



## Maharaja Agrasen Institute of Management Studies

Affiliated to GGSIP University; NAAC A++ Accredited; 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 [www.maims.ac.in](http://www.maims.ac.in)



February 28<sup>th</sup>, 2025

### Report on “Psychological Wellbeing: Unleashing Your Inner Strength”

#### Academic Year 2024-25

The Counselling Cell of **MAIMS** successfully organized a one-day workshop titled “**Psychological Wellbeing: Unleashing Your Inner Strength**” on **28th February 2025**, from **9:30 AM to 3:30 PM** at **Room 927, 9th Block, MAIMS**. The event witnessed enthusiastic participation from students and faculty members across departments.

The aim of the workshop was to raise awareness on mental health and help participants understand the importance of psychological wellbeing in daily life. Through a series of interactive sessions, networking opportunities, and engaging activities, the event helped create a supportive environment for self-reflection and growth.

#### Event Details

<b>Event Title</b>	Psychological Wellbeing: Unleashing Your Inner Strength
<b>Organized by</b>	Counselling Cell, MAIMS
<b>Date</b>	28th February 2025
<b>Time</b>	9:30 AM to 3:30 PM
<b>Venue</b>	Room 927, 9th Block, MAIMS
<b>Target Audience</b>	Students of MAIMS and Faculty Members
<b>Organisers</b>	Dr. Sangeeta Malik, Dr. Deepa Kaushik & Dr. Anu Goyal
<b>Student Coordinator</b>	Abhinandan Bisht (President, Counselling Cell)

#### Workshop Highlights

- **✓ What is Psychological Health** – Understanding the basics of mental wellbeing.
- **✓ Importance of Psychological Wellbeing** – Why mental health is crucial for academic and personal success.
- **✓ Networking Opportunities** – Facilitating meaningful conversations and building support systems.
- **✓ Interactive Games and Sessions** – Encouraging self-reflection and positive mental practices in a fun and engaging way.

## Outcomes of the Event

- Participants developed a clearer understanding of **mental health and psychological wellbeing**.
- The event created a **safe and inclusive space** for sharing and discussion.
- Students reported an increase in **self-awareness** and motivation to adopt **healthier coping strategies**.
- The **interactive sessions** and activities were especially appreciated for being both informative and enjoyable.

The workshop was in alignment with the mission of MAIMS to promote **holistic development** and mental wellness among its students. The Counselling Cell received encouraging feedback and looks forward to organizing more such initiatives in the future.

## Faculty Conveners:

Dr. Sangeeta Malik, Professor, BBA dept, MAIMS

Dr. Deepa Kaushik, Associate Professor, BA LLB Department, MAIMS

Dr. Anu Goyal, Assistant professor, BBA dept, MAIMS





GPS Map Camera

Delhi, Delhi, India

P398+ch2, Pocket 5, Sector 22, Rohini, Delhi, Delhi 110086, India

Lat 28.718617° Long 77.066456°

28/02/2025 01:06 PM GMT +05:30

Google





