



Mangalmai Institute of Management Technology
Greater Noida (U.P.)



Mangalmai Institute of Management Technology
Greater Noida (U.P.)

NAAC
ACCREDITED

Date: 02.05.2024

NOTICE

The ICC at MIMT is excited to announce an upcoming Session on “**Mental Well Being**” in association with **NICE SKYMED** is being conducted for the students as per the schedule given below:

Date: 6th May 2024
Day: Monday
Time: 12:00 PM Onwards
Venue – Seminar Hall, Block-C
Activity In-Charge: Lt. (Dr.) Seema Singh.


Associate Dean, MIMT

CC to:

Principal, MIMT
IQAC coordinator
HOD/Coordinator
All Faculty members
Notice Board
Office file.



Mangalmay Institute of Management Technology
Greater Noida (U.P.)



MANGALMAY
INSTITUTE OF MANAGEMENT AND TECHNOLOGY



ICC

in association with



NICE SKYMED

organises a session

on

“MENTAL WELL BEING”

Dr. Deepty Kumari
(Psychologist)



Date: 6th May, 2024

Time: 12.00 pm onwards

Venue: Seminar Hall, Block-C

Toll Free : 1800 103 3797 | www.mangalmay.net.in

Plot No. 8 & 9, Knowledge Park-II, Greater Noida, Delhi-NCR, India

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Report

Name of Activity	Session on “Mental Well Being” in association with NICE SKYMED
Date	6 th May 2024
Venue	Seminar Hall, Block-C MIMT



Organized by	Management Department, MIMT
No. of Beneficiaries	100 Students
Resource Person	Dr.DeeptyKumari (Psychologist)&Dr.Aayushi (Psychologist)
Activity In-charge	Lt. (Dr.) Seema Singh Pundir, Faculty, MIMT
Objectives	<ul style="list-style-type: none">● To promote mental health through public education and sensitization.● To improve the efficiency in the delivery of mental health care.● To know the importance of mental well being.● To provide for more equitable access to care.● To eliminate the stigma associated with mental illness.
Content	<p>With the initiative of Grievance Redressal Cell & Wellness club of Mangalmay Institute of Management and Technology jointly organised a session on "Mental Well Being" in association with NICE SKYMED on 06.05.24.at 12:00 Pm onwards in Seminar Hall C- Block. And Dr.DeeptyKumari (Psychologist) &Dr.Aayushi (Psychologist) wereresource person for the session.</p> <p>The event was well organised and coordinated by Lt. (Dr.) Seema Singh Pundir. The students of BBA first year got an opportunity to understand the basics about mental health, the relevant problems that today's generation face and steps that can be taken to overcome and manage such issues at base level.</p> <p>Dr.DeeptyKumari (Psychologist) and Dr.Aayushi (Psychologist) Started the session by addressing to BBA students and explaining the understanding and importance of Mental well-being.</p> <p>Mental well-being is a broad and multifaceted concept that</p>



	<p>encompasses our emotional, psychological, and social health. It influences how we think, feel, and act, and it affects our ability to handle stress, relate to others, and make decisions.</p> <p>She flawlessly elaborated the factor affecting and stress management strategies for maintain mental well-being. She guided students about anxiety, depression and other mental health concerns.</p> <p>It was indeed an interactive session that ended on a successful note. The students were very contented with the talk and enthusiastic about sharing their feedbacks.</p> <p>Activity In-charge, Lt.(Dr.)Seema Singh Pundir presented thanks to the resource persons for their valuable time and a wonderful session. The program came to an end by The event ended with a Q&A session to clarify students concerns.</p>
Outcome of Activity	<p>Students became aware of the importance about Mental well-being. Our life, our surroundings, and the people in it provide us delight. We are able to experiment, learn, be imaginative, and take chances. We can handle challenging situations in both our personal and professional life better.</p>



Dr. Aayushi (Psychologist) addressing the BBA students.



An expert discussing about "what is mental health?"



Dr.Aayushianswering question asked by BBA Student (What are causes of Mental Health Problem?)



