

Activity Report, Year: 2026- 2027

DEPARTMENT/ COMMITTEE: FYIC Bioanalytical Science

IQAC Document No:

Title of the Activity: ALUMINI MEET WITH CURRENT UG STUDENTS			
COORDINATOR NAME	DAY & DATE	VENUE	TIME
Dr Kavita Pandey	25/09/2026 Saturday	KHALSA COLLEGE Banquet Hall	11.30 AM TO 12.30 PM
NUMBER OF PARTICIPANTS 110	NATURE: INDOOR	TYPE OF ACTIVITY: ACADEMIC	
SCHEDULED	FUNDING SOURCE: N/A.		
AMOUNT: NIL	CHIEF GUEST NAME (If any): Mr. Viraf Mistry (Corporate trainer)		
TOPIC/SUBJECT OF THE ACTIVITY	MENTAL HEALTH TALK		
OBJECTIVES	- To create awareness among students about the importance of mental health and its role in maintaining overall well-being. - To help students understand the impact of stress, negative thoughts, emotional pressure, and personal challenges on mental health. - To promote positive thinking, self-awareness, emotional balance, and a healthy mindset among students. - To introduce students to simple relaxation, mindfulness, and positive visualization techniques that can be practiced in daily life. - To encourage students to express their feelings, communicate their concerns, and seek support from trusted individuals whenever required. - To reduce the stigma and hesitation associated with mental health issues and encourage students to treat mental health as an important part of overall health.		
METHODOLOGY	- The session was conducted through an interactive awareness talk by members of the Lions Clubs, focusing on mental health, emotional well-being, stress management, and positive thinking. - The speakers explained mental health concepts through simple real-life examples and everyday situations to make the topic easier for students to understand. - Students participated in a guided relaxation and positive visualization exercise, where they were asked to close their eyes, calm their minds, and focus on peaceful and positive thoughts. - During the exercise, students were encouraged to remember a good deed, a positive achievement, or a happy moment, and to experience the associated feeling of happiness and satisfaction. - Students were encouraged to smile and maintain positive thoughts before slowly opening their eyes, helping them experience a sense of calmness and positivity. - An interactive question-and-answer session was conducted, allowing students to ask questions, share their thoughts, and clarify their understanding of various mental health-related issues.		
OUTCOMES	- Students developed greater awareness and understanding of the importance of mental health and emotional well-being. - The session helped students recognize the importance of positive thinking and maintaining a peaceful state of mind during stressful situations.		

	- Students learned a simple relaxation and visualization technique that can be practiced whenever they feel stressed, anxious, or mentally overwhelmed. - The activity encouraged students to recall positive experiences and good actions, helping them understand the value of gratitude, happiness, and self-reflection. - The interactive discussion helped students become more comfortable talking about mental health concerns and seeking support when needed. - The workshop encouraged students to develop a more positive, balanced, and supportive attitude towards their own mental health and the mental health of others.
Pre-event Documents: (Approval & Planning)	N/A
During event Documents (Event)	None
Post-event documents (Feedback & Reports)	Report

IQAC Document No:	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
Dr. Kavita Pandey	Dr. Kavita Pandey	



