giBS
Gitarattan International Business School
Grade 'A' Accredited by NAAC

MENTAL WELLNESS

(10 DAYS RESIDENTIAL CAMP)

16TH AUGUST 2026 (WEDNESDAY)





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The NSS Unit of Gitarattan International Business School (GIBS) successfully organized MENTAL WELLNESS AWARENESS SESSION in collaboration with the Brahmakumaris on 16th September 2026.

The session was conducted between 10:00 AM to 12:00 PM under the 10-day residential camp at the Ekta Village, Haiderpuras part of our social responsibility and community awareness initiative. The Mental Wellness & Awareness Session is being organised for the residents of Ekta Village to promote awareness about the importance of mental health and emotional well-being. The session aims to spread awareness about maintaining good mental health and creating a supportive and understanding community. The session helped the participants understand the importance of mental health and emotional well-being in their daily lives. The session focused on developing healthy ways to manage stress and everyday challenges, understanding the importance of expressing emotions and seeking support, and encouraging participants to build positive habits, confidence, and resilience. The initiative also aimed to create awareness about the importance of breaking the stigma associated with mental health and encouraging open and supportive conversations around emotional well-being.

The volunteers actively participated in the session, making it a meaningful initiative towards creating greater mental health awareness and community participation. The session encouraged participants to develop a better understanding of their emotional well-being and adopt healthy approaches to managing everyday challenges. The initiative strengthen the volunteers' sense of social responsibility while promoting a more supportive, aware, confident, and mentally healthy community.

The NSS Unit remains committed to organizing such socially impactful activities and encourages continued community participation in future initiatives.

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FLYER OF THE EVENT



TYPE OF EVENT	Extra Curricular
VENUE	Ekta Village
TIME & DURATION	10:00 AM to 12:00 PM
CONDUCTED BY	NSS Unit of GIBS
ORGANISED FOR	Residents of Ekta village
NAME OF THE COORDINATOR	Ms. Muskan Grover and Ms Tripti Yadav
ATTENDANCE	25
RESOURCE PERSON	B K Sarita, Brahmakumaris

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OBJECTIVES OF THE EVENT	1. To provide essential understanding of mental health and well-being. 2. To equip residents with effective stress management strategies. 3. To promote the importance of expressing feelings and seeking help. 4. To raise awareness of mental health issues and build positive habits for resilience.
LEARNING OUTCOME	Participants were able to: 1. identify stressors and use healthy coping strategies. 2. communicate constructively and know when to seek help. 3. Build resilience while promoting mental health awareness and combating stigma.
SHORTFALL DURING EVENT	NA
LINK OF YOUTUBE VIDEO	https://www.instagram.com/reel/DdZM7VGyfVL/?stkn=MWZqeTZmOXF4ZGZvYw==

PREPARED & SUBMITTED BY:MS MUSKAN GROVER, ASSISTANT PROFESSOR, GIBS