.
2	Shared power point presentation
3	Counsellors alternatively took the session
4	Question-Answer session was done
5	Shared the contact details of students with the students.

**7. Attendance of the Event (insert in the document only)**

**Total attendee - 6**

S.no	Name	Registration no.
1.	PRAGYA SINGH	23FS10CHE00001
2.	PRABHVEER KOUR	23FS10CHE00002
3.	SAUMYA JOSHI	23FS10CHE00003
4.	RAHUL GYANANI	23FS10MAT00001
5.	ANJALI YADAV	23FS20MCH00001
6.	DIVYA SHARMA	23FS20MCH00003

**8. Feedback of the Event –**

**Post session feedback was taken by the participants.**

**Faculty coordinator**

*Rimpy Sharma*

(Dr Rimpy Sharma)

Student Counsellor

Directorate of Student's Welfare





(Ms. Vandna Kabra)

Student Counsellor

Directorate of Student's Welfare

(Ms. Devanshi Padaliya)

Student Counsellor

Directorate of Student's Welfare

(Prof. Anil Dutt Vyas)

Director

Drectorate of Student's Welfare



MANIPAL UNIVERSITY  
JAIPUR



MUJ/DSW/C/023/FD/021

## **DIRECTORATE OF STUDENTS' WELFARE**

**Goal Setting**

**Seminar**

**Date of Event: 23 August 2023**



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### **1. Introduction of the Event –**

Goal setting is an important topic to be discussed among college students. The seminar was to explain the concept of Goal setting. The Counselling team, DSW, Manipal University Jaipur conducted these sessions to promote Goal setting among our students.

### **2. Objective of the Event -**

- To understand the process of Goal setting.
- To help students gain understanding about how to plan their activities.

### **3. Beneficiaries of the Event-**

The seminar was conducted for the students of Languages department I semester.

### **4. Brief Description of the event-**

In the pursuit of personal and professional excellence, goal setting stands as a cornerstone, guiding individuals towards their aspirations and ambitions. It is a transformative process that not only crystallizes dreams but also provides the roadmap for their realization. As humans, we are inherently driven by the desire to grow, achieve, and progress. Goal setting harnesses this innate motivation, offering a structured approach to turn abstract visions into tangible realities. On August 23, 2023, the session on Goal setting was conducted for Languages Department I semester students. All students from the group were present. Student Counsellors Dr. Rimpay Sharma, Ms Vandna Kabra and Ms. Devanshi Padaliya. Counsellors explained that setting goals is not merely about envisioning a destination; it is a dynamic journey of self-discovery, continuous improvement, and purposeful action. This guide delves into the art and science of goal setting, unravelling the principles and strategies that empower individuals to define their objectives, stay focused, and navigate the often-winding path to success. A power point presentation was made, and related questions were answered. Overall, all students gained a lot of insight with the help of the session as they were able to get their questions answered. Students expressed their need to further understand the topic in detail.



5. 3 to 5 photographs of the event or screenshots of the event (if online) with captions-



Glimpse of ongoing session



6. Brochure of the event

The brochure features a vertical orange and yellow gradient bar on the left side. The text is centered and includes the university logo, the name of the university, the directorate, the seminar title in large orange letters, the date and time, and the organizing team.

MANIPAL UNIVERSITY  
JAIPUR

DIRECTORATE OF STUDENT'S WELFARE

**SEMINAR  
ON  
GOAL  
SETTING**

*DATE: August 23,2023  
TIME: 9:30 AM*

**Organized by: Counselling Team**

7. Schedule of the event -

1	Introduction by the counsellor.
2	Shared power point presentation
3	Counsellors alternatively took the session.
4	Question-Answer session was done
5	Shared the contact details of students with the students.



## 8. Attendance of the Event

Total attendee - 19

S.no	Name	Registration no.
1	MANNAT ARYA	23FA10BEH00001
2	KRATI GOYAL	23FA10BEH00002
3	MAAHI SHAHANI	23FA10BEH00003
4	VIDUSHI GUPTA	23FA10BEH00004
5	RADHIKA SHARMA	23FA10BEH00005
6	VASTAVI GHAI	23FA10BEH00006
7	AAYAZ KHAN	23FA10BEH00007
8	RAGHAV HADA	23FA10BEH00008
9	DIYA GIRDHAR	23FA10BEH00009
10	RIYA GUPTA	23FA10BEH00010
11	DHWANI TALREJA	23FA10BEH00012
12	ANSH SINGHJADOUN	23FA10BEH00013
13	ISHITA SINGHANIA	23FA10BEH00014
14	GURMAN SINGHBHULLAR	23FA10BEH00015
15	VIKASH CHOUDHARY	23FA10BEH00016
16	GAURI AGARWAL	23FA10BEH00017
17	VAGISH BENIWAL	23FA10BEH00011
18	ISHA AGARWAL	23FA10BEH00018
19	PRINCY ROY	23FA10BEH00019

## 9. Feedback of the Event –

Post session feedback was taken by the participants.

### Faculty coordinator

(Dr Rimpay Sharma)

Student Counsellor

Directorate of Student's Welfare



(Ms. Vandna Kabra)

Student Counsellor

Directorate of Student's Welfare

(Ms. Devanshi Padaliya)

Student Counsellor

Directorate of Student's Welfare

(Prof. Anil Dutt Vyas)

Director

Directorate of Student's Welfare





MANIPAL UNIVERSITY  
JAIPUR



MUJ/DSW/C/023/FD/021

## **DIRECTORATE OF STUDENTS' WELFARE**

**Goal Setting**

**Seminar**

**Date of Event: 23 August 2023**



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8.	Attendance of the Event	4
9.	Feedback of the Event	4



### **1. Introduction of the Event –**

Goal setting is an important topic to be discussed among college students. The seminar was to explain the concept of Goal setting. The Counselling team, DSW, Manipal University Jaipur conducted these sessions to promote Goal setting among our students.

### **2. Objective of the Event -**

- To understand the process of Goal setting.
- To help students gain understanding about how to plan their activities.

### **3. Beneficiaries of the Event-**

The seminar was conducted for the students of Languages department I semester.

### **4. Brief Description of the event-**

In the pursuit of personal and professional excellence, goal setting stands as a cornerstone, guiding individuals towards their aspirations and ambitions. It is a transformative process that not only crystallizes dreams but also provides the roadmap for their realization. As humans, we are inherently driven by the desire to grow, achieve, and progress. Goal setting harnesses this innate motivation, offering a structured approach to turn abstract visions into tangible realities. On August 23, 2023, the session on Goal setting was conducted for Languages Department I semester students. All students from the group were present. Student Counsellors Dr. Rimpay Sharma, Ms Vandna Kabra and Ms. Devanshi Padaliya. Counsellors explained that setting goals is not merely about envisioning a destination; it is a dynamic journey of self-discovery, continuous improvement, and purposeful action. This guide delves into the art and science of goal setting, unravelling the principles and strategies that empower individuals to define their objectives, stay focused, and navigate the often-winding path to success. A power point presentation was made, and related questions were answered. Overall, all students gained a lot of insight with the help of the session as they were able to get their questions answered. Students expressed their need to further understand the topic in detail.




5. 3 to 5 photographs of the event or screenshots of the event (if online) with captions-



Glimpse of ongoing session



6. **Brochure of the event**

 MANIPAL UNIVERSITY  
JAIPUR

**DIRECTORATE OF STUDENT'S WELFARE**

**SEMINAR  
ON  
GOAL  
SETTING**

**DATE: August 23, 2023**  
**TIME: 9:30 AM**

**Organized by: Counselling Team**

7. **Schedule of the event -**

1	Introduction by the counsellor.
2	Shared power point presentation
3	Counsellors alternatively took the session.
4	Question-Answer session was done
5	Shared the contact details of students with the students.



## 8. Attendance of the Event

Total attendee - 19

S.no	Name	Registration no.
1	MANNAT ARYA	23FA10BEH00001
2	KRATI GOYAL	23FA10BEH00002
3	MAAHI SHAHANI	23FA10BEH00003
4	VIDUSHI GUPTA	23FA10BEH00004
5	RADHIKA SHARMA	23FA10BEH00005
6	VASTAVI GHAI	23FA10BEH00006
7	AAYAZ KHAN	23FA10BEH00007
8	RAGHAV HADA	23FA10BEH00008
9	DIYA GIRDHAR	23FA10BEH00009
10	RIYA GUPTA	23FA10BEH00010
11	DHWANI TALREJA	23FA10BEH00012
12	ANSH SINGHJADOUN	23FA10BEH00013
13	ISHITA SINGHANIA	23FA10BEH00014
14	GURMAN SINGHBHULLAR	23FA10BEH00015
15	VIKASH CHOUDHARY	23FA10BEH00016
16	GAURI AGARWAL	23FA10BEH00017
17	VAGISH BENIWAL	23FA10BEH00011
18	ISHA AGARWAL	23FA10BEH00018
19	PRINCY ROY	23FA10BEH00019

## 9. Feedback of the Event –

Post session feedback was taken by the participants.

