



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



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Maharaja Agrasen Chowk, Sector-22, Rohini, Delhi-110086, India
www.maims.ac.in

REPORT

Let It Out – A Pep Talk

Academic Year: 2026-2027

Name of the Event: Let It Out – A Pep Talk

Organizing Unit: Health Ease Society, MAIMS

Name and Designation of Resource Person: MAIMS Counsellors

Date of the Event: 30th September, 2026

Time of the Event: 1:45 P.M.

Venue: Seminar Hall, 9th Floor, 9th Block, MAIMS

Students Participated: 54

Health Ease Society of Maharaja Agrasen Institute of Management Studies organized an engaging and refreshing session titled “**Let It Out – A Pep Talk**” on **30th September, 2026**. Student Coordinators Keshav Poddar and Divyansh Goyal assisted with settling the students and ensuring smooth arrangements before the interaction began. **MAIMS Counsellors** introduced the session by explaining its purpose of creating a comfortable space where students could freely express their thoughts, emotions, and personal experiences. Ms Sneha, the anchor for the session further connected with the students through an interactive discussion on mental health, particularly focusing on hesitation that still surrounds conversations about emotional well-being in India. Students reflected on why people often hesitate to speak about their struggles due to fear of judgement, misunderstanding, or being made fun of. Several participants openly shared situations that had made them feel sad or emotionally affected, leading to an empathetic discussion on why someone’s feelings should never be laughed at or dismissed. Importance of self-love, accepting one’s emotions, and staying confident despite opinions or judgements from others was also highlighted.

As conversations became more open and comfortable, students listened to different perspectives and related them to their own experiences. Dr. Deepa Kaushik and Dr. Arpita Manchanda brought the session to a cheerful close with meaningful slogans, positive thoughts, and encouraging messages. Their words encouraged students to accept difficult phases instead of allowing them to overshadow moments of happiness and growth. A few uplifting quotes shared towards the end added warmth and optimism to the gathering. Students appeared happy and appreciative of the candid interaction, with the session concluding on a positive note that encouraged openness, self-acceptance, emotional understanding, and a healthier approach towards everyday challenges.





Delhi, Delhi, India 🇮🇳

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Lat 28.718357° Long 77.066217°

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