



NEW HORIZON COLLEGE OF ENGINEERING

Wellness In Action: A Mind Care Session

Report: On October 10, in celebration of World Mental Health Day, a wellness program was organized for faculty members at New Horizon College of Engineering and New Horizon College Marathahalli. This initiative was conducted by the Counselling Department in collaboration with the HR Department, aligning with this year's theme by the World Health Organization: "Prioritize Mental Health in the Workplace."

Program Details:

Date: 10-10-2024

Time: 3:30 PM - 4:40 PM

Location: Nirvana Hall, Bhagat Singh Block, New Horizon College

Under the guidance of: Dr. Anusuya Devi - HOD Counselling

Ms Manjula V - Executive Director HRD

Resource Persons: Srividya Anand, Prachi B, Anna Jogie and Sunishtha S

Participants: Staff members from NHCE and NHC

Activities Conducted:

1. Progressive Muscle Relaxation:

Participants engaged in guided sessions aimed at reducing physical tension and promoting relaxation. This technique involves systematically tensing and relaxing different muscle groups, fostering a deeper connection to their bodies and a reduction in stress levels.

2. Visualization Exercise:

Following the muscle relaxation, a visualization exercise was conducted where participants were encouraged to imagine themselves on a serene beach. This imaginative journey aimed to enhance their relaxation and provide a mental escape, helping them to focus on the sensory details of the beach environment, such as the sound of waves and the feel of the sand.

Outcome:

The session provided a much-needed respite for the faculty, allowing them to unwind and reflect on their mental well-being. Feedback indicated that participants found the experience both rejuvenating and insightful, fostering a greater awareness of the importance of mental health.

Refreshments: After the wellness session, refreshments were served to participants, providing an opportunity for informal interactions and discussions about the importance of mental health in their daily lives.

Communication:

A special message was distributed to all staff members on the occasion of World Mental Health Day, emphasizing the importance of self-care. The message reinforced that everyone deserves to prioritize their well-being and celebrate small victories in life to enhance overall happiness.

Conclusion:

The wellness program on World Mental Health Day successfully highlighted the significance of prioritizing mental health within educational environments. The active participation and positive feedback from faculty underscore the need for ongoing mental health initiatives in the workplace, contributing to a supportive and healthy work culture.

