

Activity Report, Year: 2025 - 2026

DEPARTMENT/ COMMITTEE: Co-Curricular Committee

IQAC Document No: /1/25-26

Title of the Activity: Healthy-Mind			
COORDINATOR NAME	DAY & DATE : 15th – 17th October 2025	VENUE: Online	TIME: 3:30 PM – 8:15 PM
NUMBER OF PARTICIPANTS: 486	NATURE: ONLINE	TYPE OF ACTIVITY: Healthy Mind: Digital Art and Mental Wellbeing	
SCHEDULED/UN SCHEDULED	FUNDING SOURCE: Self-Sponsored, NGO, Industry, Exchanges, Others.		
AMOUNT:	CHIEF GUEST NAME (If any): Speakers: 1. Dr. Narendra Madhav Joshi 2. Shilpa Vivek		

Activity Details

TOPIC/ SUBJECT OF THE ACTIVITY	
OBJECTIVES	<ul style="list-style-type: none"> ● To expose students to the creative and technical process of Digital Mandala Art using both software and traditional methods. ● To help students understand the cultural, architectural, and spiritual significance of mandalas, particularly in the design and construction of Hindu temples. ● To strengthen students’ visual-thinking abilities, concentration, and appreciation for symmetry and geometric precision. ● To encourage students to explore how universal patterns reflect balance, harmony, and everyday life. ● To promote mental and emotional well-being by integrating art-based relaxation techniques. ● To equip students with practical stress-management tools and a deeper understanding of mental wellness.
METHODOLOGY	<p>Digital Art Component:</p> <ol style="list-style-type: none"> 1. Delivered demonstrations on digital art software and tools used for mandala creation. 2. Guided students in producing mandalas digitally as well as manually on paper. 3. Explained the mathematical and geometric principles behind mandala design.

	<p>4. Highlighted the cultural relevance of mandalas in Indian heritage, including how mandala geometry influences the architecture and layout of Hindu temples, such as:</p> <ul style="list-style-type: none"> ● temple floor plans based on mandala grids (e.g., <i>Vastu Purusha Mandala</i>) ● alignment of structural elements to symbolize cosmic order ● use of symmetry and sacred geometry in temple construction <p>5. Used visual presentations, architectural diagrams, and sample temple layouts to illustrate the connection between art and architecture.</p> <p>Mental Well-Being Component:</p> <ul style="list-style-type: none"> ● Conducted sessions on stress, its impact on student life, and the importance of self-care. ● Taught practical strategies like mindfulness, deep breathing, relaxation techniques, journaling, grounding exercises, and healthy lifestyle planning. ● Included interactive discussions, scenario-based learning, and reflective activities. ● Distributed self-assessment tools and mental well-being resources for continued practice.
OUTCOMES	<ul style="list-style-type: none"> ● Students gained technical proficiency in creating digital and traditional mandalas. ● Developed a deeper appreciation for the role of mandala geometry in Hindu temple architecture, enhancing cultural and historical awareness. ● Improved ability to concentrate, plan, and visualize geometric patterns. ● Recognized how art can function as a tool for emotional expression and mental relaxation. ● Students demonstrated better understanding of stress-management techniques and applied them effectively. ● Enhanced resilience, mindfulness, and ability to manage academic pressures. ● Fostered a more open and supportive environment around mental well-being on campus.

Documentation:

Pre-event Documents: (Approval & Planning)	1. Approval letter 2. Guest speaker invitation 3. Notice 4. Flyer 5. Pre-Registration list 5. Budget sanctioned (if any).
During event Documents (Event)	6. Signature Attendance of Participants: Countersignature by Guest and teacher in charge. 7. Geotagged photos with accurate event tagging. 8. Some small reels of essential parts of the program.
Post-event documents (Feedback & Reports)	9. Feedback & Feedback analysis. 10. Certificate of Appreciation. 11. Event Report 12. Annual Report mentioning activity.

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IQAC Document No: /1/25 -26	Attribute Name & No:	
DEPARTMENTAL FILE NO:	IQAC FILE NO:	

Name Of Teacher Coordinator & Signature with date	Name Of Head/ Committee In charge & Signature with date	IQAC COORDINATOR (SEAL & SIGNATURE) Date

