



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

NAAC Accredited with Grade "A++"

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

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

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Name of the Event: OJASVI

Organizing Unit: Counselling Cell, MAIMS

Collaborating Unit/Name and Designation of Resource Persons: Avighna;

Ms. Dishitaa Bhardwaj and Ms. Yashikaa Agarwal (Counsellors)

Date of the Event: February 28, 2025

Location: Main Auditorium

Number of Students Participated: 150 approx

On February 28, 2025, the Counselling Cell of Maharaja Agrasen Institute of Management Studies (MAIMS) successfully organized OJASVI, a distinguished event dedicated to mental health awareness and **psychological well-being**. The event was conducted in collaboration with Avighna, featuring two esteemed counsellors, **Ms. Dishitaa Bhardwaj and Ms. Yashikaa Agarwal**, as the keynote speakers. The event witnessed an overwhelming participation of **approximately 150 students** representing various academic disciplines.



In a solemn and symbolic gesture, the distinguished speakers were felicitated with saplings, signifying growth, alongside mementos as tokens of appreciation for their invaluable contributions. Their esteemed presence significantly enriched the event, imparting profound knowledge and fostering an environment conducive to self-reflection and mental well-being.



The session commenced with an erudite address by Dr. Sangeeta Malik, who succinctly delineated the fundamental principles of psychological well-being and the diverse methodologies for its attainment. Following this, Dr. Deepa Kaushik expounded on the Marshmallow Theory, underscoring the necessity of alleviating psychological stress and mental pressures. She meticulously elaborated on various cognitive exercises and meditation techniques, equipping attendees with practical tools to navigate mental health challenges effectively.

A significant highlight of the event was the Sage Activity, designed to provide participants with an opportunity to unveil their latent talents, fostering interpersonal engagement and self-exploration. Additionally, a Compatibility Test was conducted, serving as an interactive exercise to encourage open communication and peer bonding among attendees.

As the event concluded, the distinguished guests and faculty coordinators were accorded due recognition and appreciation for their unwavering support and contributions. The event culminated on a highly successful note, fostering profound discussions and cultivating a culture of mental well-being among students. Through its meticulously structured sessions and engaging activities, OJASVI stood as a testament to the institute's commitment to mental health awareness and holistic student development, reinforcing MAIMS' dedication to fostering an intellectually and emotionally resilient academic community.