### Faculty coordinator

(Dr Rimpay Sharma)

Student Counsellor

Directorate of Student's Welfare



(Ms. Vandna Kabra)

Student Counsellor

Directorate of Student's Welfare

(Ms. Devanshi Padaliya)

Student Counsellor

Directorate of Student's Welfare

(Prof. Anil Dutt Vyas)

Director

Drectorate of Student's Welfare

MUJ/DSW/C/023/FD/09



**DIRECTORATE OF STUDENTS' WELFARE**

**Psychosocial Enhancement Session**

**OFFLINE EVENT**

**VENUE: Surman Sansthan Baal Aashram (NGO)**

**Date of Event (23<sup>rd</sup> Feb 2023)**

**(Time: 3:00 PM-5:00 PM)**





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## 1. Introduction of the Event

Directorate of Student's Welfare organized an outreach program for the students of MUJ. The event was aimed to encourage the virtues of modesty and humility among the students. The visit to NGO was organized for students to help them understand the lives of marginalized and under privileged in the society. This will help in Psychosocial enhancement of the students. It helped the students to look at the contrast reality of the society and to return to this society in their maximum capacity. We all know that a country can advance by achieving socio-economic equality and improving the standard of living among its citizens, for that purpose it is important that all children are educated and are given creative space to bloom and blossom.

## 2. Objectives of the Event

- To build social skills in MUJ students
- To cultivate the virtues of gratitude, humanity, and kindness among students
- To make students aware of societal issues and discover ways to help and support the underprivileged in society.

## 3. Beneficiaries of the Event

- MUJ Students

## 4. Brief Description of the event

9 female students of MUJ along with the counselling team, including Dr. Rimpay Sharma, Ms. Vandna Kabra and Ms. Devanshi Padaliya visited the NGO named Surman Sansthan Baal Aashram on 23<sup>rd</sup> February, 2023.

The Surman Sansthan is registered under the Rajasthan Co-operative Act 1958 under (Section 28, 1958) as of 31 Jan 1998 (Registration No.- 552/97-98). Surman Sansthan saw the day of light after the long-cherished desire and ideology by the founder, Mrs. Manan Chaturvedi, ultimately took a structural shape.

Surman is a divine home where orphaned and abandoned children live in one shelter and an atmosphere where they can wish to have dreams and wish to achieve them. We all are concerned about our own lives and families and do our utmost to keep them healthy and happy, but we should never forget that "HUMANITY IS THE HUMAN RELIGION".

Surman is a thought where they hope for a better future for children that are filled with human values. No kid should spend their life on the road, and the fragrance of their lives should spread across the world with the noble cause to have a child-friendly environment, system, and society that ensure rights of survival, development, and protection.

Surman home provides them with safety, confidence, family feeling, opportunities, and a way to fulfill their aspiration & dreams. Our students of MUJ tried to contribute in the similar manner by trying to equip children of Surman Sansthan by sharing general knowledge with them through a medium of question and answers, teaching them origami and other playful learning activities. Along with a great interaction, students were also given certificates for their participation.

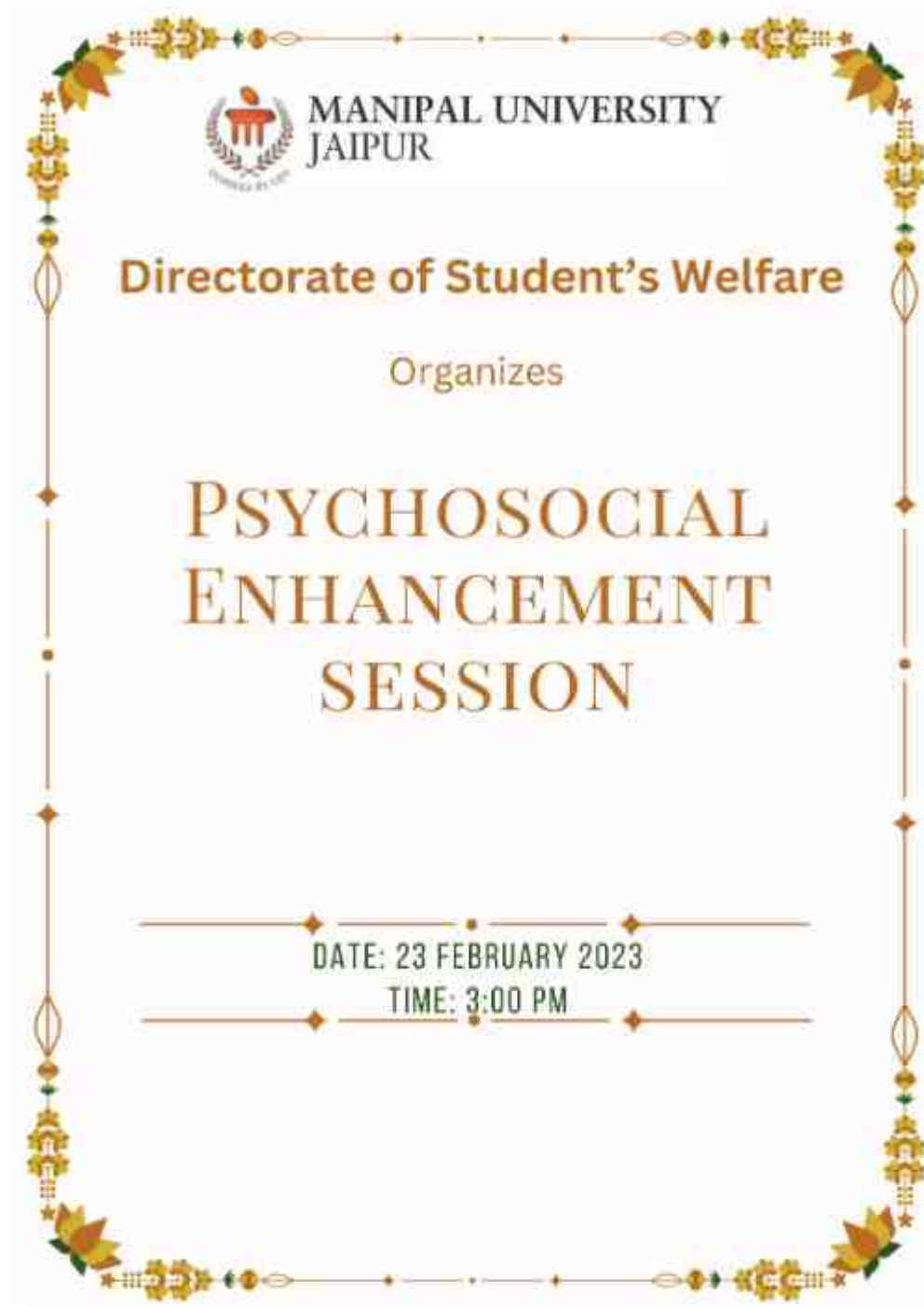
### 5. Photographs of the Event



*MUJ students in Surman Sansthan NGO*



6. Brochure of Event:



7. Schedule of the Event

The visit was at Surman Sansthan Baal Aashram, A-35, Balaji Apartment, Nemi Nagar, Vaishali Nagar, Jaipur, 302021

Date: 23-02-2023

Time: 03:00 PM- 5:00 PM



**8. Attendance of the Event**

**Total attendance of the event – 9**

S. No.	Name	Registration No.
1.	Ishar Singh	229309084
2.	Mahak Paliwal	229311257
3.	Parul Bhalothia	229302578
4.	Lucky Nischal	220901136
5.	Ishika Jain	229310410
6.	Komal Kaur Chadha	220901174
7.	shreya singh	229311136
8.	Jagriti Singh	221002042
9.	Sameeksha	229310311

**9. Link of event: NA**

**Faculty coordinator**

(Dr Rimpay Sharma)  
Student Counsellor  
Directorate of Student's Welfare

(Ms. Vandna Kabra)  
Student Counsellor  
Directorate of Student's Welfare

(Ms. Devanshi Padaliya)  
Student Counsellor  
Directorate of Student's Welfare



(Prof. Anil Dutt Vyas)  
Director  
Directorate of Student's Welfare

MUJ/DSW/C/023/FD/014



**DIRECTORATE OF STUDENTS' WELFARE**

**Workshop on The Art of Achieving: Goal Setting and  
Critical Thinking**

**OFFLINE EVENT**

**VENUE: 307 SEMINAR HALL AB1**

**Date of Event (11.08.2023)**



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## 1. Introduction of the Event

Counselling domain under the Directorate of Students Welfare organized an offline workshop on mental well-being: “Transforming Minds.” The art of achieving was a workshop about mastering the skills, mindset, and strategies needed to turn dreams and aspirations into reality. Whether it's academic success, personal growth, career advancement, or any other endeavor, achieving goals requires a combination of effective target setting as well as out-of-the-box thinking. To equip MUJ students with this art, the workshop focused on techniques which were Goal Setting and Critical Thinking.

