

THE LNM INSTITUTE OF INFORMATION TECHNOLOGY, JAIPUR**EVENT REPORT**

On

Embracing the New Life**A talk on Adolescence and Wellness****C-CELL LNMIIT**

1.	Nature of Activity	<u>Talk</u>
2.	Level:	<u>Official</u>
3.	Type of Event:	<u>Talk</u>
4.	Title of the Event:	Talk on Adolescence and Wellness
5.	Area of event:	Student Activity Center (SAC)
6.	Duration and Dates:	1 hour and 03/08/2023
7.	Mode:	In-Person (Offline)
8.	Organizing Team:	Counselling-Cell LNMIIT
9.	Sponsor/s:	NONE
10	No. of Resource Persons:	1
11	Contact details of Resource Person/s:	Dr Swati Ghate 9829210406
12	No. of Participants: (List To be attached)	49 (Volunteers) + 600 (Participants)
13	Objectives:	Exchange between Students
14	Brochure (Copy to be enclosed)	-
15	Brief Report:	Attached Below
16	Expenditure from the institute	
17	Expenditure from outside(if any)	
18	Geo-tagged photographs	-
19	Outcome: if any.	

3 August 2023
Coordinator)

Dr Usha Kanooje
Usha Kanooje
(Name and Signature of

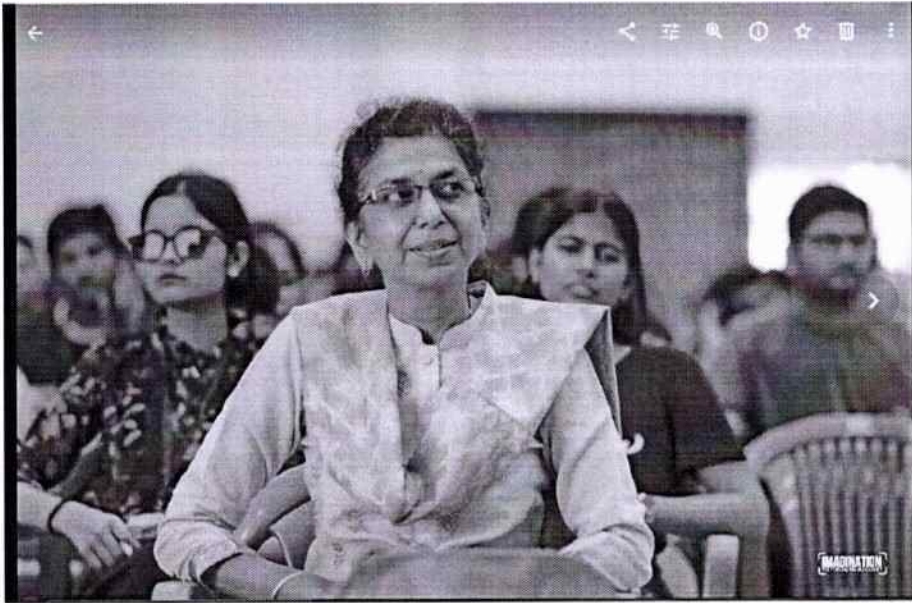
Report:

The batch of Y23 was addressed by Esteemed Prof. Swati, who delivered an inspiring speech, encouraging the incoming students to learn more about mental health.

She began by explaining the concept of stress, its physiological and psychological effects, and its prevalence among individuals, particularly students. Students were encouraged to identify their personal stressors and explore strategies that resonate with them. [Speaker's Name] discussed the unique challenges adolescents face in terms of identity formation, peer pressure, academic expectations, and emotional turbulence.

The speaker discussed how defense mechanisms often emerge as a response to stress and emotional challenges. She explained how these mechanisms can influence decision-making, relationships, and overall mental well-being. Students gained insights into recognizing the signs of unhealthy defense mechanisms and working towards healthier coping strategies. She highlighted the impact of mindset on academic performance.

