



MANGALMAY INSTITUTE OF MANAGEMENT & TECHNOLOGY

(Approved by AICTE, New Delhi & Affiliated to AKTU, Lucknow)

Knowledge Park-II, Greater Noida (U.P.)



MANGALMAY
INSTITUTE OF MANAGEMENT AND TECHNOLOGY



Grievance Redressal Committee

Under The Aegis of

IQAC

Organises

Mental Health Program

~ PARTICIPANTS ~

Students, Teaching & Non-Teaching Staff

Coordinator : Dr. Himani Shonik

~Date~

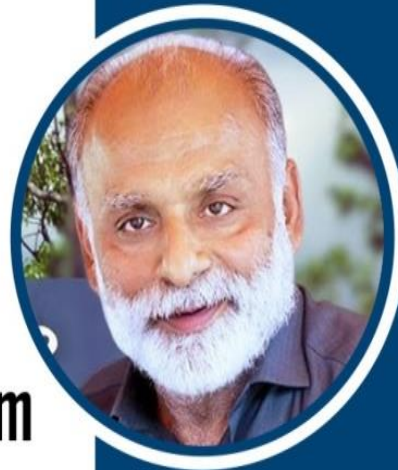
21 June 2024

~Venue~

Auditorium, B Block

~Timing~

2:00 PM - 5:00 PM



Resource Person

Mr. Rajesh Kumar

MAAsterG

Toll Free : 1800 103 3797 | www.mimt.org

Plot No. 8 & 9, Knowledge Park-II, Greater Noida, Delhi-NCR, India

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Date: 06-06-2024

NOTICE

Grievance Redressal Committee of Mangalmay Institute of Management & Technology, Greater Noida, under the aegis of IQAC is organizing a session on 'Mental Health' as per the following details:


Date: 21-06-2024

Time: 2:00 pm onwards

Venue: Auditorium, Block - B

Beneficiaries: MBA Students, Teaching and Non-Teaching Staff

Faculty Coordinator: Dr. Himani Shonik, Faculty MIMT


Dr. Ruchika Gupta
Director, MIMT


Dr. Himani Shonik
Head, GRC

Copy to:
Director Office
IQAC Director
HOD/Coordinators
Faculty members
Notice Board



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Report	
Name of Activity	A Session on Mental Health
Date	21 st June, 2024
Time	02:00 PM – 05:00 PM
Venue	MIMT Campus
Organized by	Grievance Redressal Committee, MIMT
Convener	Dr. Himani Shonik , Member Secretary, GRC
Beneficiaries	MBA Students
Objective	<p>The objective of the event organized by the Grievance Redressal Committee at Mangalmay Institute of Management and Technology was to address and enhance the mental health and well-being of MBA students. The program aimed to raise awareness about mental health issues and the importance of addressing them, provide practical advice and strategies for managing stress, and improve time management. It sought to encourage mindfulness and emotional stability by promoting practices that support mental clarity. Additionally, the event aimed to foster a sense of community among students by addressing common challenges and promoting supportive interactions. By enhancing students' listening and focus skills, the program intended to contribute to their personal and professional growth.</p>
Content	<p>Today, on June 21, 2024, the Grievance Redressal Committee of Mangalmay Institute of Management and Technology organized a mental health program for MBA students and faculty members. The event began with the lighting of the lamp and the felicitation of guests. The resource person for the event was MAASter G Shri Rajesh ji, a life coach whose lectures have positively transformed many lives.</p> <p>One of his team members, Retired Colonel Mr. Sandeep Singh, discussed how "Vani" internally cleanses the accumulated stress from the past years. He explained that the meaning of MAASter G signifies that attending Shri Rajesh ji's sessions leads to a rebirth, guiding individuals towards divinity.</p> <p>MAASter G then addressed the students, emphasizing that both happiness and sadness originate from our own minds. He explained that our thoughts are shaped by what we are told to think about. In today's world, people are increasingly engrossed in mobile phones and computers, which causes them to drift apart. He highlighted the importance of being a great listener, stating that when you listen with complete focus, your brain absorbs everything, enhancing your listening skills.</p> <p>Furthermore, he stressed that when you give your best effort, there is no competition that can stand against you. He also underscored the importance of time management, advising students to complete their work on time. He concluded the program by saying that happiness will come to those who</p>



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	<p>manage their time wisely, plan everything effectively, and establish a routine for their tasks. The event was well-coordinated by Dr. HimaniShonik.</p>
Outcome of Activity	<p>The outcome of the event was a heightened awareness among MBA students about the importance of mental health, practical strategies for managing stress, improved time management skills, and the adoption of mindfulness practices. Students felt more connected as a community, developed better listening and focus abilities, and were inspired to pursue personal growth and transformation, ultimately enhancing their overall well-being and academic performance.</p>



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Glimpse of EVENT



Retired Colonel Mr. Sandeep Singh, discussed how "Vani" internally cleanses the accumulated stress from the past years with MBA Students"



"Lamp lighting by dignitaries."