## 2. Objectives of the Event

- To promote effective target setting among students.
- To develop critical thinking among students.
- To enhance academic achievement.

## 3. Beneficiaries of the Event

College students, Research scholars and Staff of MUJ.

## 4. Brief Description of the event

Two sessions were held in this event by the speaker Dr. Shivi Saxena(Director at GCEC Global Foundation Jaipur, Rajasthan, India) and Dr. Richa Mishra(Director, MBA Programme & Associate Professor of OBHR [BML Munjal University). The event aimed to make students aware of Strengthening goal setting skills, Developing out-of-the-box thinking, and enhancing problem-solving skills.

The session started with the inauguration of the event by Prof. AD Vyas Sir, Director DSW, and co-convener Babita Malik ma'am, Deputy Director, DSW. This was followed by Professor AD Vyas Sir felicitating Lalita Ledwani Ma'am and Prof Babita Malik Ma'am felicitating Dr. Shivi Saxena Ma'am and Rimpay Sharma ma'am felicitated Dr. Richa Mishra Ma'am.

Professor AD Vyas Sir and Professor Lalita Ledwani Ma'am delivered the welcome address.

Dr. Shivi Saxena then shed light on the significance of goal setting and provided a clear understanding of its importance and impact. She began with a lot of real-life examples that were relatable for the students and kept the crowd engaged. She made the students perform an activity on goal setting and even spoke about SMART goals. She spoke about the significance of prioritizing tasks as well as time management.



She taught us about effective goal-setting,

S-specific

M- Measurable

A-Attainable

R-realistic

T-time based

After the break, there was a second session by Dr. Richa Mishra.  
She talked about self-management and the importance of critical thinking.

Critical thinking is a kind of thinking in which you question, analyse, interpret, evaluate and make a judgment about what you read, hear, say, or write.  
She also shed light on the key critical thinking skills that are analysis, interpretation, inference, explanation, self-regulation, open-mindedness, and problem-solving.

This workshop was insightful for the students. Along with a great session, students were given e-certificates.

## 5. Photographs of the Event



*Fig: students attending workshop*



*Fig : Glimpses of workshop*



*Fig: Speaker of the workshop.*

## 6. Brochure of Event



The brochure features a blue and white color scheme with a grid pattern. At the top, it displays the logos of Manipal University Jaipur, G20 India 2023, and Smart World. The main title is "Workshop on Art of Achieving & Quiz Competition" in bold black text. Below the title, it specifies the date "11<sup>th</sup> August, 2023", time "9:30 AM", and location "Room No-307, AB-1". A "Speakers" section highlights two individuals: Dr. Richa Mishra, Director of MBA Program at BML Munjal University, Gurugram, and Dr. Shivi Saxena, Director of GCEC Global Foundation, Jaipur. A registration link and last date are provided. The "Co-conveners" section lists Prof. Anil Dutt Vyas and Prof. Babita Mathi. The "Coordinators" section lists Dr. Binoy Sharma, Ms. Vandna Khatn, and Ms. Deepankhi Padalia. The background of the lower half shows a large, classical-style building with a prominent dome.

MANIPAL UNIVERSITY  
JAIPUR

Directorate of Student's Welfare  
is organizing

**Workshop on Art of Achieving**  
&  
**Quiz Competition**

11<sup>th</sup> August, 2023 9:30 AM Room No-307, AB-1

**Speakers**

**Dr. Richa Mishra**  
Director, MBA Program  
BML Munjal University, Gurugram

**Dr. Shivi Saxena**  
Director  
GCEC Global Foundation, Jaipur

Registration Link: <https://forms.office.com/e/1jphelL75Cc>  
Last Date of Registration: 9<sup>th</sup> August 2023

**Co-conveners**  
Prof. Anil Dutt Vyas  
Director, DSW  
Prof. Babita Mathi  
Deputy Director, DSW

**Coordinators**  
Dr. Binoy Sharma  
Student Counsellor  
Ms. Vandna Khatn  
Student Counsellor  
Ms. Deepankhi Padalia  
Student Counsellor

## 7. Schedule of the Event

The event took place offline on campus in room number 307 AB1 seminar hall.

Date: 11.08.2023

Time: 10:00 AM to 2:00 PM

## 8. Attendance of the Event

total attendance of the event – 137



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136.	Rashi Sharma	220701052	rashis2713@gmail.com
137.	Riddhi Bhatia	229311223	riddhibhatia2@gmail.com

**9. Link of workshop:**

<https://forms.office.com/r/1pheL17rCc>



### 10. Feedback of the Event –

Post session feedback was taken by the participants.

#### Faculty coordinator

(Dr Rimpay Sharma)  
Student Counsellor  
Directorate of Student's Welfare

(Ms. Vandna Kabra)  
Student Counsellor  
Directorate of Student's Welfare

(Ms. Devanshi Padaliya)  
Student Counsellor  
Directorate of Student's Welfare

(Prof. Anil Dutt Vyas)  
Director  
Directorate of Student's Welfare

MUJ/DSW/C/023/FD/09



**DIRECTORATE OF STUDENTS' WELFARE**

**NGO Visit**

**OFFLINE EVENT**

**VENUE: Surman Sansthan Baal Aashram (NGO)**

**Date of Event (23<sup>rd</sup> Feb 2023)**

**(Time: 3:00 PM-5:00 PM)**



## Index

<b>S.No.</b>	<b>Activity Heads</b>	<b>Page no.</b>
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## 1. Introduction of the Event

Directorate of Student's Welfare organized an outreach program for the students of MUJ. The event was aimed to encourage the virtues of modesty and humility among the students. The visit to NGO was organized for students to help them understand the lives of marginalized and under privileged in the society. It helped the students to look at the contrast reality of the society and to return to this society in their maximum capacity. We all know that a country can advance by achieving socio-economic equality and improving the standard of living among its citizens, for that purpose it is important that all children are educated and are given creative space to bloom and blossom.

## 2. Objectives of the Event

- To build social skills in MUJ students
- To cultivate the virtues of gratitude, humanity, and kindness among students
- To make students aware of societal issues and discover ways to help and support the underprivileged in society.

## 3. Beneficiaries of the Event

- MUJ Students

## 4. Brief Description of the event

9 female students of MUJ along with the counselling team, including Dr. Rimpay Sharma, Ms. Vandna Kabra and Ms. Devanshi Padaliya visited the NGO named Surman Sansthan Baal Aashram on 23<sup>rd</sup> February, 2023.

The Surman Sansthan is registered under the Rajasthan Co-operative Act 1958 under (Section 28, 1958) as of 31 Jan 1998 (Registration No.- 552/97-98). Surman Sansthan saw the day of light after the long-cherished desire and ideology by the founder, Mrs. Manan Chaturvedi, ultimately took a structural shape.

Surman is a divine home where orphaned and abandoned children live in one shelter and an atmosphere where they can wish to have dreams and wish to achieve them. We all are concerned about our own lives and families and do our utmost to keep them healthy and happy, but we should never forget that "HUMANITY IS THE HUMAN RELIGION".

Surman is a thought where they hope for a better future for children that are filled with human values. No kid should spend their life on the road, and the fragrance of their lives should spread across the world with the noble cause to have a child-friendly environment, system, and society that ensure rights of survival, development, and protection.

Surman home provides them with safety, confidence, family feeling, opportunities, and a way to fulfill their aspiration & dreams. Our students of MUJ tried to contribute in the similar manner by trying to equip children of Surman Sansthan by sharing general knowledge with them through a medium of question and answers, teaching them origami and other playful learning activities. Along with a great interaction, students were also given certificates for their participation.

