

**SWAMI KESHVANAND INSTITUTE OF TECHNOLOGY,
MANAGEMENT & GRAMOTHAN, JAIPUR**



A Report

On

**Student Workshop on “Student Counselling and Guidance-
Minding Mental Health”**

(10th – 14th April, 2023)

Organised by

**Office of Student Affairs and Department of Chemistry
Swami Keshvanand Institute of Technology, Management
& Gramothan, Jaipur**

Name of Institute: Swami Keshvanand Institute of Technology, Management & Gramothan, Jaipur

Name of Department: Office of Student Affairs and Chemistry Department

Title of Event: Student Workshop on “Student Counselling and Guidance- Minding Mental Health”

Maximum Number of Participants: 300

Date: 10th – 14th April, 2023

Duration: 5 days

Venue: J. C. Bose Seminar Hall

Level of the Event: College Level

Objectives of the event

Five day student’s workshop was organized with the aim to provide the counselling and guidance to the students. Now-a-days, students are in the state of depression, uncertainty towards their future and career, anxiety, lack of concentration, addiction for screens etc. Workshop was planned to increase the mental strength of the students and motivate them through various counselling sessions, meditations, exercises and activities conducted by experts of their areas.




Topics covered in the Workshop

- Art of Happiness
- Anxiety and Stress Management
- Enhancement of positive mind-set
- Tools for mental strengthening
- How to achieve real ‘Ananadam’

Details of the Schedule

S.No.	Date	Recourse Person	Designation	Topic
1.	10.04.2023	Prabhu Krishna Pad Das Ji	Motivational Speaker, ISKON	Art of Happiness
2.	11.04.2023	Mr Akshay Mittal	Speaker, Art of Living	Anxiety and Stress Management
3.	12.04.2023	Dr Ritika Mahajan	Coordinator, Wellness group, Under Dean, Student Welfare Department, MNIT, Jaipur	Enhancement of positive mind-set
4.	13.04.2023	Brahma Kumari Gulab Didi and Dr Meenakshi Vyas	Motivational Speaker	Tools for mental strengthening
5.	14.04.2023	Mr. Mohit Gaur	Motivational Speaker	How to achieve real 'Ananadam'

Notice of the Event:

	Swami Keshvanand Institute of Technology, Management & Gramothan, Jaipur Approved by AICTE, Ministry of HRD, Government of India Recognized by UGC under Section 2(f) of the UGC Act, 1956 Affiliated to Rajasthan Technical University, Kota	
<u>Notice</u>		
SKIT/OSA/2022-23/07		Date: 7/04/2023
<u>Office of Student Affairs</u> <u>& Chemistry Department</u>		
is organizing a five-day student workshop on		
Student Counseling & Guidance-Minding Mental Health		
<p>All the students are hereby informed that the Office of Student Affairs/Student Counselling Cell, SKIT in association with Chemistry Department is organizing a 5-day workshop on "Student Counseling & Guidance-Minding Mental Health". The workshop will address the student community towards enhancement of a positive mind-set through various mental strengthening sessions. Interested students are requested to register themselves through the link given below:</p>		
https://forms.gle/4xTkqWtTyvMsXfr78		
Venue: J.C. Bose Auditorium, SKIT, Jaipur		
Timings: 12:30 PM-2:30 PM		
Dates: 10-14 April, 2023		
Poster of the event attached for the details.		
Coordinators:		
Prof. Sangeeta Vyas		
Prof. Vinita Sharma		Prof. Sangeeta Vyas
Dr. Swati Joshi		Head, Office of Student Affairs
Dr. Chandan Kumar		SKIT, Jaipur
 Copy to: Director, Director (Academics), Principal, Registrar, Dean, All HoDs, Chief Counsellors.		
📍: RAMNAGARIA (JAGATPURA), JAIPUR-302017 (RAJASTHAN), INDIA ☎: +91-141-3500300, 2752165, 2759609 📠: 0141-2759555 ✉ info@skit.ac.in 🌐: www.skit.ac.in		

Poster of the Event:



**Swami Keshvanand Institute of
Technology, Management &
Gramothan, Jaipur**

Five Day Student Workshop on
**Student Counseling &
Guidance -Minding
Mental Health**