BBA students of MIMTare actively listening to the resource persons onthe topic of “Mental Well Being”



List of Participants

Session on LIFE SKILLS: LIFE IS A GAME PLAY IT		
on 7th OCTOBER, 2022		
MANGALMAY INSTITUTE OF MANAGEMENT & TECHNOLOGY		
GREATER NOIDA, U.P.		
S.NO.	NAME OF STUDENTS	SIGNATURE
1	Vivek Tiwari	Vivek
2	Beshal Kumar Singh	Beshal
3	Himanshu Kumar	himanshu
4	Rohit Prasad	Rohit
5	Vivek Kumar	Vivek
6	Raman Jor	Raman
7	Suryaj Deo	Suryaj Deo
8	Amit Gupta	Amit Gupta
9	Chaman Kumar	Chaman
10	AMBIT SAXENA	Ambit
11	Adarsh Singh	Adarsh
12.1	Khushi Gupta	Khushi
12.2	Shalini Singh	Shalini
14	Kanshika Bhatnagar	Kanshika
15	Ritik Gupta	Ritik
16	Smriti Mishra	Smriti
17	Mohit Kumar	Mohit
18	Shubham Gupta	Shubham
19	Brijesh Mishra	Brijesh
20	Kirti Tandon	Kirti
21	Nidhi	Nidhi
22	Alita Chaudhary	Alita
23	Kamal Gupta	Kamal
24	Kamal Kant Sharma	Kamal
25	Kanshi Katoor	Kanshi Katoor
26	Ashi Gupta	Ashi
27	Vishant Gupta	Vishant
28.28	Shruti Tiwari Shruti Tiwari	Shruti
29	Aradhana Gupta Aradhana Gupta	Aradhana
30	Sm Sunita Bharti	Sunita
31	Diksha Singh	Diksha
32	Shweta Aggarwal	Shweta
33	Riya Gupta	Riya
34	Akshita Bhatnagar	Akshita
35	Rohit Kumar Mishra	Rohit
36	Pranshu Kumar Jor	Pranshu
37	Shivanshu Jaiswal	Shivanshu Jaiswal
38	Rakshit Kumar Verma	Rakshit Kumar Verma
39	Vikas Kumar Sethi	Vikas
40	Sumit Kumar	Sumit Kumar
41	Rohit Kumar	Rohit
42	Rajni	Rajni
43	Riya Singh	Riya
44	Neha	Neha
45	Ashish	Ashish
46	Shafali Jain	Shafali
47	Sudhir Kumar	Sudhir
48	Mansi Kumari	Mansi
49	Sandhya Rathaur	Sandhya
50	Kajal Singh	Kajal



S.no	Name	Sign.
1.	Abhayraj Gupta	Abhay
2.	Arpit Mishra	Arpit
3.	Shyam Kumar Saha	Shyam
4.	Aman Kumar Singh	Aman
5.	Km Sunita Bhatnari	Sunita
6.	Pritya Jhuvi	Pritya
7.	Shweta Shweta Aggarwal	Shweta
8.	Riya Gupta	Riya
9.	Ashita Bhardwaj	Ashita
10.	Rohit Kumar Mishra	Rohit
11.	Sudhir Kumar	Sudhir
12.	Shelali Saini	Shelali
13.	Naveet Tootla	Naveet
14.	Amit Kumar	Amit
15.	Sugam Dixit	Sugam
16.	Ashok Ranegi	Ashok
17.	Aditya Raj	Aditya Raj
18.	Manish Patel	Manish Patel
19.	Manish	Manish
20.	Ankit Mishra	Ankit Mishra
21.	Parveen Kumar	Parveen
22.	Mohit	Mohit
23.	Mohit Chaudhary	Mohit Chaudhary
24.	Krishik Royhar	Krishik Royhar
25.	Babbar Singh	Babbar
26.	Amn Tanti	Amn Tanti
27.	Adarsh km. Pandey	Adarsh
28.	Aaradhana	Aaradhana
29.	SHASHANK CHAUBE	Shashank
30.	Anjali Yadav	Anjali
31.	Ayushi Upadhyay	Ayushi
32.	Jay Bhadauraya	Jay
33.	Avinash Verma	Avinash
34.	Naraj Yadav	Naraj
35.	Aditya Raj Singh	Aditya
36.	Zainul Abedeen	Zainul
37.	Shalini Kumari (B)	Shalini Kumari
38.	Kaushik Gupta	Kaushik
39.	Paadeep Kumar	Paadeep Kumar
40.	Prashant Yadav	Prashant
41.	DEEPAK SAH	Deepak
42.	Ashutosh Pandey	Ashutosh
43.	DEEPAK DEO	Deepak
44.	Anand Kumar Yadav	Anand
45.	Shahid Ahisari	Shahid
46.	Saba Singh Rajput	Saba
47.	Suroj Chaudhary	Suroj
48.	Manoj Chaudhary	Manoj
49.	Sanjit Kumar Singh	Sanjit
50.	Ananya Agnihotri	Ananya