5. Photographs of the Event



*MUJ students in Surman Sansthan NGO*



6. Brochure of Event:



7. Schedule of the Event

The visit was at Surman Sansthan Baal Aashram, A-35, Balaji Apartment, Nemi Nagar, Vaishali Nagar, Jaipur, 302021

Date: 23-02-2023

Time: 03:00 PM- 5:00 PM



**8. Attendance of the Event**

**Total attendance of the event – 9**

S. No.	Name	Registration No.
1.	Ishar Singh	229309084
2.	Mahak Paliwal	229311257
3.	Parul Bhalothia	229302578
4.	Lucky Nischal	220901136
5.	Ishika Jain	229310410
6.	Komal Kaur Chadha	220901174
7.	shreya singh	229311136
8.	Jagriti Singh	221002042
9.	Sameeksha	229310311

**9. Link of event: NA**

**Faculty coordinator**

(Dr Rimpay Sharma)  
Student Counsellor  
Directorate of Student's Welfare

(Ms. Vandna Kabra)  
Student Counsellor  
Directorate of Student's Welfare

(Ms. Devanshi Padaliya)  
Student Counsellor  
Directorate of Student's Welfare





(Prof. Anil Dutt Vyas)  
Director  
Directorate of Student's Welfare



**MANIPAL UNIVERSITY  
JAIPUR**



MUJ/Q&C/22/F/1.01



**MANIPAL UNIVERSITY  
JAIPUR**

**Department of Information Technology**

**In Collaboration With**

**Jivan Kausalam Foundation**

**conducting a session**

**on**

**“Nurturing Inner and Mental Health with  
Spirituality”**

**27<sup>th</sup> Dec 2023**



## Content of Report

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



## 1. Introduction of the Event

It might be difficult to find mental fortitude and inner quiet in our fast-paced, frequently chaotic society. Fortunately, spirituality is a timeless and easily accessible source of support that can significantly improve our mental health. Regardless of our beliefs or backgrounds, spirituality provides a path to connect with something greater than ourselves and cultivate a sense of purpose and tranquility. In this blog, we'll explore the profound impact of spirituality on mental health, and how it can positively transform our lives.

## 2. Objective of the Event

- Connect with the Divine Presence.
- Embrace Faith in Something Bigger.
- Practice Surrender and Letting Go.
- Seek Divine Guidance.
- Gratitude to the Universe.
- See Unity in All Things.
- Practice Acts of Kindness.
- Spiritual Reflections.

## 3. Beneficiaries of the Event

Now a days students are facing many problems in their daily life so in their academics break it becomes important to teach them to connect their soles with the super sole through the medium of spirituality. Resultant when the will come again in their new academics session then they will feel more focused and with all their best efforts they might achieve more milestones in their lives.

## 4. Details of the Guests

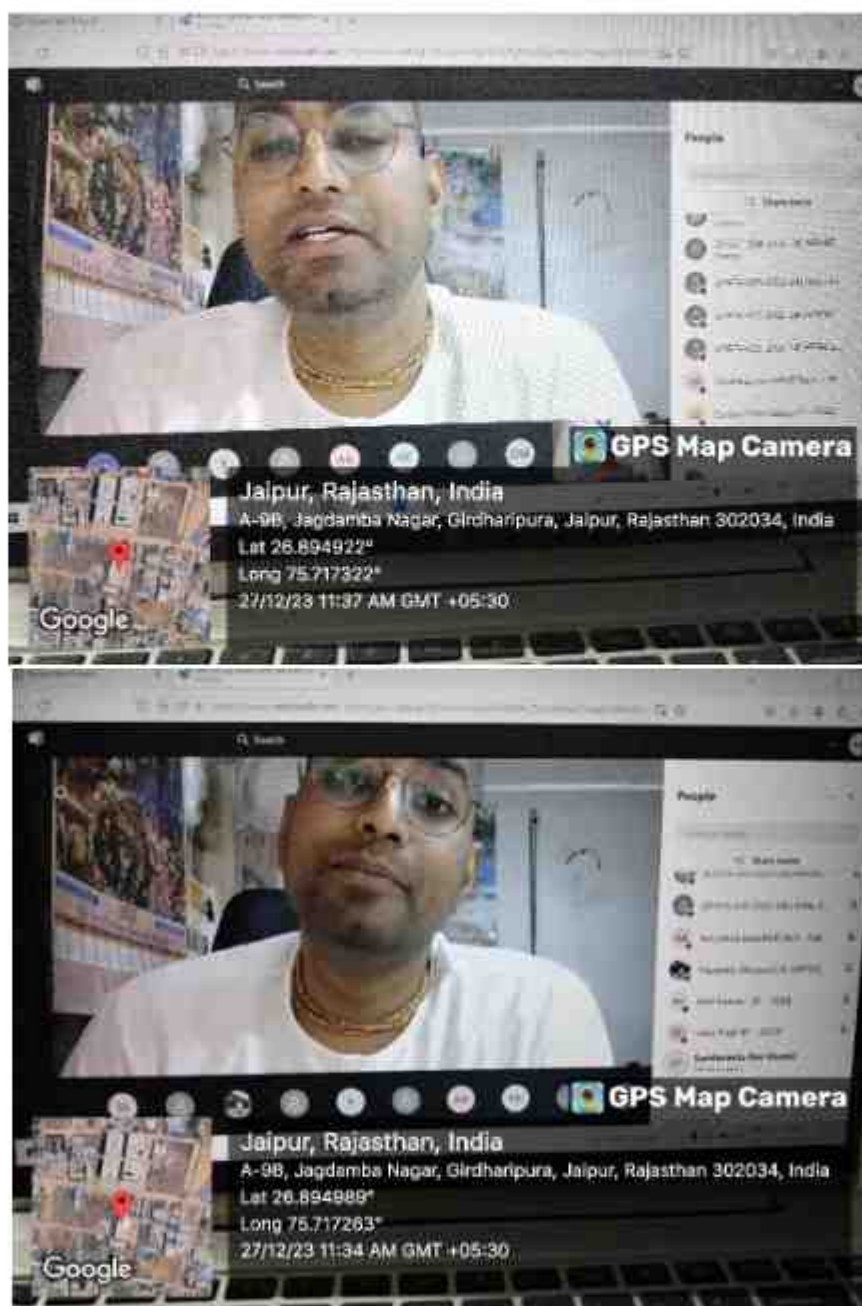
- Shree Sundaranadna Das Ji

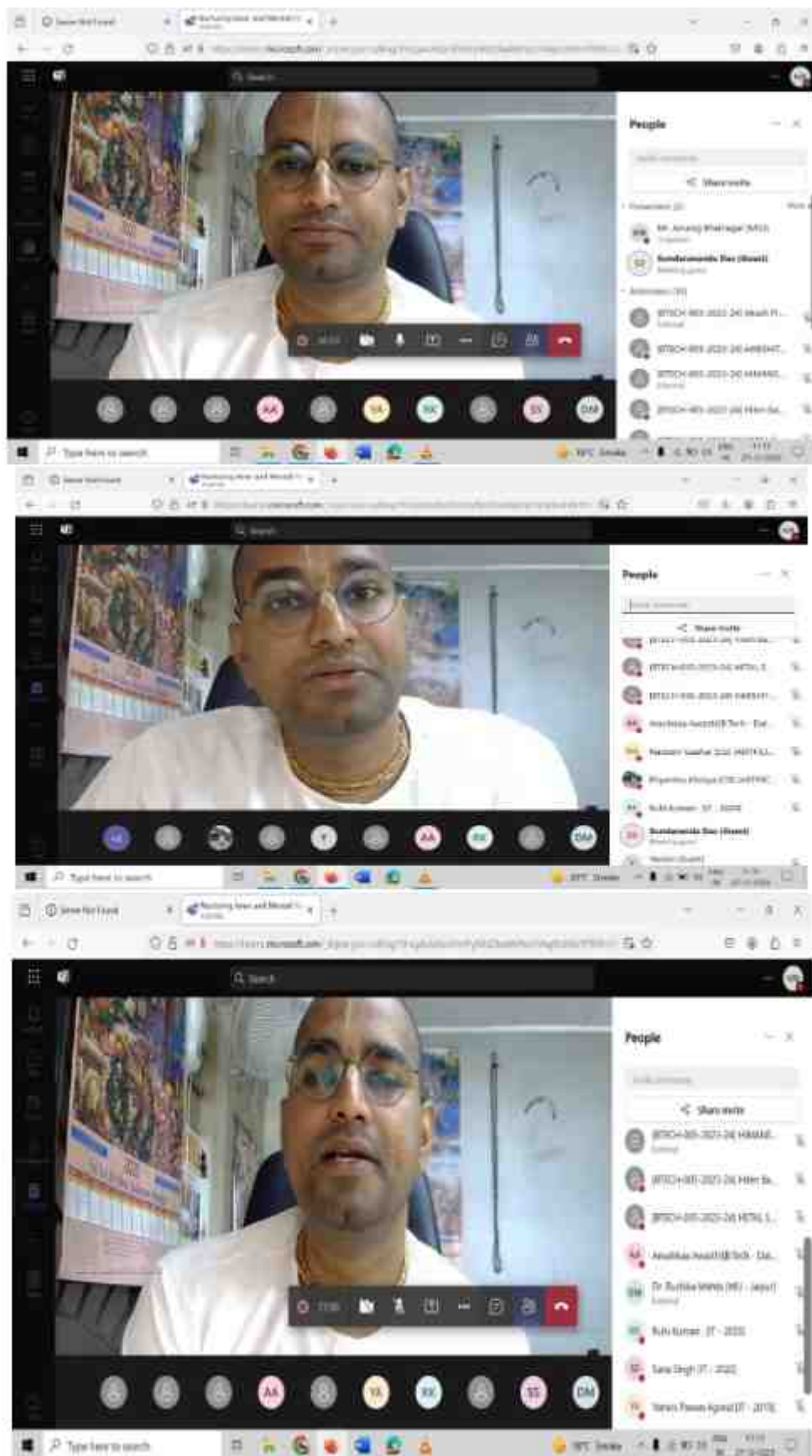
## 5. Brief Description of the even

A growing body of research is beginning to reveal a remarkable feature about the developing brains of young adults. Between the age of 18-25, we experience a “biological clock” for spiritual wellbeing, igniting a surge to seek life’s greatest truths. This “spiritual brain” is hard-wired for existential and spiritual emergence that can often bring about emotional struggle—even developmental depression and anxiety. The

