

मालवीय राष्ट्रीय प्रौद्योगिकी संस्थान जयपुर (राष्ट्रीय महत्व का संस्थान)

Malaviya National Institute of Technology Jaipur



## Report on Wellness Camp 2025

**Date:** 29th – 31st August 2025

**Venue:** APJ Hall & C. V. Raman Hall, VLTC, MNIT Jaipur

**Organised by:** Dean Student Welfare Office (DSW), MNIT Jaipur

## Introduction

Wellness is a multidimensional concept that goes beyond the absence of disease, encompassing the overall balance of an individual's life. The **core pillars**—digital wellness, mental wellness, physical wellness, and social wellness—are integral to maintaining good health and well-being. Each dimension contributes uniquely: digital wellness ensures mindful technology use, mental wellness strengthens emotional resilience, physical wellness supports vitality, and social wellness fosters connection and belonging. Together, these aspects provide a holistic framework for sustainable health and a higher quality of life: in the modern world, it's essential that to ensure this overall and holistic development of individuals encompassing all form of & different approaches of “wellness” adequate practices must be introduced, inculcated as well as encouraged among students so as they take and adopt a more proactive approach towards leading a healthier lifestyle and functioning accordingly. With this belief, our Wellness Club takes a step forward in creating a holistic environment where every individual can thrive—empowered, balanced, and truly well.

## **Social Wellness Session (Connect & Thrive)**



### **1. About the Session**

The Wellness Club organized a highly engaging session on Social Wellness, conducted by Dr. Manoj Louis Ambrose. The session highlighted the role of teamwork, collaboration, and interpersonal bonding in enhancing social well-being. Four teams participated in a series of thoughtfully designed activities and games that combined fun with learning.



## 2. Significance

Social wellness plays a vital role in building healthy relationships, strengthening trust, and creating supportive communities. Through interactive challenges, the session emphasized the importance of effective communication, mutual respect, adaptability, and collective problem-solving—skills that are essential for both personal and professional growth.



### **3. Objective**

The main objective of the session was to promote social connectedness by encouraging participants to step out of their comfort zones, engage with peers, and develop teamwork skills through collaborative and enjoyable activities.

### **4. Speaker**

The session was led by Dr. Manoj Louis Ambrose, a distinguished academic and trainer with over 25 years of experience in corporate training, higher education, and professional development. He has served in leadership roles such as General Secretary of the Mangalore University Commerce Teachers Association (MUCTA) and Coordinator for NEP Implementation in the Mangalore region. Beyond academia, Dr. Ambrose has conducted training for organizations like the Institute of Chartered Accountants of India, Infosys, and Karnataka Bank, skillfully bridging academic knowledge with corporate practice. Passionate about social empowerment, he believes in “making life count for family, friends, and society.” His expertise and real-world perspective made the Social Wellness session especially impactful, as he guided participants through engaging ice-breaking and team-building experiences that fostered connection, collaboration, and a strong sense of community.

## 5. Outcome

The event successfully created an atmosphere of encouragement, enthusiasm, and camaraderie. Participants actively engaged in activities such as the Icebreaker Activity, Thread & Bottle Challenge, Badminton Racket & Shuttle Game, Cup Challenge, Balloon Games, Hula Hoop Relay, and Chair Balance Challenge. These fun-filled yet meaningful games strengthened interpersonal bonds, improved coordination, and nurtured team spirit. Overall, the Social Wellness session left participants with lasting friendships, positive energy, and a deeper understanding of the importance of social interaction in overall wellness.



## **Digital Wellness Session (Wellness in Wired World)**

### **1. About the Session**

The Wellness Club, an initiative of the Dean's Student Welfare Office (DSW) at Malaviya National Institute of Technology (MNIT) Jaipur, hosted a three-day session on **Digital Wellness** under the Orientation Programme of New UG Entrants from August 29 to August 31, 2025. The event, held at APJ Abdul Kalam Hall, VLTC, MNIT Jaipur.