DATE
10-14 APRIL, 2023



TIME
12:30PM - 2:30PM

venue- J.C.Bose Auditorium, Civil Block



Register now
<https://forms.gle/4xTkqWtTyvMsXfr78>

ORGANISED BY-
OFFICE OF STUDENT AFFAIRS
&
DEPARMENT OF CHEMISTRY,
SKIT, JAIPUR (RAJ.) INDIA

Coordinators
Dr.Sangeeta Vyas
Dr.Vinita Sharma
Dr.Swati Joshi
Dr.Chandan Kumar

Five Day Student Workshop on Student Counseling & Guidance - Minding Mental Health

SCHEDULE
10TH-14TH APRIL-2023



Details of the Event

Five-day student workshop was organized by Office of Student Affairs and Department of Chemistry on “Student Counselling and Guidance - Minding Your Mind” from 10th – 14th April, 2023. On each day, experts were invited from various fields to address students on various topics.

DAY 1 (10th April, 2023) was with **Prabhu Krishna Pad Das Ji**, the session was formal with poetic rhymes which connects the audience with Prabhu ji. He even quoted that “Materialistic life is not worthy to live; spirituality will give you the true happiness”.

DAY 2 (11th April, 2023), was all about Releasing stress anxiety and fears and the session that was delivered by **Mr Akshay Mittal**, that workshop was fully informal with activities that indulge everyone and level of focus, concentration was at peak. He advices to follow the concept of STAV, RAJAS, TAMAS. He also taught students Bhasrika Pranayam and its benefits.

DAY 3, (12th April, 2023) At 3rd day **Dr Ritika Mahajan** delivered a talk on “enhancement of Positive Mind-set”. Workshop was informal with bunch of physical activities. Each and every second of that session was so much fun and enthusiastic. Dr Mahajan literally burst the myths on mental health.

DAY 4, (13th April, 2023) **Brahma Kumari Gulab Didi and Dr Meenakshi Vyas** shared the Tools of Mental Strengthening. Didi taught how to relax our mind by doing meditation. Session by Dr. Vyas was full with practical examples and commendable solution.

DAY 5, (14th April, 2023) The last day of this workshop was like an interview session with famous guitarist, lyricist and musician **Mr Mohit Gaur**, he indulges himself into spiritualism. He even talked about life, death and everybody did chanting of Hare Krishna mahamantra with him. His session was how to achieve real “ANANDAM “and we know that “Life is a cycle we start from how to achieve happiness and we ended with ANANDAM.”

Attendance sheet of student participants

Five Day Student Workshop on "Student Counseling and Guidance - Minding Mental Health (attendance Sheet) 10-14th April, 2023

