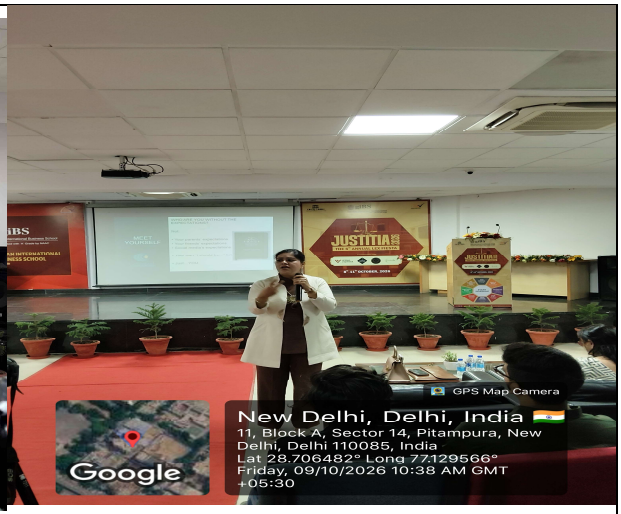
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MENTAL WELLNESS FLAGSHIP DAY

9TH OCTOBER 2026 (FRIDAY)









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The IIC session titled **"MENTAL WELLNESS FLAGSHIP DAY** was conducted at Gitarattan International Business School (GIBS) in the Auditorium, Ground floor**,** from 10:00 a.m. onwards. The session was organized by the IIC–GIBS for students of BBA 1st Semester, BBA-MBA Integrated1st Semester, and BCA 1st Semester with the objective of promoting awareness, reducing stigma and building practical coping skills among students. The resource person for the session was Dr. Kiranpreet Kaur, Child Psychologist, Parenting Expert & Personal Empowerment Coach, Celestial Wellness, Delhi (Founder) addressed the students on anxiety and mental stress and its impact on student life. This workshop is the meaningful step towards building awareness of mental health among students. It reinforced that seeking support is a sign of strength and encouraged students to adopt healthy habits for managing stress and anxiety.

She highlighted the fact that how many students hesitate to talk about stress, anxiety or emotional difficulties because of stigma, limited awareness or uncertainty about where to seek help. If left unaddressed, these challenges can affect attendance, academic performance, relationships and overall health. She provides a structured and engaging platform that normalises conversations on mental well-being, teaches practical self-care and stress-management techniques, and makes students aware of the support systems available on campus.She equipped participants with practical techniques for stress management, mindfulness, emotional regulation and healthy work-life balance. The session was interactive, with students invited to share their concerns and ask questions.

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FLYER OF THE EVENT



TYPE OF EVENT	IIC
VENUE	Auditorium, Ground floor, GIBS
TIME & DURATION	10:00 am Onwards
CONDUCTED BY	IIC- GIBS
ORGANISED FOR	BBA 1st Semester, BBA-MBA Integrated1st Semester, and BCA 1st Semester
NAME OF THE COORDINATOR	Dr. Neha Agarwal, Ms. Bhawna Sharma
ATTENDANCE	100

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RESOURCE PERSON	**Dr. Kiranpreet Kaur** Child Psychologist, Parenting Expert & Personal Empowerment Coach Celestial Wellness, Delhi (Founder)
OBJECTIVES OF THE EVENT	1. 1. To create awareness about mental health, common stressors, and early warning signs of emotional distress among students and faculty. 2. To equip participants with practical techniques for stress management, mindfulness, emotional regulation, and healthy work-life balance. 3. To reduce stigma around seeking help and inform participants about counselling services and support resources available on and off campus. 4. To foster a peer-support culture and build resilience, confidence, and a sense of belonging among students.
LEARNING OUTCOME	1. A minimum of 90 students will gain awareness of mental health and practical skills for managing stress and anxiety. 2. Participants will learn and practise simple daily techniques such as mindfulness, breathing, and time management for well-being. 3. Greater willingness among students to seek help early, with improved awareness of counselling and support resources. 4. A more supportive, inclusive, and stigma-free campus environment, strengthening the culture of care and peer support.
SHORTFALL DURING EVENT	None
LINK OF ONLINE VIDEO	https://youtu.be/3jlC2g0ZsaQ

PREPARED & SUBMITTED BY: DR. NEHA AGARWAL, ASSISTANT PROFESSOR, CMS, GIBS.