The session was conducted by **Dr. Suprabha K. R.**, Associate Professor at the Department of Management Studies, NITK Surathkal, who has rich academic and research experience in management, finance, and student engagement.

During the workshop, students were encouraged to reflect on their mobile usage habits by categorizing the number of hours they spend on mobile phones—ranging from less than 1 hour, 2–4 hours, up to 7+ hours daily—and rating themselves on a scale of 0 to 5. Students also shared which apps they frequently use and discussed ways to leverage them in a more productive and meaningful manner.

An engaging activity was also conducted, where participants had to name the colour of the word displayed on the screen instead of reading the word itself (for example, the word "Orange" written in black). This



interactive exercise highlighted how digital distractions affect our focus and attention span.

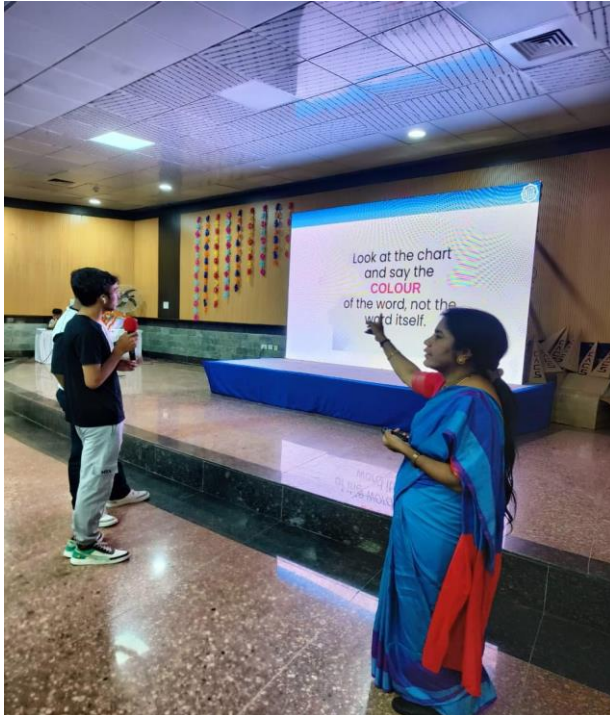


## 2. Significance

The “Digital Wellness” session was highly significant, especially in the current era where digital devices dominate daily life. The workshop emphasized the need for balanced screen time and mindful usage of mobile applications. By raising awareness, the program addressed a crucial concern impacting students across all age groups—digital overuse, reduced focus, and dependency on gadgets.



This initiative also aligned with MNIT Jaipur's vision of nurturing holistic student development, going beyond academics to build healthier digital lifestyles.



### 3. Objective

The main objectives of the Digital Wellness initiative were to raise awareness about the responsible use of digital devices and applications, while also encouraging students to track their mobile usage hours and reflect critically on their habits. The programme aimed to highlight the importance of using digital platforms productively—for learning, health, and creativity—rather than allowing them to become sources of distraction. Through interactive activities, it sought to improve students' focus and attention span, thereby making them more mindful of their

engagement with technology. More broadly, the initiative promoted the idea of digital well-being across all age groups by spreading awareness of the need to maintain a healthy balance in technology use.

#### **4. Speaker**

Dr. Suprabha K. R: An Associate Professor at the National Institute of Technology Karnataka (NITK), Surathkal, Dr. Suprabha has over nine years of academic and professional experience. She holds a Ph.D. from Visvesvaraya Technological University and an MBA from Mangalore University. With expertise in areas such as corporate finance, microfinance, and management of financial institutions, she has published research in reputed journals and won multiple Best Paper awards at international conferences. At the workshop, she shared her insights on digital wellness, guiding students on managing screen time, using mobile applications productively, and building healthier digital habits across all age groups.

#### **5. Outcome**

The learning outcomes of the Digital Wellness session included promoting awareness about healthy digital habits and encouraging students to reflect on their own patterns of device usage in order to take corrective steps where necessary. The session also provided practical

strategies for using technology in a more productive and mindful manner, ensuring that students could integrate digital tools into their academic and personal lives without compromising their well-being. Ultimately, the programme aimed to foster a sustainable culture of digital wellness on campus, enabling learners to maintain balance in their interaction with technology.