S.No.	Name of student	RTU Roll No.	Branch	Sem	10/4/23	11/4/23	12/4/23	13/4/23	14/4/23
1	Aditi H	22ESKCE004	CE	2	Aditi	Aditi	Aditi	Aditi	Aditi
2	chaman Budania	22eskce026	CE	2	Chaman	Chaman	Chaman	Chaman	Chaman
3	Gourav Galav	22ESKCE035	CE	2	Gourav	Gourav	Gourav	Gourav	Gourav
4	Bhavesh Sharma	22ESKCE024	CE	2	Bhavesh	Bhavesh	Bhavesh	Bhavesh	Bhavesh
5	Harsh Kumar Pakad	22eskce038	CE	2	Harsh	Harsh	Harsh	Harsh	Harsh
6	Aditya	22ESKCE005	CE	2	Aditya	Aditya	Aditya	Aditya	Aditya
7	Akash Meena	22ESKCE007	CE	2	Akash	Akash	Akash	Akash	Akash
8	Akshit Pakad	22ESKCE008	CE	2	Akshit	Akshit	Akshit	Akshit	Akshit
9	Aman kumar	22ESKCE011	CE	2	Aman	Aman	Aman	Aman	Aman
10	Aman Mishra	22ESKCE012	CE	2	Aman	Aman	Aman	Aman	Aman
11	Anish kumar	22ESKCE013	CE	2	Anish	Anish	Anish	Anish	Anish
12	Devesh Hansawat	22ESKCE034	CE	2	Devesh	Devesh	Devesh	Devesh	Devesh
13	Harsh meena	22ESKCE039	CE	2	Harsh	Harsh	Harsh	Harsh	Harsh
14	Jaiprakash Gurjar	22ESKCE045	CE	2	Jaiprakash	Jaiprakash	Jaiprakash	Jaiprakash	Jaiprakash
15	Deeksha sharma	22ESKCE028	CE	2	Deeksha	Deeksha	Deeksha	Deeksha	Deeksha
16	Harshit Pareek	22ESKCE041	CE	2	Harshit	Harshit	Harshit	Harshit	Harshit
17	Juned khan langa	22ESKCE047	CE	2	Juned	Juned	Juned	Juned	Juned
18	Kanishka dhammapriya	22ESKCE050	CE	2	Kanishka	Kanishka	Kanishka	Kanishka	Kanishka
19	Kaniska barupal	22ESKCE051	CE	2	Kaniska	Kaniska	Kaniska	Kaniska	Kaniska
20	Kaushal meena	22ESKCE052	CE	2	Kaushal	Kaushal	Kaushal	Kaushal	Kaushal
21	Priyanshu Yadav	22ESKCE072	CE	2	Priyanshu	Priyanshu	Priyanshu	Priyanshu	Priyanshu
22	Ravi Prakash	22ESKCE077	CE	2	Ravi	Ravi	Ravi	Ravi	Ravi
23	Azad Singh Rathore	22ESKCE023	CE	2	Azad	Azad	Azad	Azad	Azad
24	Ajeet Singh Chouhan	22ESKCE006	CE	2	Ajeet	Ajeet	Ajeet	Ajeet	Ajeet
25	Kaynat Ansari	22ESKCE053	CE	2	Kaynat	Kaynat	Kaynat	Kaynat	Kaynat
26	Deepak Kumar	22ESKCE029	CE	2	Deepak	Deepak	Deepak	Deepak	Deepak
27	Anuj Kumar	22ESKCE017	CE	2	Anuj	Anuj	Anuj	Anuj	Anuj
28	Varsha Meena	22ESKCE099	CE	2	Varsha	Varsha	Varsha	Varsha	Varsha
29	Varsha Kumari Nag	22ESKCE098	CE	2	Varsha	Varsha	Varsha	Varsha	Varsha
30	Rahul Kumawat	22ESKCE074	CE	2	Rahul	Rahul	Rahul	Rahul	Rahul
31	Naveen Meena	22ESKCE064	CE	2	Naveen	Naveen	Naveen	Naveen	Naveen
32	Ankit Choudhary	22ESKCE114	CE	2	Ankit	Ankit	Ankit	Ankit	Ankit
33	Harsh Dhakad	22ESKCE038	CE	2	Harsh	Harsh	Harsh	Harsh	Harsh
34	Chaman Budania	22ESKCE026	CE	2	Chaman	Chaman	Chaman	Chaman	Chaman
35	Aditya Dadhich	22ESKCS008	CS	2	Aditya	Aditya	Aditya	Aditya	Aditya
36	Avdhesh Sharma	22ESKCS049	CS	2	Avdhesh	Avdhesh	Avdhesh	Avdhesh	Avdhesh
37	Hitesh	22ESKCS105	CS	2	Hitesh	Hitesh	Hitesh	Hitesh	Hitesh
38	MANNAT gothwal	22ESKCS137	CS	2	MANNAT	MANNAT	MANNAT	MANNAT	MANNAT
39	Nirupama Singh	22ESKCS156	CS	2	Nirupama	Nirupama	Nirupama	Nirupama	Nirupama
40	Kartik Khorwal	22ESKCS112	CS	2	Kartik	Kartik	Kartik	Kartik	Kartik
41	Khushang Ameta	22ESKCS115	CS	2	Khushang	Khushang	Khushang	Khushang	Khushang
42	Kaustubha ojha	22esks114	CS	2	Kaustubha	Kaustubha	Kaustubha	Kaustubha	Kaustubha
43	Navin Pareta	22ESKCS209	CS	2	Navin	Navin	Navin	Navin	Navin
44	Abhishek Chauhan	22ESKCS005	CS	2	Abhishek	Abhishek	Abhishek	Abhishek	Abhishek
45	Chavi Goyal	22ESKCS064	CS	2	Chavi	Chavi	Chavi	Chavi	Chavi
46	Yashasvi	22ESKCS855	CS	2	Yashasvi	Yashasvi	Yashasvi	Yashasvi	Yashasvi
47	Vikram	22ESKCS056	CS	2	Vikram	Vikram	Vikram	Vikram	Vikram