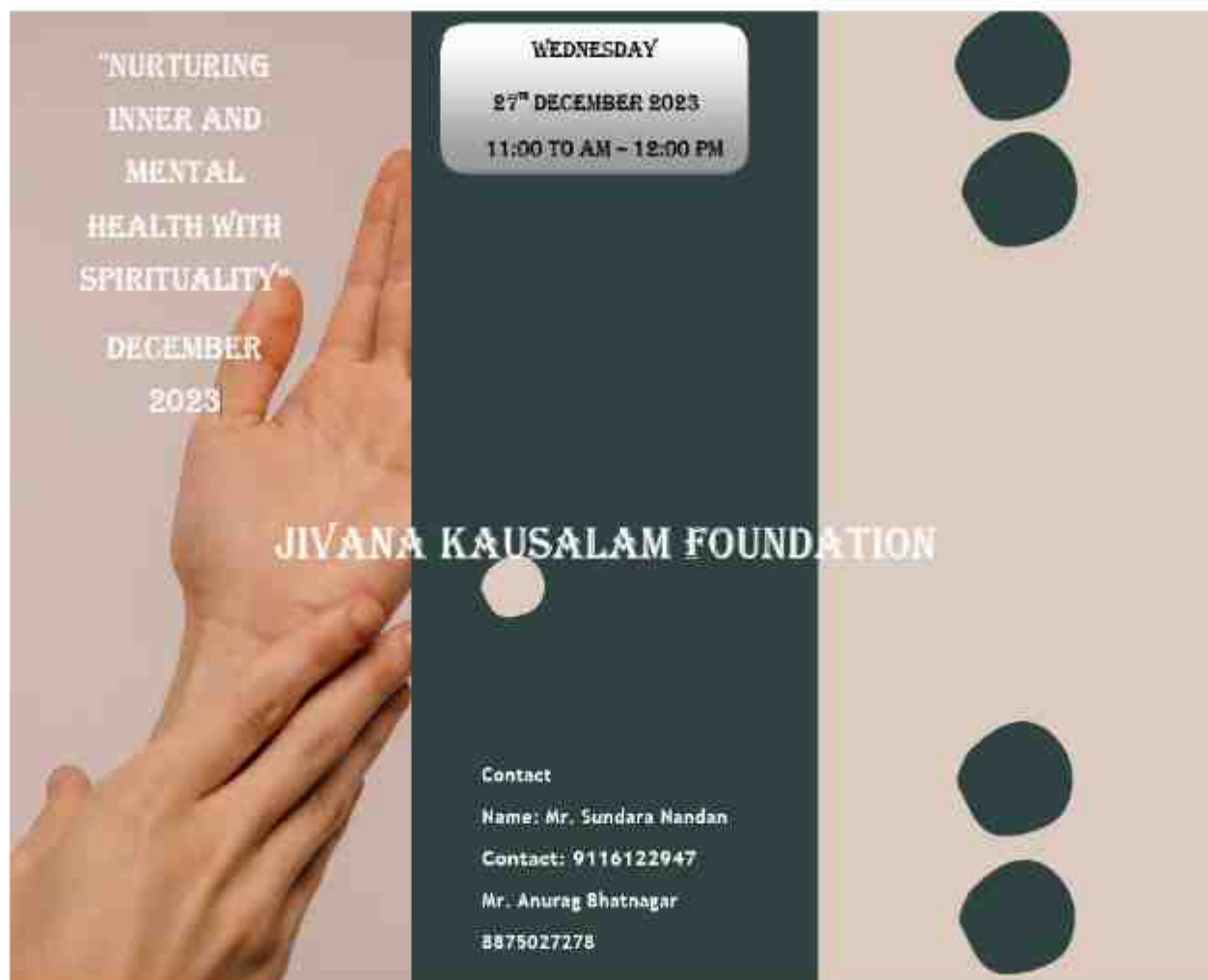
growing field of "science of spirituality" demonstrates how essential spirituality is to supporting adult whole-person development. Programs that promote spiritual development must be an essential part of any project pertaining to mental health and wellness. Studies also support the idea that developing your spiritual identity leads to increased tolerance, empathy, and compassion. They seem to be refined neurocognitive abilities that can be ingrained in the brain to promote resilience and wellness in both the classroom and in daily life. These abilities are presumably strengthened by spiritual practice and reflective inquiry.

## 6. Photographs





## 7. Brochure or creative of the event



## 8. Schedule of the event

**Event Date – 27<sup>th</sup> Dec 2023**

**Time – 11:00 AM – 12:00 PM**



## 9. Attendance of the Event

Total attendee- 26

Sr. No.	Name of Institution	Place of Institution	Registration Number/ Employee code	Name of Attendee	Dept
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2	Manipal University Jaipur	Jaipur	229302135	Siddharth Dutta	IT
3	Manipal University Jaipur	Jaipur	229302144	Laksh Gupta	IT
4	Manipal University Jaipur	Jaipur	229302120	Suman Paliwar	IT
5	Manipal University Jaipur	Jaipur	229302116	Md.Hassaan	IT
6	Manipal University Jaipur	Jaipur	229302139	Gurbani kaur	IT
7	Manipal University Jaipur	Jaipur	229302156	G Pranav	IT
8	Manipal University Jaipur	Jaipur	229302127	7ekhi77 sethi	IT
9	Manipal University Jaipur	Jaipur	229302152	Shayan Kundu	IT
10	Manipal University Jaipur	Jaipur	229302095	Akshat Srivastava	IT
11	Manipal University Jaipur	Jaipur	229302155	Ayushi Jain	IT
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13	Manipal University Jaipur	Jaipur	229302186	Nishtha Saxena	IT
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15	Manipal University Jaipur	Jaipur	229302115	Dhruv Shounak	IT
16	Manipal University Jaipur	Jaipur	229302223	Shikha Chhabra	IT
17	Manipal University Jaipur	Jaipur	229302236	Harshneet Khanna	IT
18	Manipal University Jaipur	Jaipur	229302238	7ekhi7 sharma	IT
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20	Manipal University Jaipur	Jaipur	229302080	Sayak Das	IT
21	Manipal University Jaipur	Jaipur	229302260	Anshul Kumar Singh	IT
22	Manipal University Jaipur	Jaipur	229302257	Yash Dhruv	IT
23	Manipal University Jaipur	Jaipur	229302178	Satvik Agarwal	IT
24	Manipal University Jaipur	Jaipur	229302251	Sneha Manan	IT
25	Manipal University Jaipur	Jaipur	229302117	Gautam Govind	IT
26	Manipal University Jaipur	Jaipur	229302168	Sana Singh	IT

Date – 27<sup>th</sup> December 2023

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Assistant Professor  
Department of Information Technology

HoD, IT  
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Dr. Pankaj Vyas  
HoD (IT)



MUJ/DSW/C/023/FD/08



**DIRECTORATE OF STUDENTS' WELFARE**

**MENTAL WELLBEING: TRANSFORMING MIND**

**OFFLINE EVENT**

**VENUE: TSB Seminar Hall**

**Date of Event (16<sup>th</sup> Feb 2023)**



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## 1. Introduction of the Event

Counselling domain under the Directorate of Students Welfare, organized an offline workshop on Mental Well-Being: “Transforming Minds.” The event was a compilation of two sessions by renowned speakers Psy. Nisha Jain Grover (counseling psychologist) and Dr. Vandana Kanth (behavioral scientist). The event was a mix of several techniques surrounding mental well-being focusing on growth mindset and self-management. The event was informative and focused on equipping the MUJ students to enhance their growth mindset and self-management.

## 2. Objectives of the Event

- To get students accustomed with the importance of wellbeing and productivity.
- To create awareness about Mental Health and break the myths about it.
- To make MUJ students more equipped to handle their wellbeing and enhance their growth mindset and self-management.

## 3. Beneficiaries of the Event

- MUJ Students

## 4. Brief Description of the event

Two sessions were held in this event by the speaker Psy. Nisha Jain Grover (counselling psychologist) and Dr. Vandana Kanth (behavioral scientist). The event aimed to make students aware of mental well-being through topics of growth mindset and self-management.