## **Mental Wellness Session (Discover Your X Factor)**

### **1. About the session**

The Wellness Club, an initiative of the Dean's Student Welfare Office (DSW) at Malaviya National Institute of Technology (MNIT) Jaipur, hosted a three-day session on Mental Wellness under the Orientation Programme of New UG Entrants from August 29 to August 31, 2025. The event, held at APJ Abdul Kalam Hall, VLTC, MNIT Jaipur, aimed to introduce the newly-formed Wellness Club and address critical aspects of student mental health.

The session was inaugurated by Dr. Ritika Mahajan, Wellness Coordinator at the DSW Office, and Ms. Arsi Dhariwal, a psychologist from the MNIT Dispensary.

Dr. Ritika Mahajan provided a comprehensive overview of the Wellness Club, detailing its purpose, the process for joining, and the roles and responsibilities of its members.

Following the introduction, Ms. Arsi Dhariwal conducted a psychological test in the form of a survey. The survey was specifically designed to gauge the mental state of new students as they began their college journey. The

overwhelming response saw students participating and filling out the form. The data collected from these responses will be used by the DSW office to make informed and impactful decisions regarding future initiatives focused on enhancing student mental wellness and providing necessary support.

This successful event marks a significant step for MNIT Jaipur in prioritizing the well-being of its student community.



## 2. Significance

The "Mental Wellness" session was significant for several reasons. It was the inaugural event for the newly formed **Wellness Club** at MNIT Jaipur, marking a proactive step by the institution's Dean of Student Welfare office to prioritize student well-being. By focusing on mental wellness, the program addressed a critical and often overlooked aspect of student life, especially for new entrants transitioning to college. The psychological survey conducted during the session was a key component, providing valuable data from our UG students. This information will be used to make informed, data-driven decisions to better support students' mental health. The program not only raised awareness but also established a foundational initiative aimed at creating a more supportive and mindful campus environment.

## 3. Objective

The main objective of the Mental Wellness initiative was to raise awareness and promote a culture of well-being among students at MNIT Jaipur. To achieve this, the programme introduced the newly-formed Wellness Club

as a dedicated resource for student support and engagement. It also sought to gauge the mental state of new entrants through a psychological survey, designed to better understand their needs and challenges. The data collected from this exercise aimed to inform future institutional decisions and facilitate the development of targeted, impactful interventions to address the mental health concerns of the student community.





#### **4. Speaker**

The session featured two speakers who are leaders in promoting student well-being at MNIT Jaipur.

**Dr. Ritika Mahajan:** Serving as the Coordinator for Wellness from the Dean of Student Welfare (DSW) office, Dr. Mahajan is also a faculty member in the Department of Management Studies. She is responsible for overseeing and managing all wellness activities initiated by the DSW office.

**Ms. Arsi Dhariwal:** A rehabilitation professional and counsellor, Ms. Dhariwal is licensed by the Rehabilitation Council of India (RCI). She works at the MNIT Dispensary in Jaipur, providing professional psychological support and guidance to students.



## Physical Wellness Session (Fit & Fabulous)

### 1. About the session



A three-day Wellness Programme on Physical Wellness titled “Fit and Fabulous” was organized by Malaviya National Institute of Technology (MNIT), Jaipur for B.Tech students from 29th to 31st August 2025 at APJ Abdul Kalam Hall, VLTC.

The programme was designed to spread awareness about healthy living and the importance of maintaining physical fitness among young learners.

The sessions were conducted by Dr. Kirti Jain, a distinguished health and nutrition expert. Dr. Jain addressed the students on the role of diet and

nutrition in sustaining physical wellness. She highlighted the significance of balanced meals, hydration, and mindful eating while cautioning against unhealthy food habits. Special focus was given to practical diet management in hostel life and aligning nutrition with the demanding schedules of B.Tech students.