The talk on mental health covered a wide spectrum of topics, providing attendees with a comprehensive understanding of stress management, adolescence, defense mechanisms, and the significance of mental well-being. Ms Ghate's expertise and engaging presentation style left a lasting impact, inspiring attendees to take proactive steps towards their mental health and contribute positively to their communities.



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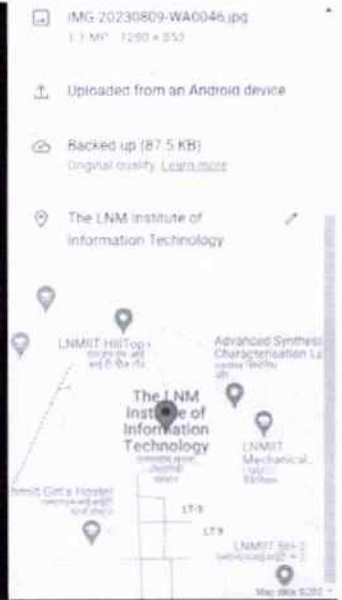
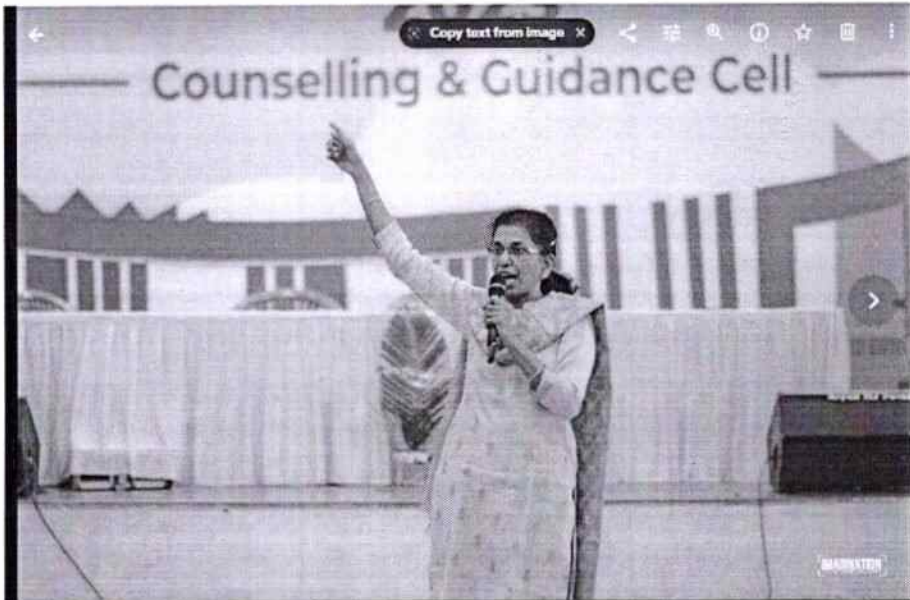
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CCell Members

Neev Nagvani	Madhav Nagpal
Prerna Sharma	Manan Verma
Vansh Mahajan	Nitya Jain
Aviral Jain	Parth Garg
Ritik Goyal	Radhika Jain

Saloni Jain	Radhika Garg
Diya Ghodasara	Siddhant Sharma
Devansh Jain	Suhani Gupta
Medhansh Sharma	Tanvi Bansal
Keshav Agarwal	Yug Agarwal
Priyanshu Jain	Paridhi Maheshwari
Pratiksha Prasad	Paridhi Jain
Palak Agarwal	Aishwarya Sanghi
Abde Kuvazar	Anusheel Srivastava
Anish Pande	Anwita Sarangi
Arya Singh	Arpit Joshi
Naman Agarwal	Arth Rastogi
Guneet Garg	Divya Dashotar
Atharva Gulajkar	Khushi Agrawal
Bhupesh Jha	Maitreyee Kulkarni
Harshita Sharma	Palak Kabra
Jhanvi Sankhla	Radhika Audichya
Riya Kachara	Shaily Chaturvedi
Sanidhya Baldwa	Abhinav Singh
Nemil Kamdar	