



Dealing with Thoughts

Event Title: Dealing with Thoughts

Date: 19th December, 2023

Time: 02:30 PM

Venue: Room A308, K.R. Mangalam University

Event Type: Expert Lecture

Mode of Activity: Offline

Target Group: Pan University Student

Resource Person: Mr. Chetan Mohan (Assistant Professor, School of Legal Studies)

Coordinators: Mr. Prashant Panwar, Dr. Manju Rani

Organized by: Chetna Society

Number of Participants: 25

Introduction

The Chetna Society, in collaboration with the Counseling & Mental Wellbeing Centre (WeDost), successfully organized an expert session on the topic 'Dealing with Thoughts' on the aforementioned date and time. The event aimed to address the importance of mental health and well-being among students, particularly those in the School of Legal Studies.

Objectives

1. Provide Practical Tools: Equip students with practical tools and techniques to effectively manage and cope with their thoughts and emotions.

2. Address Unique Challenges: Recognize and address the specific challenges that law students encounter in their academic and professional journey.
3. Promote Mental Well-being: Foster an understanding of the importance of mental health and well-being among participants.
4. Encourage Open Dialogue: Create a platform for open dialogue and discussion, allowing students to express their concerns and seek guidance.
5. Offer Coping Strategies: Provide guidance on effective coping strategies tailored to the stressors commonly faced by students in the School of Legal Studies.
6. Build Resilience: Empower students with the knowledge and skills to build resilience in the face of academic and professional pressures.
7. Create a Supportive Environment: Cultivate a supportive and nurturing academic environment that prioritizes both academic success and mental well-being.
8. Raise Awareness of Resources: Increase awareness of available resources, including those provided by WeDost and counseling services, to support students in their mental health journey.
9. Enhance Holistic Development: Contribute to the holistic development of students by acknowledging the interconnectedness of academic success and mental well-being.

Session Summary

The session commenced with a warm welcome from the faculty coordinators, expressing gratitude for the collaboration between Chetna Society and WeDost. Mr. Chetan Mohan, the esteemed resource person, delved into the complexities of managing thoughts and emotions, emphasizing the unique challenges faced by students.

Mr. Mohan provided valuable insights into stressors commonly experienced in academic and professional spheres, offering practical strategies to cope with overwhelming thoughts. The interactive nature of the session allowed students to engage in discussions and seek guidance on specific concerns related to their academic journey.

The faculty coordinators, Mr. Prashant Panwar and Dr. Manju Rani, actively participated in the Q&A session, fostering a supportive environment for open dialogue. They encouraged students to prioritize mental well-being and highlighted the resources available through WeDost and other counseling services.

The event concluded with a vote of thanks, acknowledging the collaborative efforts of Chetna Society and WeDost in promoting mental health awareness. Participants left with a heightened awareness of the importance of addressing and managing thoughts, contributing to a positive and nurturing academic environment.

This expert session served as a testament to the commitment of Chetna Society and WeDost in fostering holistic development among students, recognizing the interconnectedness of academic success and mental well-being.



Mr. Chetan Mohan sharing his views on how to control on thoughts



A group photograph with students