



MBA and MCA Orientation Program – Mental Health and Well-being Session

Organized by: Department of Counselling

Date: 6th and 10th December 2024

Venue: Falconry Seminar Hall, Netaji Subhash Chandra Block, NHCE, Bangalore

Facilitator: Mrs. Srividya Anand (Sr. Student Counsellor) and Ms. Anna Jogie (Student Counsellor)

Target Audience: First-Year MBA Students and MCA Students

As part of the MBA Orientation Program, a dedicated session on mental health and well-being was conducted to help students navigate academic challenges while maintaining emotional resilience. Led by Mrs. Srividya Anand, the session emphasized balancing rigorous academic demands with self-care, stress management, and emotional intelligence.

The session began with a warm welcome, followed by an engaging ice-breaking activity to encourage student interaction. The facilitator outlined the purpose of the orientation, highlighting the importance of mental health and the role of counselling services in supporting students throughout their academic journey.

Key discussions included managing stress through effective time management, coping strategies, and self-care practices. Emotional Intelligence (EI) was also explored, emphasizing self-awareness, self-regulation, and empathy as crucial tools for personal and professional success. Additionally, students were introduced to the available counselling services, including individual, group, and family counselling, as well as online appointment scheduling and confidential support systems.

The session successfully reinforced the significance of mental well-being in academic and personal growth. Students were encouraged to proactively seek support when needed, ensuring they have the necessary tools to thrive in their MBA journey.