[illegible]

Five Day Student Workshop on "Student Counseling and Guidance - Minding Mental Health

(attendance Sheet) 10-14th April, 2023

S.No.	Name of student	RTU Roll No.	Branch	Sem	10/4/23	11/4/23	12/4/23	13/4/23	14/4/23
1	Akshat sharma	21ESKCE007	CE	4	Akshat	Akshat	Akshat	Akshat	Akshat
2	Almazim Akhtar	21ESKCE008	CE	4	Almazim	Almazim	Almazim	Almazim	Almazim
3	Arjun sharma	21ESKCE009	CE	4	Arjun	Arjun	Arjun	Arjun	Arjun
4	ARVIND KUMAR MEENA	21EAKCE010	CE	4	Arvind	Arvind	Arvind	Arvind	Arvind
5	Chandraprakash Meena	21ESKCE012	CE	4	Chandraprakash	Chandraprakash	Chandraprakash	Chandraprakash	Chandraprakash
6	Deepak mina	21ESKCE015	CE	4	Deepak	Deepak	Deepak	Deepak	Deepak
7	Devi Pratap Singh Rajaw	21ESKME008	CE	4	Devi	Devi	Devi	Devi	Devi
8	Hanuman Saini	21ESKCE028	CE	4	Hanuman	Hanuman	Hanuman	Hanuman	Hanuman
9	Himanshu Tunwal	21ESKCE030	CE	4	Himanshu	Himanshu	Himanshu	Himanshu	Himanshu
10	HIMESH KUMWAT	21ESKCE031	CE	4	Himesh	Himesh	Himesh	Himesh	Himesh
11	Jaivardhan Singh Khang	21ESKCE033	CE	4	Jaivardhan	Jaivardhan	Jaivardhan	Jaivardhan	Jaivardhan
12	Jaswant Jangid	21ESKCE035	CE	4	Jaswant	Jaswant	Jaswant	Jaswant	Jaswant
13	Jitendra saini	21ESKCE036	CE	4	Jitendra	Jitendra	Jitendra	Jitendra	Jitendra
14	Kunal singh rathore	21ESKCE045	CE	4	Kunal	Kunal	Kunal	Kunal	Kunal
15	Manas Sharma	21ESKCE048	CE	4	Manas	Manas	Manas	Manas	Manas
16	Mriduraj Singh Rathore	21ESKCE054	CE	4	Mriduraj	Mriduraj	Mriduraj	Mriduraj	Mriduraj
17	Abhishek meena	21ESKCE002	CE	4	Abhishek	Abhishek	Abhishek	Abhishek	Abhishek
18	Aditya Soni	21ESKCE004	CE	4	Aditya	Aditya	Aditya	Aditya	Aditya
19	Akshat Saini	21ESKCE006	CE	4	Akshat	Akshat	Akshat	Akshat	Akshat
20	Dinesh Sharma	21ESKCE019	CE	4	Dinesh	Dinesh	Dinesh	Dinesh	Dinesh
21	Fariyad khan	21ESKCE023	CE	4	Fariyad	Fariyad	Fariyad	Fariyad	Fariyad
22	Jugal kishor choudhary	21ESKCE037	CE	4	Jugal	Jugal	Jugal	Jugal	Jugal
23	Kamlesh Gurjar	21ESKCE038	CE	4	Kamlesh	Kamlesh	Kamlesh	Kamlesh	Kamlesh
24	LAVISH AHUJA	21ESKCE046	CE	4	Lavish	Lavish	Lavish	Lavish	Lavish
25	Aarti Rajpurphit	21ESKCE001	CE	4	Aarti	Aarti	Aarti	Aarti	Aarti
26	Aditya Poonia	21ESKCE003	CE	4	Aditya	Aditya	Aditya	Aditya	Aditya
27	Meet Khandelwal	21ESKCE051	CE	4	Meet	Meet	Meet	Meet	Meet
28	Amit bishnoi	21ESKCS026	CS	4	Amit	Amit	Amit	Amit	Amit
29	Kaifi Ahmed	22ESKCS206	CS	4	Kaifi	Kaifi	Kaifi	Kaifi	Kaifi
30	Neha Meerchandani	21ESKCS312	CS	4	Neha	Neha	Neha	Neha	Neha
31	Palak Singh	21ESKCS149	CS	4	Palak	Palak	Palak	Palak	Palak
32	Paridhi khandelwal	21ESKCS151	CS	4	Paridhi	Paridhi	Paridhi	Paridhi	Paridhi
33	Pratibha Goyal	22ESKCS210	CS	4	Pratibha	Pratibha	Pratibha	Pratibha	Pratibha
34	Udeshya Dudi	21ESKCS837	CS	4	Udeshya	Udeshya	Udeshya	Udeshya	Udeshya
35	Manuj Ganeriwala	21ESKCS311	CS	4	Manuj	Manuj	Manuj	Manuj	Manuj
36	Muskan Singhal	21ESKCS134	CS	4	Muskan	Muskan	Muskan	Muskan	Muskan
37	Niharika	21ESKCS142	CS	4	Niharika	Niharika	Niharika	Niharika	Niharika
38	Saloni kumari	22ESKCS213	CS	4	Saloni	Saloni	Saloni	Saloni	Saloni
39	Krishna Alok	22ESKCS208	CS	4	Krishna	Krishna	Krishna	Krishna	Krishna
40	Simran Rawt	21ESKCS828	CS	4	Simran	Simran	Simran	Simran	Simran
41	Shreya Bhargava	21ESKCS819	CS	4					
42	Veeru	21ESKCS844	CS	4					
43	Vikas Sharma	21ESKCS845	CS	4					
44	Yugal Shah	21ESKCS853	CS	4					
45	Tushar Kumar Sahu	21ESKCS836	CS	4	Tushar	Tushar	Tushar	Tushar	Tushar
46	Tarun Agrawal	21ESKCS834	CS	4	Tarun	Tarun	Tarun	Tarun	Tarun
47	Shreya Jha	21ESKCS821	CS	4	Shreya	Shreya	Shreya	Shreya	Shreya