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"Students enlightened during the session"



"Dr. Harish Bhatia felicitate Mr. AyushMangal (Vice Chairman, MGI)"



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“Dr. Ruchika Gupta (Director MIMT) felicitate Retired Colonel Mr. Sandeep Singh”



“MAasterG addressed the students”



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Greater Noida, Uttar Pradesh, India

8, Knowledge Park 1 Knowledge Park 2 Rd, Knowledge Park II, Greater Noida, Uttar Pradesh 201310, India

Lat 28.4591°

Long 77.493563°

21/06/24 01:55 PM GMT +05:30

"Dr. Ayush Mangal (Vice chairman, MGI) felicitate MAAster G"

"




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BENEFICIARIES LIST

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List of Beneficiaries

Date: 21/11/2024

Name of the Activity: Mental Health Program

Activity Incharge/Coordinator: Dr. Himani Shrivastava

S. No.	Name	Class/Sec	Signature
39	ADARSH GUPTA	MBA - A	AS
40	HARSHIT MISHRA	"	HS
41	MANISHA SINGH	"	MS
42	VAISHNAVI RAI	"	VR
43	SHRISTI CHAURASIA	"	SC
44	VYOM SINGH	"	VS
45	GAURAV SINGH	"	GS
46	UDIT KUSHWAHA	"	UK
47	ARYAN PRATAP SINGH	"	APS
48	BHASKAR SHARMA	"	BS
49	SHIVAM SHARMA	"	SS
50	DIGVIJAY	"	DS
51	ALFIYA SIDDIQUI	"	AS
52	MANOJ CHAUHAN	"	MC
53	CHITIZ RAI	"	CR
54	VANSH SAINI	"	VS
55	ABHAY SINGH BAGHAEL	"	AS
56	ANKIT TALAN	"	AT
57	RAHUL GUPTA	"	RG



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List of Beneficiaries

Date: 21/06/2024

Name of the Activity: Mental Health Program

Activity Incharge/Coordinator: Dr. Himani Choudhary

S. No.	Name	Class/Sec	Signature
77	Anjali	C	[Signature]
78	Islika	C	[Signature]
79	Anju	C	[Signature]
80	Puneet	C	[Signature]
81	Shreya	C	[Signature]
82	Himanshu	C	[Signature]
83	Saurav Tiwari	C	[Signature]
84	Jai	C	[Signature]
85	Anjali	C	[Signature]
86	Chulham Singh	C	[Signature]
87	Noopur	C	[Signature]
88	Kajal	C	[Signature]
89	Nikhil Kumar Singh	C	[Signature]
90	Chirag	C	[Signature]
91	sooraj	C	[Signature]
92	Vishal Yadav	C	[Signature]
93	Vineet	C	[Signature]
94	saurabh	C	[Signature]
95	Chetvik	C	[Signature]
96	Satyendra	C	[Signature]
97	Ambika	"	[Signature]
98	Vishal	"	[Signature]
99	Gaurav Singh	"	[Signature]



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List of Beneficiaries

Date: 21/06/2024

Name of the Activity: Mental Health Program

Activity Incharge/Coordinator: Dr. Himani Sharma

S. No.	Name	Class/Sec	Signature
160	Ishita Kumari	MBA/E	Ishita
161	Anmol Tyagi	"	Anmol
162	Angali Gupta	"	Angali
163	Kajal	"	Kajal
164	Ashish Kumar Mishra	"	Ashish
165	Bhaskar Shukla	"	Bhaskar
166	Yaman Panchal	"	Yaman
167	Ishita Sharma	"	Ishita
168	Nidhi Singh	"	Nidhi
169	Harsh Bhatt	"	Harsh
170	Orayatri	"	Orayatri
171	Tushar Vashistha	"	Tushar
172	Sagar	"	Sagar
173	Ravinder Solanki	"	Ravinder
174	Lavanshi Bhandari	"	Lavanshi
175	Rishabh Nagar	"	Rishabh
176	Kamini Singh	"	Kamini
177	Vaibhav Omer	"	Vaibhav
178	Deepak Kumar	"	Deepak

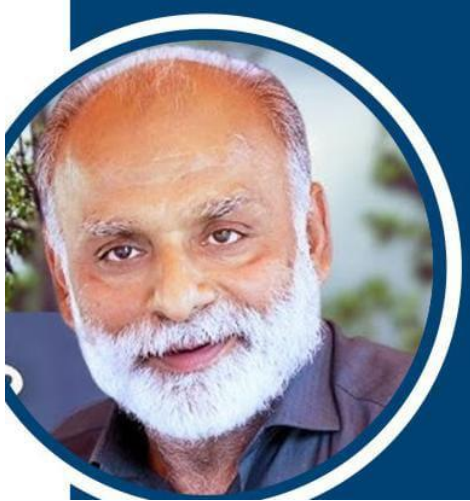


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Resource Person



MAAster G is a Mentor, Life Guide & Mental health Coach! His lectures and messages have improved the lives of millions of listeners from all walks of life. This includes members of armed & paramilitary forces and professionals from various streams like Medical Science, Information Technology, Management, Banking etc. Sixteen years ago, MAAsterG underwent life transforming experience, unlocking a state of perpetual peace and bliss.

This aspect of perpetual peace and bliss which is being talked about is not merely a conceptual understanding but an experiential reality for the speaker. Since then, MAAsterG has dedicatedly imparting his wisdom and understanding of life which is beyond the realms of religion, caste, creed, gender and the conventional norms of society in a simple and practical manner. MAAsterG has already conducted such interactive sessions at premier institutes like All India Institute of Medical Sciences, Maulana Azad Medical College, Maulana Azad Institute of Dental Sciences, Agricultural universities, Premier Schools, NCC, Institute of Chartered Accountants, Indian Chamber of Commerce, BSF, CRPF, Airforce Indian Institute of Scientific Education and Research and forums like Bar association for Lawyers.