The session commenced with the inauguration of by Prof. Vijay Laxmi Sharma, Department of Law and Prof. Anil Dutt Vyas, Directorate of Student’s Welfare. First session was conducted by Psy. Nisha Jain Grover on the topic of Mental Well-Being: Transforming Minds on Growth Mindset. She briefed about mental well-being that it can be described as a combination of how we feel (our emotions and life satisfaction) and how we function (relationships with others, personal control, purpose in life, and independence). It is something that affects everyone, old and young, and anyone can experience good or poor mental well-being.

Finding a hobby (such as gardening, playing sports, cooking, or arts and craft) giving to others by volunteering, being there for a friend in need, or caring for animals. having someone to talk to who can provide support and reassurance. eating healthily and exercising regularly.

She also gave different tips that students can follow for good well-being.

1. Connect with other people- good relationships are important for your mental well-being.
2. Be physically active -Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing.
3. Pay attention to the present moment (mindfulness)  
Paying more attention to the present moment can improve your mental wellbeing.

After the break, there was a second session by Dr. Vandana Kanth (behavioral scientist). She talked about Self-Management and how self-management is important. Self-management, which is also referred to as “self-control” or “self-regulation,” is the ability to regulate one’s emotions, thoughts, and behaviors effectively in different situations.

Self-management is our ability to regulate emotions and control actions and behaviors. It’s why we don’t miss work deadlines or overreact to workplace conflicts. With remote work and hybrid working, self-management in business has become more important than ever.

She also did one activity related to what we regret in our past and how we evaluate them. This activity helps us evaluate past mistakes more positively. Self-management skills include setting a personal goal to ensure that you stay focused on your long-term objective and not just what



is happening now. The purpose of setting personal goals is to have some measure against which you can assess yourself.

This workshop was insightful for the students. Along with a great session, students were given workshop kits and e-certificates.

### 5. Photographs of the Event



**Students attending Workshop**



**Faculty in Workshop**



**Activities during the Workshop**



**Speaker of the Workshop**



6. Brochure of Event

**MANIPAL UNIVERSITY  
JAIPUR**

**Directorate of Student's Welfare**  
Is organizing a workshop on  
**"Mental Wellbeing: Transforming Minds"**

**16 February 2023**  
Time: 09:30 AM to 01:30 PM | Venue: TSB Seminar Hall, Dome Building

**Resource Person:**

**Psy. Nisha Jain Grover**  
Counselling Psychologist

**Dr. Vandana Kanth**  
Behavioral Scientist

Click here for Registration:  
<https://forms.office.com/r/WY1VSlpkiwJ>

Last Date of Registration:  
14 February 2023

**Coordinators:**  
Dr. Rimpay Sharma, Student Counsellor  
Ms. Vandna Kabra, Student Counsellor  
Ms. Devanshi Padaliya, Student Counsellor

**Convener:**  
Prof. Anil Dutt Vyas, Director, DSW

**Co-Convener:**  
Prof. Babita Malik, Deputy Director, DSW

7. Schedule of the Event

The event took place online on campus in room number TSB seminar hall

Date: 16-02-2023

Time: 10:00 am- 1:30 pm



**8. Attendance of the Event**

**total attendance of the event - 137**

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6.	Ashna	211103096	<a href="mailto:Ashna.211103096@mun.manipal.edu">Ashna.211103096@mun.manipal.edu</a>
7.	Ashok Choudhary	211103089	<a href="mailto:Ashok.211103089@mun.manipal.edu">Ashok.211103089@mun.manipal.edu</a>
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11.	Deivyansh Singh	219309064	<a href="mailto:Deivyansh.219309064@mun.manipal.edu">Deivyansh.219309064@mun.manipal.edu</a>
12.	Devyani Singh Rathore	211103069	<a href="mailto:devyani.211103069@mun.manipal.edu">devyani.211103069@mun.manipal.edu</a>
13.	Diya Mehta	211103070	<a href="mailto:diya.211103070@mun.manipal.edu">diya.211103070@mun.manipal.edu</a>
14.	Drishti	221007029	<a href="mailto:Drishti.221007029@mun.manipal.edu">Drishti.221007029@mun.manipal.edu</a>
15.	Duhita Saxsena	211103029	<a href="mailto:Duhita.211103029@mun.manipal.edu">Duhita.211103029@mun.manipal.edu</a>
16.	Gunjan Soli	211103033	<a href="mailto:Gunjal.211103033@mun.manipal.edu">Gunjal.211103033@mun.manipal.edu</a>
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**9. Link of workshop:**

<https://forms.office.com/r/WfYjVUpAwj>



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MUJ/DSW/C/023/FD/08



**DIRECTORATE OF STUDENTS' WELFARE**

**WORKSHOP ON TRANSFORMING MIND**

**OFFLINE EVENT**

**VENUE: TSB Seminar Hall**

**Date of Event (16<sup>th</sup> Feb 2023)**



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## 1. Introduction of the Event

Counselling domain under the Directorate of Students Welfare, organized an offline workshop on mental well-being: “Transforming Minds.” The event was a compilation of two sessions by renowned speakers Psy. Nisha Jain Grover (counseling psychologist) and Dr. Vandana Kanth (behavioral scientist). The event was a mix of several techniques surrounding mental well-being focusing on growth mindset and self-management. The event was informative and focused on equipping the MUJ students to enhance their growth mindset and self-management.

## 2. Objectives of the Event

- To get students accustomed with the importance of wellbeing and productivity.
- To create awareness about Mental Health and break the myths about it.
- To make MUJ students more equipped to handle their wellbeing and enhance their growth mindset and self-management.

## 3. Beneficiaries of the Event

- MUJ Students

## 4. Brief Description of the event

Two sessions were held in this event by the speaker Psy. Nisha Jain Grover (counselling psychologist) and Dr. Vandana Kanth (behavioral scientist). The event aimed to make students aware of mental well-being through topics of growth mindset and self-management.

The session commenced with the inauguration of by Prof. Vijay Laxmi Sharma, Department of Law and Prof. Anil Dutt Vyas, Directorate of Student’s Welfare. First session was conducted by Psy. Nisha Jain Grover on the topic of Mental Well-Being: Transforming Minds on Growth Mindset. She briefed about mental well-being that it can be described as a combination of how we feel (our emotions and life satisfaction) and how we function (relationships with others, personal control, purpose in life, and independence). It is something that affects everyone, old and young, and anyone can experience good or poor mental well-being.

Finding a hobby (such as gardening, playing sports, cooking, or arts and craft) giving to others by volunteering, being there for a friend in need, or caring for animals, having someone to talk to who can provide support and reassurance, eating healthily and exercising regularly.

She also gave different tips that students can follow for good well-being.

1. Connect with other people- good relationships are important for your mental well-being.
2. Be physically active -Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing.
3. Pay attention to the present moment (mindfulness)  
Paying more attention to the present moment can improve your mental wellbeing.

After the break, there was a second session by Dr. Vandana Kanth (behavioral scientist). She talked about Self-Management and how self-management is important. Self-management, which is also referred to as “self-control” or “self-regulation,” is the ability to regulate one’s emotions, thoughts, and behaviors effectively in different situations.

Self-management is our ability to regulate emotions and control actions and behaviors. It’s why we don’t miss work deadlines or overreact to workplace conflicts. With remote work and hybrid working, self-management in business has become more important than ever.

She also did one activity related to what we regret in our past and how we evaluate them. This activity helps us evaluate past mistakes more positively. Self-management skills include setting a personal goal to ensure that you stay focused on your long-term objective and not just what



is happening now. The purpose of setting personal goals is to have some measure against which you can assess yourself.

This workshop was insightful for the students. Along with a great session, students were given workshop kits and e-certificates.

### 5. Photographs of the Event



**Students attending Workshop**



**Faculty in Workshop**



**Activities during the Workshop**





**Speaker of the Workshop**



6. Brochure of Event

7. Schedule of the Event

The event took place online on campus in room number TSB seminar hall

Date: 16-02-2023

Time: 10:00 am- 1:30 pm



**8. Attendance of the Event**

**total attendance of the event - 137**

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**9. Link of workshop:**

<https://forms.office.com/r/WfYjVUpAwj>



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(Prof. Anil Dutt Vyas)  
Director  
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MUJ/DSW/C/023/FD/10



**DIRECTORATE OF STUDENTS' WELFARE**

**WORKSHOP ON TRANSFORMING MIND 2.0**

**OFFLINE EVENT**

**VENUE: Room no. 307 AB1**

**Date of Event (23<sup>rd</sup> March 2023)**



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## 1. Introduction of the Event

Counselling domain under the Directorate of Students Welfare, organized an offline workshop on mental well-being: “Transforming Minds.” The event was a compilation of two sessions by renowned speakers Psy. Nitya Bajoria (counseling psychologist) and Psy. Shaheen Dingankar (Psychotherapist). The focus of the event was to inculcate the virtues of resilience and gratitude in college students. The event was informative and focused on equipping the MUJ students to enhance their management of emotions and concerns.

