

Annual Report of Wellness Centre Workshops and Events (2023-2024)

Over the past year (June 2023-July 2024), the Wellness Centre at Woxsen University has hosted a range of engaging and impactful workshops and events to foster emotional well-being, personal growth, and a sense of community. Here's a detailed overview of the initiatives:

June 2023

30th June - Heart Unlocked: Stress-Busting Event for Faculty

The Heart-Unlocked event was designed to provide a stress-free environment for faculty and staff. Through interactive games like office bingo and "Who Gets the Cup First," this session created a fun, relaxed atmosphere, celebrating the efforts of our hardworking team.







July 2023

13th & 14th July - Assertiveness Training for Security Staff

This initiative aimed to empower security personnel with skills to handle challenging interactions effectively. Role-plays were utilised to simulate real-life scenarios, fostering confidence and equipping them to navigate their roles more effectively.



31st July, August & September - Positive Mental Health through Emotional Intelligence Workshop

The first session of this series, led by Matt (Co-Founder of EQ4Peace), introduced students, faculty, and staff to the concept of "Positive Mental Health." With 60 participants, the workshop provided actionable strategies for managing thoughts, feelings, and behaviours.

Relevant links:

https://www.instagram.com/p/CvERaHmSr1M/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

https://www.instagram.com/p/CvPNyTUslIF/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==



 

The Power of #EQ!

Using your Emotional Intelligence (#EQ) to Succeed at Academics, Work, Family, & Career!

📅 31st October, 2023 (06:00 PM - 07:00 PM IST)

📍 zoom

Topics

1. Increase self-awareness
2. Become more accepting of self and others
3. Improve decision-making skills using both sides of your brain
4. Take wiser, more powerful actions

*Certificate of Attendance will be provided

Speaker



Matt Perelstein
Professor of Practice,
Woxsen University



August 2023

10th August - Walk with a Stranger

This event encouraged meaningful conversations among students by pairing them with strangers for a walk. It fostered new connections and was met with enthusiastic participation.

Relevant links:

https://www.instagram.com/p/CvweY36vi5P/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==





24th August - Human Library

This unique event featured “Human Books” who shared their personal stories. Designed to challenge stereotypes and promote empathy, it was a step towards making the Human Library a cherished Woxsen tradition.

Relevant links:

https://www.instagram.com/p/CwFSe0CPHGI/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==



September 2023

21st September - Heart-Unlocked: By the Bonfire

A stress-relief event for students, featuring music, singing, and a relaxed atmosphere by the bonfire. The evening was filled with joy and camaraderie. The event had over 80 students participating.

Relevant links:

https://www.instagram.com/p/CxcTLNLTWm6/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==





October 2023

10th October - World Mental Health Day

The day was marked by various activities, including a Zumba session, art therapy booths, and discussions on body image issues. These events aimed to spread awareness about mental health in a creative and engaging manner.

Relevant links:

https://www.instagram.com/p/CyNbsSXBkyJ/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

26th October - Workshop on Overcoming Procrastination

This workshop addressed the root causes of procrastination, offering practical time management techniques and strategies to enhance motivation and focus. Peer discussions added valuable shared insights.

Relevant links:

https://www.instagram.com/p/Cyz2NMEhl0g/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

November 2023

23rd November - Human Library

This second Human Library event saw participation from 40 students and faculty, strengthening the culture of empathy and understanding.

Relevant links:

https://www.instagram.com/p/C0Tp-Klp3NM/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

https://www.instagram.com/p/Cz5XrKfpeQJ/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==





25th November - Kanha Meditation Center Visit

In collaboration with the Sustainability Club, 40 students visited Kanha Shanti Vanam, where they practised heartfulness meditation and participated in a sustainability-focused workshop. Activities included tree valuation talks, seed ball planting, and a guided tour of the meditation centre.

Relevant links:

https://www.instagram.com/p/C0Rp6E9hr0c/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==







December 2023

16th December - Workshop on Preventing Burnout for School Teachers

Held at Karuna High School in Sangareddy, this workshop provided stress management and burnout prevention tools to 30 teachers, receiving excellent feedback from participants and the school management.

Relevant links:

https://www.instagram.com/p/C1BfoD8BbYA/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==







20th December - Reel Reflections: Movie Screening

A special screening of *Good Will Hunting* in collaboration with the Film Club explored themes of resilience and personal growth, sparking meaningful discussions among students.

29th December - Stargazing Night

Students enjoyed live music while mapping constellations, blending science and art in a serene night under the stars.

Relevant links:

https://www.instagram.com/p/C1xKwOcBQ68/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

https://www.instagram.com/p/C1YsSw5BR7G/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

January 2024

20th January - Kanha Shanti Vanam Visit

Another visit to the meditation centre allowed students to explore heartfulness practices and gain insights into sustainability.

Relevant links:

https://www.instagram.com/p/C2bytNgB7rG/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

23rd January - Open Mic: Share Unfiltered

This event provided a safe, supportive space for students to share poetry, anecdotes, stand-up comedy, and songs, fostering self-expression and creativity.

Relevant links:

https://www.instagram.com/p/C2MsTR5hwLn/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

https://www.instagram.com/p/C2csGynvNEO/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==







February 2024

8th February - Queer Affirmative Movie Screening

Aiming to normalize queer narratives and break stigmas, this event provided a safe platform for dialogue and awareness.

13th February - Social Sync

This activity and movement-based event featured fun games and music, encouraging students to connect and unwind in an energetic and lighthearted environment.

Relevant links:

https://www.instagram.com/p/C3ZzzWbyF0x/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==



July 2024

20th July - Workshop on Emotional Wellbeing for Sakhi and Childline Workers of Telangana

Wellness Centre had the opportunity to facilitate as part of the School of Law's ERS program, Kavach, an Integrative Training Workshop in Law & Psychology for social workers. This unique initiative provided us with the opportunity to conduct an Emotional Well-being session specifically designed for the dedicated Sakhi and Childline workers of Telangana.

To introduce emotions, we started with a "pass the ball" activity where the participants were asked to share what they were feeling and pass the imaginary ball to the next person. We spent time understanding emotions and the importance of acknowledging and holding space for them. This was followed by engaging in guided Progressive Muscle Relaxation (PMR) as a way to reduce somatic and cognitive anxiety. Participants then enthusiastically jumped into a creative expression activity that was meant to help them process and communicate emotions.

Through this workshop, we got to acknowledge and appreciate the frontline workers' efforts while providing them with tools to manage their emotional health.

One of the most touching moments for us was when a participant shared, "We've had so many sessions focusing on caregiving, and this was the first session where we got to learn how to care for ourselves." This feedback truly humbled us and highlighted the session's impact, emphasizing the need for self-care among caregivers.

Relevant links:

https://www.linkedin.com/posts/woxsen-student-wellness-cell_mentalhealth-emotionalwellbeing-woxsenuniversity-activity-7221430445224124416-GQAz?utm_source=share&utm_medium=member_desktop
https://www.instagram.com/p/C9wwvHWyJXZ/?utm_source=ig_web_copy_link&igsh=MzRIODBjNWFIZA==







Curated and Led by Ms. Dharshini Peddapalli (Counselling Psychologist, Head of Wellness Centre)