



Malaviya National Institute of Technology Jaipur

Dean Student Welfare Office

“Awareness Session on Holistic Health & Well-Being”



About the Session

The Wellness Club, in collaboration with the Institute Dispensary, MNIT Jaipur organized an insightful session on “Promoting Holistic Health and Well-Being Among Adolescents and Young Adults” on 12 November 2025, from 4:00 PM to 6:00 PM, at Malaviya Sabhagar, MNIT Jaipur.

The session was conducted by Mr. Ravi Gupta, Consultant (HIV & Syphilis), UNICEF, who brings over 17 years of experience in the National AIDS Control Program. His talk focused on holistic health, preventive care, and the overall well-being of adolescents and young adults.

The event was conducted in the presence of Prof Kanupriya Sachdeva, Dean Student Welfare, Dr Dinesh Kumar, Coordinator, Dispensary and Dr Ritika Mahajan, Coordinator Wellness, along with other respected faculty members. Their presence added value to the session and reinforced the institute’s commitment to promoting health and well-being on campus. This initiative aimed to educate students, faculty, and staff on maintaining good health, understanding preventive measures, and adopting a balanced lifestyle.

Resource Person

Mr. Ravi Gupta serves as a Consultant with UNICEF, where he specializes in public health and youth wellness. He brings with him over 17 years of extensive professional experience in the planning, implementation, and evaluation of public health programmes at the national level. Throughout his career, Mr. Gupta has made significant contributions to the National AIDS Control Programme (NACP) in India, working on key initiatives related to HIV and Syphilis prevention among vulnerable and young populations. His expertise spans programme management, health system strengthening, and capacity-building interventions aimed at improving community health outcomes. His deep understanding of adolescent health issues, combined with his long-standing engagement in national health initiatives, positions him as an authoritative voice in the field of holistic youth wellness.

Sessions Highlights

Presentation and guidance: The session by *The Wellness Club* and *Institute Dispensary* on “Promoting Holistic Health and Well-Being among Adolescents and Young Adults” was led by Mr. Ravi Gupta from UNICEF. He discussed the five dimensions of health and the role of hormones like oxytocin, dopamine, adrenaline, and serotonin in shaping our emotions. The session highlighted the importance of mental health, recognizing depression and risk-taking behaviors, and breaking stigma around diseases like HIV and COVID-19. It encouraged students to practice empathy, kindness, and balance for true well-being. Following the presentation, this session encouraged students to apply holistic health practices in daily life by managing stress, staying socially connected, showing empathy, and maintaining emotional balance. It also emphasized breaking stigma and promoting awareness for a healthier society.



