



मालवीय राष्ट्रीय प्रौद्योगिकी संस्थान जयपुर (राष्ट्रीय महत्व का संस्थान)

Malaviya National Institute of Technology Jaipur

## Healthy Coping Strategies for Mental Well-being



## About

On August 25, 2023, the Wellness Club in collaboration with the Dean Student Welfare Office at MNIT Jaipur organized the "Healthy Coping Strategies for Mental Well-being - A Sensitization Workshop." This two-hour workshop, facilitated by Dr. Gagan Deep Kaur Makkar, a Clinical Psychologist and Student Counsellor from IIT Bhubaneswar, aimed to equip students with vital tools and techniques for managing stress, improving overall well-being, and fostering a supportive learning environment.



## Purpose:

The purpose of the session is to promote mental well-being among students by providing practical strategies for coping with stress and enhancing overall emotional health.

## Resource Person:

**Dr. Gagandeep Kaur Makkar** is a Clinical Psychologist and Student Counsellor at IIT Bhubaneswar. Dr. Makkar's presentation covered a range of topics, including identifying stress triggers, adopting effective coping mechanisms, practicing mindfulness, and building a supportive community.



**Session Highlights:**

- The workshop encouraged active participation, enabling students to openly discuss their experiences, concerns, and questions. This format fostered engagement and created a safe space for dialogue.
- Dr. Makkar's presentation covered a wide spectrum of relevant topics, from recognizing stressors to practical coping techniques. Attendees gained a holistic understanding of mental well-being.
- Participants appreciated the workshop's emphasis on actionable strategies they could incorporate into their daily lives to manage stress and enhance their emotional health.

**Date:** August 25, 2023

**Venue:** Malaviya Sabhagar, MNIT Jaipur

**Hosted by:** Wellness Club, Dean Student Welfare Office, MNIT Jaipur