



EXPERT SESSION ON ORGANIZATIONAL HEALTH

Date: 20th December 2023

Time: 02:30 PM

Venue: Room A308, K.R. Mangalam University

Event Type: Expert Session

Mode of Activity: Offline

Target Group: Students of KRMU

Resource Person: Mr. Thomas Monteiro (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 successfully organized an expert session on the topic 'Organizational Health' on the aforementioned date and time. The event aimed to provide valuable insights into maintaining a healthy and thriving organizational environment, particularly for students of the School of Legal Studies. Under the guidance of Prof. Anjana Singh, the convenor of this event, and the coordination of faculty coordinators Mr. Prashant Panwar and Dr. Manju Rani, along with student coordinators Vaibhav Joshi and Alvin, this session proved to be an enriching experience for students aspiring to understand the dynamics of organizational health in a legal context.

Objectives

1. Provide students with a foundational understanding of organizational health and its significance in academic and professional institutions.

2. Explore the legal dimensions of organizational health, focusing on compliance, regulations, and ethical considerations within the framework of legal studies.
3. Highlight the critical role of mental health in contributing to and maintaining a positive organizational environment.
4. Facilitate interactive discussions to encourage active participation, allowing students to share their perspectives and engage in meaningful dialogue with the expert.

Resource Person

The session was primarily designed for students of the School of Legal Studies (SOLS), recognizing the importance of imparting knowledge on organizational health to future legal professionals. The participants actively engaged in discussions, demonstrating a keen interest in the subject matter.

The session featured Mr. Thomas Monteiro, Assistant Professor from the School of Legal Studies, as the distinguished resource person. With extensive experience and expertise in organizational dynamics, Mr. Monteiro provided valuable insights into the importance and practical aspects of organizational health. Mr. Monteiro's presentation explored various dimensions of organizational health, including its legal implications, the role of mental well-being, and strategies for fostering a healthy work environment. The interactive nature of the session allowed participants to ask questions and engage in meaningful discussions.

Prof. Anjana Singh, serving as the convenor, played a pivotal role in ensuring the seamless organization of the event. Her commitment to fostering knowledge exchange contributed significantly to the success of the expert session. The event was efficiently coordinated by Mr. Prashant Panwar, Assistant Professor (SOLS), and Dr. Manju Rani, Assistant Professor (SOHS). Their collaborative efforts brought a multidimensional perspective to the discussion, incorporating both legal and health-related aspects of organizational well-being.

Conclusion

The expert session on 'Organizational Health' served as a valuable platform for students to gain a comprehensive understanding of factors influencing organizational well-being. The collaborative effort of the Chetna Society, Counseling Cell, and the School of Legal Studies ensured a well-rounded and enriching experience for all participants. The event highlighted Chetna Society's commitment to fostering holistic education and promoting awareness of essential aspects of professional life. Participants left with a deeper understanding of organizational health and its significance in the legal context, contributing to their overall growth and development.



Students writing their daily routine during the session