					10/4/23	11/4/23	12/4/23	13/4/23	14/4/23
48	Shreya Gupta	21ESKCS820	CS	4	Shreya	Shreya	Shreya	Shreya	Shreya
49	Saransh Gupta	21ESKCS806	CS	4	Saransh	Saransh	Saransh	Saransh	Saransh
50	Udit	21ESKCS838	CS	4	Udit	Udit	Udit	Udit	Udit
51	Unique	21ESKCS639	CS	4	Unique	Unique	Unique	Unique	Unique
52	Adarsh	21ESKCS200	CS	4	Adarsh	Adarsh	Adarsh	Adarsh	Adarsh
53	Dixit	21ESKCS203	CS	4	Dixit	Dixit	Dixit	Dixit	Dixit
54	Harish	21ESKCS204	CS	4	Harish	Harish	Harish	Harish	Harish
55	Vikram Singh	21ESKCS846	CS	4	Vikram	Vikram	Vikram	Vikram	Vikram
56	Tanishk Gupta	21ESKCS823	CS	4	Tanishk	Tanishk	Tanishk	Tanishk	Tanishk
57	ANUJ KANCHAL	21ESKEE007	EE	4	Anuj	Anuj	Anuj	Anuj	Anuj
58	Radheshyam Sharma	21ESKEE053	EE	4	Radheshyam	Radheshyam	Radheshyam	Radheshyam	Radheshyam
59	Anuj Kanchal	21ESKEE007	EE	4	Anuj	Anuj	Anuj	Anuj	Anuj
60	Rahul Ahuja	21ESKIT302	IT	4	Rahul	Rahul	Rahul	Rahul	Rahul
61	Rahul sharma	21ESKIT091	IT	4	Rahul	Rahul	Rahul	Rahul	Rahul
62	Tarun Saini	21ESKIT305	IT	4	Tarun	Tarun	Tarun	Tarun	Tarun
63	Sahil	21ESKIT306	IT	4	Sahil	Sahil	Sahil	Sahil	Sahil
64	Yashpal Sihag	21ESKIT308	IT	4	Yashpal	Yashpal	Yashpal	Yashpal	Yashpal
65	Vikas Sharma	21ESKME032	ME	4	Vikas	Vikas	Vikas	Vikas	Vikas
66	Ansh Kumar	21ESKME004	ME	4	Ansh	Ansh	Ansh	Ansh	Ansh
67	Jashanjeet Singh	21ESKME012	ME	4	Jashanjeet	Jashanjeet	Jashanjeet	Jashanjeet	Jashanjeet
68	Kuldeep Singh Meena	21ESKME014	ME	4	Kuldeep	Kuldeep	Kuldeep	Kuldeep	Kuldeep
69	Milind Mathur	21ESKME016	ME	4	Milind	Milind	Milind	Milind	Milind
70	Akash	21ESKME002	ME	4	Akash	Akash	Akash	Akash	Akash
71	Vidhesh Khanna	21ESKME031	ME	4	Vidhesh	Vidhesh	Vidhesh	Vidhesh	Vidhesh
72	Arvind Gupta	20ESKME017	ME	4	Arvind	Arvind	Arvind	Arvind	Arvind
