



**K.R. MANGALAM UNIVERSITY**  
THE COMPLETE WORLD OF EDUCATION

**BUILDING MENTAL TOUGHNESS TO OVERCOME CHALLENGES IN  
COLLEGE LIFE**

Date: 31st October 2023

Event Type: Expert Session

Venue: Moot Court, K.R. Mangalam University

Mode of Activity: Offline

Target Group: Students of SOLS, SOHS & SOLS

Resource Person: Mr. Balvinder Kumar (Retd. IAS, Ex-Secretary Mines, GOI & Former Member, RERA UP, Founder of Mind Therapy, Independent Director on CMR Green Tech)

Coordinators: Dr. Manju Rani, Dr. Megha Garg, Mr. Prashant Panwar (Assistant Professors)

Name of Collaborating Agency: SOLS, Chetna Society, SWA, KRMU

Number of Participants: 50

Organized by: Counseling and Mental Wellness Centre in collaboration with School of Legal Studies, Chetna Society, and Student Welfare

### **Introduction**

The Counseling and Mental Wellness Centre, in collaboration with the School of Legal Studies, Chetna Society, and Student Welfare, organized an enlightening and empowering expert session on the topic 'Building Mental Toughness to Overcome Challenges in College Life.' This session focused on the paramount importance of learning the integral skill of

coping with adversity and understanding the factors that shape how individuals respond to challenging situations.

## **Objectives**

1. To raise awareness about mental health challenges.
2. To educate participants about mental toughness.
3. To promote the overall well-being of students.

## **Session Highlights**

The session aimed to equip students with essential tools and insights to navigate the various trials and tribulations of campus life with confidence and a positive mindset. The distinguished resource person for this session was Mr. Balvinder Kumar, a retired Indian Administrative Service (IAS) officer and former Secretary of Mines in the Government of India. He also served as a Member of RERA, UP, and is the Founder of Mind Therapy, a digital platform. Additionally, he is an Independent Director on CMR Green Tech and the author of five books. Mr. Kumar shared his wealth of experience and wisdom to guide students on their journey toward building mental resilience. He delivered a thought-provoking keynote address, sharing personal and professional experiences that underscored the significance of mental toughness in overcoming challenges. He emphasized the importance of developing a strong mindset and the ability to bounce back from setbacks, both academically and personally.

The session also covered practical strategies for enhancing mental toughness, including stress management techniques, time management skills, and the power of resilience. Mr. Kumar highlighted the role of self-awareness in recognizing and addressing mental health issues, empowering students to navigate their challenges more effectively.

## **Conclusion**

The session concluded with an interactive Q&A, where students engaged with the resource person and clarified their queries regarding mental toughness and personal development.

The event was highly impactful, leaving participants inspired and better equipped to tackle the pressures of academic and personal life. The Counseling and Mental Wellness Centre reaffirmed its commitment to supporting students' mental health and overall growth through such meaningful initiatives.



Students proudly showcasing their creative work a glimpse of enthusiasm, engagement, and learning at its best

