



# Maharaja Agrasen Institute of Management Studies

(A unit of Maharaja Agrasen Technical Education Society)

Affiliated to GGSIP University; Recognized u/s 2(f) of UGC

Recognized by Bar Council of India; ISO 9001:2015 Certified Institution

Maharaja Agrasen Chowk, Sector-22, Rohini, Delhi-110086, India

Phone Office: 8448186947, 8448186950 Website: [www.maims.ac.in](http://www.maims.ac.in)

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## Report

### One day workshop on “**Mental Wellbeing-Need of hour**”

#### **for Non-Teaching Staff**

September 14, 2021

The COVID-19 pandemic has had severe and far-reaching repercussions for health systems, economies and societies. Countless people have died, or lost their livelihoods, families and communities have been strained and separated, children and young people have missed out on learning and socializing, businesses have gone bankrupt and so on. As people grapple with these health, social and economic impacts, mental health has been widely affected. Plenty of us became more anxious; but for some COVID-19 has sparked or amplified much more serious mental health problems.

Amidst such crisis, Maharaja Agrasen Institute of Management Studies organized a workshop on “**Mental Wellbeing-Need of Hour?**” for its non-teaching staff members. The workshop was conducted on September 14, 2021 in the institute campus.

The workshop was conducted by Dr. Sumedha Dutta, Assistant Professor, Department of Business Administration. She highlighted that the COVID-19 pandemic, has made strengthening mental health systems more urgent all over the world. Various mindfulness activities were conducted during the workshop by Dr. Sumedha Dutta and Ms. Shweta Rastogi, Convener of the workshop. The staff members actively participated in this event and appreciated the resource person and convener for their time and patient listening to the concerns and fears of the participants.



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**MAHARAJA AGRASEN INSTITUTE OF MANAGEMENT STUDIES**  
*Presents*  
**WORKSHOP**  
On  
**Mental Being**  
NEED OF HOUR

**“IT'S REALLY NOT A BIG DEAL.”**

EVER WONDER WHY PEOPLE LIVING WITH MENTAL ILLNESS SUFFER IN SILENCE?

STOP THE STIGMA. LET'S TALK ABOUT MENTAL HEALTH.

September 14, 2021 | 10:00 AM  
9th Block Room No. 927

CONVENER  
MS. SHWETA RASTOGI  
(ASSISTANT PROFESSOR)  
DEPARTMENT OF BUSINESS ADMINISTRATION

RESOURCE PERSON  
DR. SUMEDHA DUTTA  
(ASSOCIATE PROFESSOR)  
DEPARTMENT OF BUSINESS ADMINISTRATION





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## CERTIFICATE

of Participation

proudly presented to

Mr. Pradeep Dalal



for the active participation in the workshop "Mental Wellbeing - The Need Of Hour" conducted by IQAC, Maharaja Agrasen Institute Of Management Studies on September 14, 2021.

PROF. (DR.) VIJAY KR. KHURANA  
IQAC Coordinator

PROF. (DR.) RAVI GUPTA  
Director