73	Naveen Kumar	20ESKME060	ME	4	Naveen	Naveen	Naveen	Naveen	Naveen
74	Hiren Mathur	21ESKME011	ME	4	Hiren	Hiren	Hiren	Hiren	Hiren
75	Kishore Vishwakarma	21ESKME013	ME	4	Kishore	Kishore	Kishore	Kishore	Kishore
76	Vansh Sinsinwar	21ESKME030	ME	4	Vansh	Vansh	Vansh	Vansh	Vansh
77	Bhavya Sharma	21ESKME007	ME	4	Bhavya	Bhavya	Bhavya	Bhavya	Bhavya
78	Ritesh Sahni	21ESKIT095	IT	4	Ritesh	Ritesh	Ritesh	Ritesh	Ritesh
79	Akshansh Saini	21ESKME005	EE	4	Akshansh	Akshansh	Akshansh	Akshansh	Akshansh
80	Pranav Kumar	21ESKCS045	CS	4	Pranav	Pranav	Pranav	Pranav	Pranav
81	Harishyam	21ESKCS071	CS	4	Harishyam	Harishyam	Harishyam	Harishyam	Harishyam
82	Nikhil Sharma	21ESKCS021	ME	4	Nikhil	Nikhil	Nikhil	Nikhil	Nikhil
83	Shubham Kumar	21ESKCS022	CS	4	Shubham	Shubham	Shubham	Shubham	Shubham
	Parthiv Mathur	21ESKCS024	CS	4	Parthiv	Parthiv	Parthiv	Parthiv	Parthiv
	Mihir Kumar	21ESKCS025	ME	4	Mihir	Mihir	Mihir	Mihir	Mihir
	Rahul Kumar	21ESKCS026	CS	4	Rahul	Rahul	Rahul	Rahul	Rahul
	Anand	21ESKCS027	CS	4	Anand	Anand	Anand	Anand	Anand
	Abhishek Sharma	21ESKCS028	CS	4	Abhishek	Abhishek	Abhishek	Abhishek	Abhishek
	Anamika	21ESKIT301	IT	4	Anamika	Anamika	Anamika	Anamika	Anamika
	Devi Prasad	21ESKCS029	CS	4	Devi Prasad	Devi Prasad	Devi Prasad	Devi Prasad	Devi Prasad
	Karan Meena	21ESKCS030	CS	4	Karan	Karan	Karan	Karan	Karan
	Kiran Choudhary	21ESKCS031	CS	4	Kiran	Kiran	Kiran	Kiran	Kiran
	Shiv Kishore	21ESKCS032	CS	4	Shiv	Shiv	Shiv	Shiv	Shiv
	Shubham Kumar	21ESKCS033	CS	4	Shubham	Shubham	Shubham	Shubham	Shubham
	Sahil Gupta	21ESKCS034	CS	4	Sahil	Sahil	Sahil	Sahil	Sahil
	Mahendra Chandra	21ESKCS035	CS	4	Mahendra	Mahendra	Mahendra	Mahendra	Mahendra
	Pooja Saini	21ESKCS036	ME	4	Pooja	Pooja	Pooja	Pooja	Pooja

