



मालवीय राष्ट्रीय प्रौद्योगिकी संस्थान जयपुर (राष्ट्रीय महत्व का संस्थान)

**Malaviya National Institute of Technology Jaipur
Dean Student Welfare Office**



Orientation Program -Wellness Camp 2024

➤ About

The Wellness Club, DSW Office, MNIT Jaipur successfully organized a comprehensive Wellness Orientation Program for the new UG entrants from August 16 to 18, 2024, at Radha Krishnan Hall, VLTC. Each day, a fresh batch of 300 students actively participated, ensuring full engagement with the diverse sessions. The program was thoughtfully curated to offer an enriching experience that touched upon all crucial aspects of wellness – physical, mental, and social. The institute administration, in collaboration with the Wellness Club, successfully conducted the wellness orientation, equipping students with essential tools and insights for a balanced lifestyle as they begin their academic journey at MNIT.

➤ Visiting Team

The success of the program was supported by the distinguished guests, who led the sessions engagingly and interactively. Their valuable contributions helped guide the new entrants toward a better understanding of overall wellness, making the experience both informative and enjoyable.

The resource persons included:

1. Mr. Louis Manoj Ambrose
2. Ms. Kriti Jain
3. Ms. Tvishi Sharma



Mr. Louis Manoj Ambrose

Ms. Kriti Jain

Ms. Tvishi Sharma

1. Connect and Thrive



Led by Mr. Louis Manoj, the *"Connect and Thrive"* session featured a lively series of fun and engaging activities specifically designed to foster interaction, teamwork, and camaraderie among the new students. Mr. Louis skillfully conducted the activities, ensuring that every student actively participated and thoroughly enjoyed the experience. His dynamic approach helped create a welcoming atmosphere where students could break the ice and interact more freely with one another. As a result, the session not only promoted better communication but also strengthened the sense of connection and community among the participants, making it a memorable and highly successful event.

2. Fit and Fabulous



Ms. Kirti Jain, a renowned dietician and expert in the field of nutrition, conducted an insightful session titled "*Fit and Fabulous*" during the Orientation. In her session, she emphasized the critical importance of maintaining physical fitness for overall well-being. Ms. Jain elaborated on the three fundamental pillars that support a healthy body: a well-balanced diet, adequate and restorative sleep, and regular physical exercise. She highlighted how these elements work in harmony to promote not only physical health but also mental and emotional well-being, encouraging students to adopt these practices as part of their daily routine for a healthier and more balanced lifestyle.

3. Discovering Your X Factor



Ms. Tvishi Sharma, an expert in mental health, delivered an insightful session on the importance of mental well-being. She emphasized key aspects of mental health and guided students in recognizing symptoms of mental distress such as anxiety and stress.

Ms. Sharma also offered practical solutions, including maintaining a healthy diet, regular physical exercise, meditation, and mindfulness practices, to manage and improve mental health. Her session was both informative and empowering, equipping students with valuable tools to prioritize their mental well-being throughout their academic journey.