## 2. Objectives of the Event

- To get students accustomed with the importance of wellbeing and productivity.
- To create awareness about Mental Health and break the myths about it.
- To make MUJ students more equipped in handling their emotions and concerns.

## 3. Beneficiaries of the Event

- MUJ Students

## 4. Brief Description of the event

Two sessions were held in this event by the speaker Psy. Nitya Bajoria (counselling psychologist) and Psy. Shaheen Dingankar (Psychotherapist). The event aimed to make students aware of mental well-being through topics of Resilience and Gratitude.

The session commenced with the inauguration of by Prof. Neetu Bhatnagar, Registrar and Prof. Anil Dutt Vyas, Directorate of Student’s Welfare. First session was conducted by Psy. Nitya Bajoria on the topic of Mental Well-Being: Transforming Minds on Resilience. She briefed about Resiliency is not a characteristic gifted to some individuals and not to others. Although some people seem to be born with more resilience than others, those whose resilience is lower can learn how to boost their ability to cope, thrive and flourish when the going gets tough. Resiliency is not a passive quality, but an active process.

After the break, there was a second session by Psy. Shaheen Dingankar (Psychotherapist). She talked about being grateful. Gratitude is an emotion similar to appreciation. It includes acknowledgement of goodness in one’s life and recognising that the source of goodness lies outside the self. One can be grateful to our creator, other people, the world. Gratitude helps people focus on the positive aspects of their life. Gratitude can help build and maintain relationships with others resulting in hope, life satisfaction and more proactive behaviour towards others. Research indicate that expectations have changed, gratitude has diminished. Possessions and health are expectations rather than personal “blessings” that are appreciated. If these expected “blessings” either do not appear or disappear there is disappointment, anger, and resentment.

## 5. Photographs of the Event



Students attending workshop



Session Inauguration



**Speaker of the session**



**Activities during the workshop**



Glimpses of the event



6. Brochure of Event


MANIPAL UNIVERSITY  
JAIPUR

**Directorate of Student's Welfare**  
Is organizing a workshop on

# Mental Wellbeing Transforming Minds 2.0

23<sup>rd</sup> MARCH 2023 | Time: 10:00 am to 02:00 pm

Resource Person:

  
**Ms. Nitya Bajoria**  
Clinical Psychologist

  
**Ms. Shaheen Dingankar**  
Counseling Psychologist

- **Convener**  
**Prof. Anil Dutt Vyas**  
Director, DSW
- **Co-Convener**  
**Prof. Babita Malik**  
Deputy Director, DSW
- **Coordinators:**  
**Dr. Rimpay Sharma**  
Student Counselor
- Ms. Vandna Kabra**  
Student Counselor
- Ms. Devanshi Padaliya**  
Student Counselor

**Click here for Registration:**  
<http://www.manipaluniversityjaipur.ac.in/2022/04/11/psychology-workshop-2023.html>

**Last Date of Registration**  
**20<sup>th</sup> March 2023**

7. Schedule of the Event

The event was held in campus in room number 307 AB1

Date: 23-03-2023

Time: 10:00 am- 02:00 pm



### 8. Attendance of the Event

total attendance of the event – 130

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**9. Link of workshop: NA**

**10. Faculty coordinator**

(Dr Rimpay Sharma)  
Student Counsellor  
Directorate of Student's Welfare



(Ms. Vandna Kabra)  
Student Counsellor  
Directorate of Student's Welfare

(Ms. Devanshi Padaliya)  
Student Counsellor  
Directorate of Student's Welfare

(Prof. Anil Dutt Vyas)  
Director  
Directorate of Student's Welfare

MUJ/DSW/C/023/FD/10



**DIRECTORATE OF STUDENTS' WELFARE**

**MENTAL WELBEING TRANSFORMING MIND 2.0**

**OFFLINE EVENT**

**VENUE: Room no. 307 AB1**

**Date of Event: 23<sup>rd</sup> March 2023**



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## 1. Introduction of the Event

Counselling domain under the Directorate of Students Welfare, organized an offline workshop on Mental Well-Being: “Transforming Minds.” The event was a compilation of two sessions by renowned speakers Psy. Nitya Bajoria (counseling psychologist) and Psy. Shaheen Dingankar (Psychotherapist). The focus of the event was to inculcate the virtues of resilience and gratitude in college students. The event was informative and focused on equipping the MUJ students to enhance their management of emotions and concerns.

## 2. Objectives of the Event

- To get students accustomed with the importance of wellbeing and productivity.
- To create awareness about Mental Health and break the myths about it.
- To make MUJ students more equipped in handling their emotions and concerns.

## 3. Beneficiaries of the Event

- MUJ Students

## 4. Brief Description of the event

Two sessions were held in this event by the speaker Psy. Nitya Bajoria (counselling psychologist) and Psy. Shaheen Dingankar (Psychotherapist). The event aimed to make students aware of mental well-being through topics of Resilience and Gratitude.

The session commenced with the inauguration of by Prof. Neetu Bhatnagar, Registrar and Prof. Anil Dutt Vyas, Directorate of Student’s Welfare. First session was conducted by Psy. Nitya Bajoria on the topic of Mental Well-Being: Transforming Minds on Resilience. She briefed about Resiliency is not a characteristic gifted to some individuals and not to others. Although some people seem to be born with more resilience than others, those whose resilience is lower can learn how to boost their ability to cope, thrive and flourish when the going gets tough. Resiliency is not a passive quality, but an active process.

After the break, there was a second session by Psy. Shaheen Dingankar (Psychotherapist). She talked about being grateful. Gratitude is an emotion similar to appreciation. It includes acknowledgement of goodness in one’s life and recognising that the source of goodness lies outside the self. One can be grateful to our creator, other people, the world. Gratitude helps people focus on the positive aspects of their life. Gratitude can help build and maintain relationships with others resulting in hope, life satisfaction and more proactive behaviour towards others. Research indicate that expectations have changed, gratitude has diminished. Possessions and health are expectations rather than personal “blessings” that are appreciated. If these expected “blessings” either do not appear or disappear there is disappointment, anger, and resentment.



## 5. Photographs of the Event



Students attending workshop.



Session Inauguration



**Speaker of the session**



**Activities during the workshop**





Glimpses of the event



6. Brochure of Event

The brochure features a blue background with a white building illustration at the bottom. At the top left is the Manipal University Jaipur logo, followed by 'MANIPAL UNIVERSITY JAIPUR' text. To the right are accreditation logos for A+, UGC, and the 3rd anniversary logo. The central text reads: 'Directorate of Student's Welfare Is organizing a workshop on Mental Wellbeing Transforming Minds 2.0'. Below this, it states '23<sup>rd</sup> MARCH 2023 | Time: 10:00 am to 02:00 pm'. Under the heading 'Resource Person:', there are two portraits: Ms. Nitya Bajoria (Clinical Psychologist) and Ms. Shaheen Dingankar (Counseling Psychologist). On the left, a list of organizers includes: Convener Prof. Anil Dutt Vyas (Director, DSW); Co-Convener Prof. Babita Malik (Deputy Director, DSW); and Coordinators Dr. Rimpay Sharma (Student Counsellor), Ms. Vandna Kabra (Student Counsellor), and Ms. Devanshi Padaliya (Student Counsellor). On the right, registration information includes: 'Click here for Registration:' with a URL, and 'Last Date of Registration 20<sup>th</sup> March 2023'.

7. Schedule of the Event

The event was held in campus in room number 307 AB1

Date: 23-03-2023

Time: 10:00 am- 02:00 pm



**8. Attendance of the Event**

**total attendance of the event – 130**

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**9. Link of workshop: NA**

**10. Faculty coordinator**

*Rimpy Sharma*

(Dr Rimpy Sharma)  
Student Counsellor  
Directorate of Student's Welfare



(Ms. Vandna Kabra)  
Student Counsellor  
Directorate of Student's Welfare

(Ms. Devanshi Padaliya)  
Student Counsellor  
Directorate of Student's Welfare

(Prof. Anil Dutt Vyas)  
Director  
Directorate of Student's Welfare



**MANIPAL UNIVERSITY  
JAIPUR**

**MUJ/DSW/C/023/FD/018**

**FACULTY OF DESIGN**

**Department of Interior Design**

**Expert Lecture**

**"Cognitive and Behavioral Development of Children"**

**Dr. Rimpay Sharma**

**Student Counsellor, Directorate of Student Welfare,**

**Manipal University Jaipur**

**22/08/2023**



## Content of Report

1. Introduction of the Event
2. Objective of the Event
3. Beneficiaries of the Event
4. Brief Description of the event
5. Photographs
6. Poster of an Event
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## 1. Introduction of the Event

The Department of Interior Design at Manipal University Jaipur hosted a noteworthy expert lecture on the subject of "Cognitive and Behavioural Development in Children" on 22<sup>nd</sup> August 2023, Tuesday. The event, held for the 2nd-year students pursuing B. Des (Interior Design), aimed to illuminate the pivotal role that child psychology plays in the context of Interior Design, particularly within the scope of the students' ongoing studio design project.