Sonu Saini 22ESKCS216 CS 4
 Vaibhav Pandey 22ESKCS218 CS 4
 Vipin Pandey 22ESKCS220 CS 4

Sanjay K. Jangid	4	Sanjay Sanjay Sanjay Sanjay Sanjay
Vishal kumari	4	2IESKCS848 CS Wishal Wishal Wishal
Preeti Gupta	4	2IESKEEDSI EE Preeti Preeti Preeti Preeti Preeti
Shubham Jain	4	2IESKCS844 CS Shubham Shubham Shubham Shubham

Five Day Student Workshop on "Student Counseling and Guidance - Minding Mental Health"
(attendance Sheet) 10-14th April, 2023

S.No.	Name of student	RTU Roll No.	Branch	Sem	10/4/23	11/4/23	12/4/23	13/4/23	14/4/23
1	Archana Meena	20ESKCE018	CE	6	Archana	Archana	Archana	Archana	Archana
2	Libin M T	20ESKCE064	CE	6	Libin	Libin	Libin	Libin	Libin
3	Kamlesh Choudhary	20ESKCE048	CE	6	Kamlesh	Kamlesh	Kamlesh	Kamlesh	Kamlesh
4	Kanishk Sharma	20ESKCE051	CE	6	Kanishk	Kanishk	Kanishk	Kanishk	Kanishk
5	Ashish Verma	20ESKCE202	CE	6	Ashish	Ashish	Ashish	Ashish	Ashish
6	Yash Bairwa	20ESKEC125	ECE	6	Yash	Yash	Yash	Yash	Yash
7	Ankush Gupta	20ESKEC019	ECE	6	Ankush	Ankush	Ankush	Ankush	Ankush
8	Sanskriti Kaushal	20ESKIT091	IT	6	Sanskriti	Sanskriti	Sanskriti	Sanskriti	Sanskriti
9	Puneet Garg	20ESKIT078	IT	6	Puneet	Puneet	Puneet	Puneet	Puneet
10	Shubham Singh	20ESKIT097	IT	6	Shubham	Shubham	Shubham	Shubham	Shubham
11	AJAY saroch	20ESKME007	ME	6	Ajay	Ajay	Ajay	Ajay	Ajay
12	Divyansh Sharma	20ESKME034	ME	6	Divyansh	Divyansh	Divyansh	Divyansh	Divyansh
13	Harsh Tanwar	20ESKME038	ME	6	Harsh	Harsh	Harsh	Harsh	Harsh
14	Harshit Kumawat	20ESKME040	ME	6	Harshit	Harshit	Harshit	Harshit	Harshit
15	Himanshu Chaudhary	20ESKME043	ME	6	Himanshu	Himanshu	Himanshu	Himanshu	Himanshu
16	Kavita Sharma	20ESKME049	ME	6	Kavita	Kavita	Kavita	Kavita	Kavita
17	Nishant Tomar	20ESKME062	ME	6	Nishant	Nishant	Nishant	Nishant	Nishant
18	Pawan Bora	20ESKME067	ME	6	Pawan	Pawan	Pawan	Pawan	Pawan
19	Priyadarshini Singh Shekha	20ESKME068	ME	6	Priyadarshini	Priyadarshini	Priyadarshini	Priyadarshini	Priyadarshini
20	Shailendra chauhan	20ESKME081	ME	6	Shailendra	Shailendra	Shailendra	Shailendra	Shailendra
21	Jeeval Choradia	20ESKME045	ME	6	Jeeval	Jeeval	Jeeval	Jeeval	Jeeval
22	Anshul Sharma	20ESKME014	ME	6	Anshul	Anshul	Anshul	Anshul	Anshul
23	Harsh Tulsani	20ESKME039	ME	6	Harsh	Harsh	Harsh	Harsh	Harsh
24	Jitendra Kumar Meena	20ESKME046	ME	6	Jitendra	Jitendra	Jitendra	Jitendra	Jitendra
25	Shailesh mali	21ESKME200	ME	6	Shailesh	Shailesh	Shailesh	Shailesh	Shailesh
26	Shyam Kumar	20ESKME085	ME	6	Shyam	Shyam	Shyam	Shyam	Shyam
27	Yashi	20ESKME096	ME	6	Yashi	Yashi	Yashi	Yashi	Yashi
28	Madhurum Verma	20ESKME056	ME	6	Madhurum	Madhurum	Madhurum	Madhurum	Madhurum
29	Pururaj singh gaur	20ESKME071	ME	6	Pururaj	Pururaj	Pururaj	Pururaj	Pururaj
30	Vishnu kumar	20ESKME092	ME	6	Vishnu	Vishnu	Vishnu	Vishnu	Vishnu
31	Naveen Kumar	20ESKME060	ME	6	Naveen	Naveen	Naveen	Naveen	Naveen
32	Devesh Sharma	20ESKME032	ME	6	Devesh	Devesh	Devesh	Devesh	Devesh
33	Deepak Jaiman	20ESKME028	ME	6	Deepak	Deepak	Deepak	Deepak	Deepak
34	Amit Jetwani	20ESKME010	ME	6	Amit	Amit	Amit	Amit	Amit
35	Kunal Krishnani	20ESKME052	ME	6	Kunal	Kunal	Kunal	Kunal	Kunal
36	Luv Kumar	20ESKME053	ME	6	Luv	Luv	Luv	Luv	Luv
37	Harsh Gupta	20ESKME037	ME	6	Harsh	Harsh	Harsh	Harsh	Harsh
38	Ansh Mishra	20ESKME013	ME	6	Ansh	Ansh	Ansh	Ansh	Ansh
39	Keshav Singh	20ESKME050	ME	6	Keshav	Keshav	Keshav	Keshav	Keshav
40	Mayank Mittal	20ESKME058	ME	6	Mayank	Mayank	Mayank	Mayank	Mayank
41	Navneet Sagar	20ESKME061	ME	6	Navneet	Navneet	Navneet	Navneet	Navneet
42	Anvindh Gupta	20ESKME017	ME	6	Anvindh	Anvindh	Anvindh	Anvindh	Anvindh
43	Vikram Singh Rathore	20ESKME091	ME	6	Vikram	Vikram	Vikram	Vikram	Vikram

