

Unique Initiative of MNIT Jaipur for Student Well-being

The promotion of 'Wellness' is central to human life and educational institutes play a vital role in imparting and fostering excellence in holistic dimensions of a well-lived life through a wide range of activities designed to help students engage in behaviours that help or enhance their ability to function.

MNIT Jaipur takes pride in congratulating the upcoming batches of UG students on their admissions and is committed to secure complete wellness for its young minds. As a part of the orientation program, MNIT Jaipur takes a noble and novel initiative of organizing first-of-its-kind 'Wellness Camp' aiming towards adopting an inclusive approach to student well-being. This Wellness Camp will provide opportunities to new students to better prepare themselves not only for their academic development while they are commencing their academic journey at UG Level, but also guide them for their holistic living.

This wellness drive aims at propagating and enhancing students' awareness upon all-inclusive wellness dimensions and also equips them with well-being interventions to enable these young budding students to attain better life outcomes. MNIT Jaipur envisions the broader goal of encompassing Student well-being through this well-being initiative. Under this umbrella mission, this wellness camp attends to the students' needs for their successful transition to college life. Helping students navigate smoothly through this transition requires being at their own best sustaining balance and harmony in all wellness dimensions. Thus, the *Motto* of this wellness camp is: **"Navigating Skills for transition to College Life"**.

Orientation Program for UG First Year Students 2022-2023

WELLNESS CAMP

"Navigating Skills for transition to College Life"

Canopy	Theme	Objective	Engagement tools	Skill Development/Focused Outcomes	Resource Person
I.	Art of Living (Physical Wellness)	<ul style="list-style-type: none">• Nutrition Needs• Eating Habits• Weight Management• Strength Management• Sleep Cycle• Physical Exercises/activities	<ul style="list-style-type: none">• Guidance/ Group Counselling• Strength Measurement.• Fun Activities (Rope skipping, Arm wrestling etc.)	Life Style Management Guidance & Motivation	Clinical Dieticians & Nutritionists
II.	Awakening the Giant Within (Personal and Academic Wellness)	<ul style="list-style-type: none">• Self-exploration• How to prepare for academic journey (study skills, learning styles etc.)	<ul style="list-style-type: none">• Know your personality type• Know your personal strengths and capabilities• Know your values• Identify your power style• Self-leadership assessment• Time management skills assessment• Executive skills Strength assessment• Learning style assessment	Skills Assessment /Development Counselling	Clinical Psychologists
III.	Winning our Battles (Mental and Emotional Wellness)	<ul style="list-style-type: none">• Know your mental health/emotional well-being• Talking about mental health• Self-love & self-care• Emotional awareness and management	<ul style="list-style-type: none">• Self-assessment surveys• Awareness Session• Counselling/Guidance, and Exercises on emotional well being	Mental Health Awareness & Interventions Setting Mental Health and Well-being priority	Mental Health Experts/ Psychiatrists

IV.	Live out Loud (Social Wellness)	<ul style="list-style-type: none"> • Social connectedness • Instilling personal sense of belongingness • Power of Communication 	<ul style="list-style-type: none"> • Self-initiation • Joining a community group (clubs) at MNIT • Ice-breaking sessions • Team-Building exercises • Group problem solving exercise 	<p>Introduction to different Clubs/Opportunities to connect socially</p> <p>Skills focused- Trust, Coordination, Mutual Reliance, leadership and team work, problem solving, communication etc.</p>	<p>Clubs Representatives</p> <p>Faculty Coordinators (MNIT Jaipur)</p>
V.	Mind Matters (Mindful living)	<ul style="list-style-type: none"> • Emotional Healing Practices • Understanding purpose in Life (How to prepare Vision Board for next four years) • Affirmation for a prosperous life (Practices for affirmation/optimism in life) • Knowing the significance of positive emotions, forgiveness, and Gratitude. 	<ul style="list-style-type: none"> • Anxiety Reduction Exercises (EFT) • Mindfulness Techniques (Living in the present, Let Go & forgiveness exercises) • Practicing Gratitude: Focus on the 'Good' and the 'Good' gets better! (Aligning positivity and gratitude) • (The gratitude tree, the frame of positive affirmation, and the wellbeing journal) 	Practices for a 'Good' Life	Life Coach/Wellness Coach and Therapists
VI.	The Joy Corner	<ul style="list-style-type: none"> • The craft of joyful life • Self-Initiation • Developing Happy Minds • Appreciating others • Sharing the feelings (Wishful experiences, expectations, being thankful) • Being proud of the small wins 	<ul style="list-style-type: none"> • Joy Workshop • Fun games-Hula hoop, Jenga etc. • Pottery • Art & Craft • Drawing & Painting 	Understanding, experiencing, and enhancing the sources of joy in daily life (Enhancing self-initiation, experiencing and spreading joy, enhancing self-efficacy, understanding the significance of social connectivity)	Art of Living Experts
VII	The Technocrat or Techno brat (Digital Wellbeing)	<ul style="list-style-type: none"> • Techno stress management and reduction • Digital wellness practices (Checks and Balances) • Understanding ROI on digital resource consumption 	<ul style="list-style-type: none"> • Raising Awareness on digital wellness • Significance of solitude and Silence (Rest and Relax) 	<p>Practices to optimize personal sense of digital well-being</p> <p>Digital life style management</p>	Counselling Psychologist, Life-Skills Trainer

More than 900 engineering students are joining to this program through a well-organized scheduling of wellness activities over a span of three days (6th -8th November, 2022). During this three –day program, students will be benefitted through a variety of wellness counselling sessions along with well-designed and easy to practice psychological interventions. To ensure maximum student engagement, various fun-games activities will be conducted with a purpose to deliver the wellness goal in an innovative and effective manner.

Team Wellness Camp

Dr. Akanksha Kataria

(Convener)

Dr. Perna Jain

AD SW(Cultural)

Prof. Mahesh Kumar Jat

Dean SW