उद्यमेन हि सिध्यन्ति
कार्याणि न मनोरथैः

Maharaja Agrasen Institute of Technology, Delhi

EVENT REPORT

Date: 10th September 2026

Department	: Mechanical Engineering
Activity Category	: Workshop
Title of the Activity	: Mental Health and Stress Management: Understand. Manage. Grow.
Theme/Focus Area	: Self Introspection, Personal Well Being, Emotional Regulation

1. Basic Details

Date of Activity	: 10th September 2026
Day	: Thursday
Time	: 11:30 AM
Venue/Platform	: Maharaja Agrasen Institute of Technology, Delhi
Organised by	: Department of Mechanical Engineering
Activity Coordinator(s)	: Dr. Piu Jain
Number of Participants	:
• Students	: 50
• Faculty & Staff	: 5
• External Participants	: NA

2. Resource Person Details

Name	: Ms. Iknoor Kohli
Designation	: Head Therapist
Organization	: Ask a therapist
Area of Expertise	: Mental Health Counselling, Resilience Building, Work-Life Balance
Brief Profile	: Ms. Iknoor Kohli specializes in fostering psychological well-being through therapeutic interventions, stress management, and emotional resilience. Her work encompasses mental health advocacy, mindfulness, and holistic wellness, empowering individuals to navigate psychological challenges and cultivate emotional balance.

3. Objectives of the Activity

The session was planned to address the following objectives:

- **To promote personal and professional well-being by equipping students with effective stress management strategies and techniques to maintain a healthy work-life balance.**
- **To enhance emotional resilience and interpersonal skills by fostering self-awareness, healthy relationship-building, and practical coping mechanisms to navigate life's challenges effectively.**

4. Description of the Activity

Purpose of the event: The session aimed to encourage students to prioritize mental well-being, identify early signs of emotional exhaustion, develop a growth-oriented mindset, and strengthen decision-making abilities under pressure. It also sought to break the stigma surrounding mental health, promote help-seeking behaviour and foster a supportive and inclusive environment within the academic community.

Key Topics covered:

- Behavioural Categorization and Motivation for Personal Growth
- Sound-Based Relaxation and Mindfulness
- Overcoming Procrastination and Developing an Action-Oriented Mindset

Activities Conducted:

- Interactive session and presentation by the expert.
- Live demonstrations of effective body language and posture.
- Q&A sessions addressing specific student queries.

Interaction Highlights:

- Understanding action-oriented behaviour
- Personalized tips for overcoming anxiety.

5. Learning Outcomes / Impact

Skills gained:

- Improved self-awareness and emotional regulation.
- Enhanced stress management and relaxation techniques.
- Developed a proactive, action-oriented mindset.

Knowledge enhancement:

- Understanding behavioural patterns and motivation.
- Awareness of practical approaches to managing personal challenges.

Awareness created:

- Importance of mental well-being in everyday life.
- Need for maintaining a healthy personal and professional balance.

Confidence building:

- Encouraged students to overcome hesitation and take initiative.
- Promoted confidence in handling stress and everyday challenges.

6. Photographs & Documentation

- Geo-tagged photographs:











: Attached as Annexure

- **Attendance Sheet**

7. Feedback Summary

- Mode of feedback collection : Google Form
- Average rating : 5.0/5.0 (Excellent)
- Key feedback insights :

- Participants found the session highly motivating and practical.
- Tips on personal wellbeing and handling challenges were particularly appreciated

8. Challenges faced

The challenges which were faced were:

- High student participation made limited availability of suitable rooms to accommodate the session effectively.
- Inadequate Wi-Fi connectivity and equipment availability in the initially allocated room necessitated a venue change.

9. Recommendations / Future Scope

The following are the recommendations which can be included in future sessions:

- Incorporate more practical exercises, group discussions, and real-life scenarios.
- Allocate sufficient time for each activity and participant interaction.

10. Annexures

- Annexure I - Attendance Sheets
- Annexure II - Event Poster / Brochure
- Annexure III - Participant Feedback Summary

Report Prepared	By: Verified By:	Approved By:
Dr. Piu Jain	Dr. Vaibhav Jain	Prof. (Dr.) Vikram Bali
Faculty Coordinator	HoD, Dept. of ME	Director