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Glimpses of the Event









एक नजर

‘असली आनन्दम के साथ कार्यशाला का समापन’



खबरों की दुनिया

जयपुर। स्वामी केशवानन्द इन्स्टिट्यूट ऑफ टेक्नोलॉजी मैनेजमेन्ट एवं ग्रामोत्थान में आयोजित पाँच दिवसीय विद्यार्थी कार्यशाला के समापन में मोहित गौड़ के द्वारा विद्यार्थियों को सही मायने में आनन्दम का मतलब बताया गया। यह कार्यशाला 10-14 अप्रैल, 2023 को स्टूडेंट काउन्सलिंग एण्ड गाइडेन्स - माइण्डिंग मेंटल हेल्थ विषय पर बीटेक के विद्यार्थियों के लिए ऑफिस ऑफ स्टूडेंट अफेअर्स एवं रसायन शास्त्र विभाग के संयुक्त तत्वाधान में आयोजित की गई। वर्तमान काल के विद्यार्थियों में बढ़ रहे अवसाद, अवसाद, नकारात्मक भाव, कैरियर की आशंका, भविष्य की चिन्ता एवं मोबाइल के बढ़ते उपयोग से होने वाले मानसिक एवं शारीरिक विकारों के समाधान के लिए संस्था में भिन्न-भिन्न विषयों के विशेषज्ञों को

आमंत्रित किया गया। कार्यशाला के प्रथम दिन श्री कृष्ण पाद प्रभु जी ने विद्यार्थियों को जीवन में प्रसन्न होने के तरीके बताए। आर्ट ऑफ लिविंग के अक्षय मितल ने भस्त्रिका प्राणायाम द्वारा अवसाद नियन्त्रण का तरीका बताया।

कार्यशाला के तृतीय दिवस डॉ. रितिका महाजन, समन्वयक, वेलनेस ग्रुप, अण्डर डीन स्टूडेंट वेलफेयर विभाग, एम एन आई टी जयपुर ने सकारात्मक मनस्थिति बढ़ाने के तरीके बताए।

ब्रह्मकुमारी शिवानी एवं डॉ. मीनाक्षी व्यास ने मानसिक सशक्तिकरण के तरीकों पर चर्चा की। इस कार्यशाला का आयोजन डॉ. संगीता व्यास, हेड ऑफिस ऑफ स्टूडेंट अफेयर्स एवं डॉ. विनीता शर्मा, डॉ. शारदा सोनी, प्रवक्ता रसायन शास्त्र विभाग ने किया और संचालन डॉ. चन्दन कुमार और डॉ. स्वाति जोशी ने किया। सुश्री राधिका सोनी एवं कायनात अंसारी ने कार्यक्रम में एंकरिंग की।