The lecture was delivered by Dr. Rimpay Sharma, an esteemed Student Counsellor from the Directorate of Student Welfare. This event served as a platform to bridge the gap between theoretical knowledge and practical application by emphasizing the understanding of children's cognitive and behavioural patterns, which directly influence the creation of engaging and effective design solutions for spaces like Kindergartens and Elementary schools.

## 2. Objective of the Event

- Enhance students' understanding of cognitive and behavioural development in children.
- Bridge the gap between theoretical knowledge of child psychology and practical application in interior design.
- Sensitize students to the needs and preferences of young occupants in designed spaces.
- Equip students with the ability to create engaging, functional, and child-centric interior designs.
- Provide insights into the role of child psychology in the design of kindergarten and elementary school spaces.
- Foster a holistic approach to interior design that prioritizes the well-being and development of children.
- Establish a connection between psychological principles and creative design processes.
- Offer a platform for students to engage in an interactive Q&A session with an expert in child psychology.

- Align the curriculum with industry-relevant practices by integrating psychological considerations into design projects.
- Strengthen the Department of Interior Design's commitment to comprehensive and industry-responsive education.

### 3. Beneficiaries of the Event

The beneficiaries of the event encompassed the entire cohort of 2nd-year students enrolled in the B. Des (Interior Design) program:

- 49 Students of 2<sup>nd</sup> year B. Des (Interior Design) Program.

By engaging with Dr. Rimpay Sharma's insights on cognitive and behavioural development in children, these students stood to gain valuable knowledge that would directly impact their studio design projects. Additionally, faculty members and the Department of Interior Design at Manipal University Jaipur also benefited from the event, as it reinforced the department's commitment to providing holistic and industry-relevant education by integrating psychological principles into the creative process of interior design.

- Ar. Megha Prabhu Karkala (Course Coordinator – ID2101 Interior Design III)
- Ar. Smriti Saraswat (Co-Coordinator- ID2101 Interior Design III)

### 4. Brief Description of the event

The event commenced with an engaging introduction by the department head, highlighting the event's significance in the context of the ongoing curriculum. Dr. Rimpay Sharma's expert lecture then commenced, delving into the intricate facets of cognitive and behavioural development in children. Drawing on her extensive experience as a Student Counsellor, she elucidated key milestones in a child's development, shedding light on how these milestones inform the design considerations for educational spaces. The lecture seamlessly connected psychological theories with practical interior design applications, reinforcing the symbiotic relationship between the two disciplines. It concluded with an interactive Q&A session, allowing students to further clarify concepts and seek guidance on their studio projects. In summation, the event effectively bridged the gap between psychology and design, equipping students with a well-rounded understanding essential for crafting purposeful and child-centric interior spaces.

## 6. Photographs of the Event



Group Photo with Dr Rimpay Sharma, Vandana Kabra, Ar. Smriti Saraswat, Ar. Megha Prabhu K and B. Des (Interior Design) 2<sup>nd</sup> year Students.



Dr Rimpay Sharma interacting with B. Des (Interior Design) 2<sup>nd</sup> year Students.



Dr Rimpay Sharma explaining Design Perspective and Child Psychology to B. Des (ID) 2<sup>nd</sup> year Students.



Ms Vandana Kabra explaining Behavioural Development of Children to B. Des (ID) 2<sup>nd</sup> year Students.



Ms Vandana Kabra and Dr Rimpay Sharma having Q&A session with students.

**7. Poster of the event**



**8. Schedule of the event**

Time	Activity	Time Allocated
11:00 AM	Welcome Address by Ar. Megha Prabhu Karkala	2 min
11:05 AM	Expert Lecture on “Cognitive and Behavioural Development of Children” by Dr. Rimpay Sharma	45 min
11:50 AM	Question & Answer + Interaction Session with Students	5-10 min
12:00 Noon	Vote of Thanks delivery by Ar. Smriti Saraswat + Group Photo	5 min

## 9. Attendance of the Event

Total attendee- 4+15 external participants

Sl.No	Faculty Name
1	Dr Rimpay Sharma
2	Vandana Kabra
3	Ar. Smriti Saraswat
4	Ar. Megha Prabhu

 <b>MANIPAL UNIVERSITY JAIPUR</b>			
Manipal University Jaipur			
Department of Interior Design   FOD			
II Year III Semester - ID2101 Interior Design Studio III - Attendance			
Expert Lecture- 'Cognitive and Behavioural Development of Children' - Dr. Rimpay Sharma			
Sl.no.	Reg No.	Name	Sign
1	220606001	ARCHITA PRADHAN	<i>[Signature]</i>
2	220606002	TARU SHARMA	— ABSENT —
3	220606003	PRANIMA FATEHPURI	<i>[Signature]</i>
4	220606004	FRANIAL PURI	<i>[Signature]</i>
5	220606005	TANISHA SAINI	<i>[Signature]</i>
6	220606006	PRISHA PACHNANDA	<i>[Signature]</i>
7	220606007	MUSKAN MITTAL	<i>[Signature]</i>
8	220606008	ANANYA GUPTA	<i>[Signature]</i>
9	220606009	KALASH MEHROTRA	<i>[Signature]</i>
10	220606010	AKRITI PRYA	<i>[Signature]</i>
11	220606011	VINEET DAGA	<i>[Signature]</i>
12	220606012	KAVYA GARG	<i>[Signature]</i>
13	220606013	ARCHITA PAREEK	<i>[Signature]</i>
14	220606014	ANSHIKA GUPTA	<i>[Signature]</i>
15	220606015	RIYA KODIA	<i>[Signature]</i>
16	220606016	KATOL	<i>[Signature]</i>
17	220606018	ADITI JHALA	— ABSENT —
18	220606019	MUSKAN MITTAL	<i>[Signature]</i>
19	220606020	CHAARVI KUMAR	<i>[Signature]</i>
20	220606021	KAARYA SACHIN PATIL	<i>[Signature]</i>
21	220606022	URNATI AGARWAL	<i>[Signature]</i>
22	220606023	SIMMERJEET SINGH	<i>[Signature]</i>
23	220606024	SIDHIKA RAJE KACHHWANA	<i>[Signature]</i>
24	220606025	TIYA GANDHI	— ABSENT —
25	220606026	RIYA NAYAK	— ABSENT —
26	220606027	VISHAL JAIN	<i>[Signature]</i>
27	220606028	KRISHI AGRAWAL	<i>[Signature]</i>
28	220606029	JHELMIL SAMU	— ABSENT —
29	220606030	KANAK AGRAWAL	— WITHDRAW —
30	220606031	RADHIKA KHANDELWAL	<i>[Signature]</i>
31	220606032	BHAVYA SHARMA	<i>[Signature]</i>
32	220606033	SANIKSHA AGRAWAL	<i>[Signature]</i>
33	220606034	BHAVINI KUMAWAT	<i>[Signature]</i>
34	220606035	UMANG AGRAWAL	<i>[Signature]</i>
35	220606036	LAN CHEZHIAN VASU	<i>[Signature]</i>
36	220606037	YANA CHOUDHARY	<i>[Signature]</i>
37	220606038	LAKITA VIJAY	<i>[Signature]</i>
38	220606039	MOHIT SINGHAL	<i>[Signature]</i>
39	220606040	KANIKA PODDAR	<i>[Signature]</i>

40	220606041	GOPIKA AGRAWAL	Gojika
41	220606042	VIDHI SHARMA	Vidhi Sharma
42	220606043	RITVI RAWAT	Ritvi Rawat
43	220606044	AYUSHI RATHI	Ayushi Rathi
44	220606045	NIDHI GEHLOT	Nidhi
45	220606046	RISHIKA SINGH	Rishika
46	220606047	ARIDHI GHATIA	Aridhi
47	220606048	ABHISHEK KALA	Abhishek
48	220606049	RAMRISHI	Ramrishi
49	220606050	SHASHANK JINDAL	Shashank

## 10. Link of MUJ social media page

- Instagram:  
[https://www.instagram.com/p/CwP3B1\\_hBvM/?utm\\_source=ig\\_web\\_copy\\_link&igshid=MzRlODBiNWFiZA==](https://www.instagram.com/p/CwP3B1_hBvM/?utm_source=ig_web_copy_link&igshid=MzRlODBiNWFiZA==)
- LinkedIn:  
<https://www.linkedin.com/feed/update/urn:li:activity:7099739538780008449>
- Facebook:  
<https://www.facebook.com/interiordesignmuja/posts/pfbid02tFo9EXheRQ1majgi6KTa7rAWTRUPak6CSsRVnBPZyroncsykAA4oSjg7hPaSkiIBG>