The event was highly interactive, with enthusiastic participation from students who raised queries about dietary practices and lifestyle management. The session successfully motivated the students to embrace healthier choices in their daily routines.

The “Fit and Fabulous” wellness programme concluded on 31st August 2025, leaving the participants enriched with knowledge and inspired to adopt a more balanced and health- conscious lifestyle.





## **2. Significance**

Transitioning into college life can be overwhelming, often leading students to neglect their physical and mental well-being. This session was a timely and essential reminder of how nutrition, sleep, hydration, and stress management are interconnected and critical to overall health. By encouraging students to adopt healthy practices early, the session aimed to instill long-term habits that promote both academic success and personal growth.

## **3. Objective**

The main objectives of the session on Nutritional and Physical Wellness were to create awareness about the importance of physical fitness and proper nutrition, while also introducing students to the four foundational pillars of health—a balanced diet, quality sleep, adequate water intake, and effective stress management. The programme further aimed to promote Satvik Bhojan and the practice of mindful eating as sustainable lifestyle choices.

Additionally, it guided students in structuring a realistic daily routine and explained the concept of a “cheat meal,” highlighting how occasional indulgence can be balanced with a “complementary meal” to maintain overall well-being.

#### **4. Speaker**

Ms. Kirti Jain is a respected name in the field of dietetics and nutrition. Known for her holistic and practical approach to health, she brings years of experience in guiding individuals toward healthier lifestyles. Her focus on traditional Indian dietary wisdom, like Satvik eating, and emphasis on the mental-emotional benefits of good nutrition made the session especially impactful.

#### **5. Outcome**

The outcome of the Nutritional and Physical Wellness session was highly positive, with students leaving the programme feeling informed, motivated, and equipped with practical strategies to take better care of their health. The key takeaways included an understanding of the importance of incorporating protein-rich foods such as lentils, legumes, paneer, tofu, eggs, and dairy into daily meals, as well as the realisation that wellness encompasses not only physical health but also emotional and mental well-being. Students were encouraged to adopt realistic daily routines that prioritise balanced meals, hydration, quality sleep, and stress management. They also learned that occasional indulgence is acceptable when balanced with mindful eating habits, and many developed a renewed appreciation for traditional, clean eating practices rooted in Indian culture.



Overall, the session played a vital role in setting a positive and health-conscious tone for students as they embark on their academic journey. Dr. Kirti Jain's session was a thoughtful reminder that health is not a destination, but a daily practice. Her holistic approach and practical this inspired students to adopt a more balanced lifestyle- nurturing both the body and the mind. Her belief that "You are what you eat" truly resonated with the audience and set the positive tone for the journey ahead.



## Conclusion

The Wellness Camp 2025, organised from 29th to 31st August at MNIT Jaipur, proved to be a landmark initiative in fostering a culture of holistic development among new UG entrants. Through its four carefully designed sessions— Social Wellness, Digital Wellness, Mental Wellness, and Nutritional & Physical Wellness—the camp addressed the multifaceted nature of well-being and equipped students with both awareness and practical strategies for healthier living.



Each session added unique value: the Social Wellness session cultivated teamwork and interpersonal bonds; the Digital Wellness session encouraged mindful technology use; the Mental Wellness session inaugurated the Wellness Club and initiated dialogue on mental health; and the Nutritional & Physical Wellness session inspired students to adopt sustainable, health-conscious routines. Together, these experiences underscored the interconnectedness of social interaction, balanced digital engagement, emotional resilience, and physical vitality in shaping overall wellness.

The camp not only provided students with knowledge but also engaged them in reflective and interactive activities, ensuring long-term impact.

Most importantly, it set the foundation for a supportive campus environment where well-being is prioritised alongside academics. By instilling healthier habits early in their academic journey, MNIT Jaipur has taken a significant step toward nurturing empowered, balanced, and resilient individuals prepared to thrive both within and beyond the institute.













































