

MIND FIGENT

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1 YEAR ANNIVERSARY

#April 2022

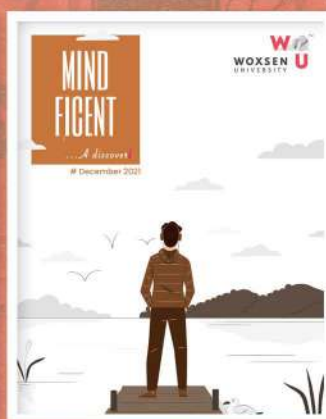
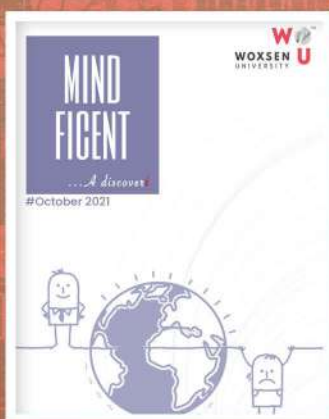
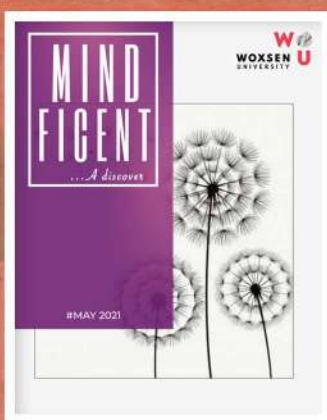
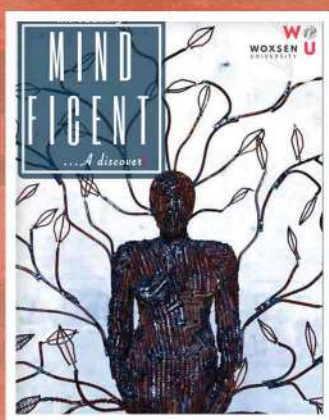


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The Journey

MindFigent is a portmanteau word, which means it is a blend of two words: Mind and Magnificent. It aims to create an awareness about mental health and wellness and showcase the various initiatives being driven by the Wellness cell.



2021



February

Establishment of the Student Wellness Cell

March

- Workshop on Gratitude towards Life
- Mental Health Awareness session for faculty

April

- Publication of the First MindFicent Journal

July

- Introducing the SWC's flagship initiative – “MindFicent Series”
- Session 1 – Building Resilience during the times of Adversity
- Appointment of the 1st ever batch of Community Service Volunteers

August

Community Service Volunteers trained for Identifying Mental Health concerns, Basic Counselling skills, Psychological First Aid & Suicide Prevention

September

MindFicent Series 2 - How to build a Positive Personality?

October

- Initiation of the Human Library Movement
- The Student Wellness Cell's 1st Annual event on the World Mental Health Day

November

Joining of the 2nd batch of Community Service Volunteers

December

- Gender Symposium
- Second Human Library event

2022

January

MindFicent Series 3 - Stress Management Program for Youth

February

Embarking on a Social Impact Project called the “Woxsen-Monmouth Elevate Program”

March

MindFicent Series 4 - Road to Recovery : Psychotherapy for All

Our Initiatives

1. MindFicent Series

It is a flagship initiative of the Student Wellness Cell to take care of young minds at Woxsen and inspire them to take ownership of their mental and emotional well-being. Esteemed mental health speakers are invited every alternate month to interact and connect with the students and staff at Woxsen.



2. Human Library

The human library is a movement that originally started in Copenhagen, Denmark and has reached Woxsen University. The initiative address people's prejudice by initiating a dialogue between real human stories and the readers. It's an opportunity for all students and staff to share their life stories and experiences with others. The stories shared might have the magic to motivate, encourage, build positivity, and help them to understand life from a different perspective.



3. Support group for Sexual Harm & Abuse

The Wellness Cell has created a confidential & safe space for students who have undergone or undergoing any kind of sexual harm and abuse to share their stories in an empathetic and non-judgemental environment. The support group will provide help, assistance, and group counselling to anyone in need.

On 19th Nov, a street play was organized by the Wellness Cell to observe 'Prevention of Child Abuse Day'. It raised awareness on sexual harm and abuse faced by children, adolescents, and adults across genders.

The play addressed the sensitive issue to empower students to take a stand for themselves and others and to reach out to the dedicated support group for students who are going through or have gone through any kind of sexual harm and abuse. The group is a confidential and safe space to talk about difficult things and it provides support, help, assistance, and group counselling for anyone in need.



4. Candid-Talks

One of the most loved initiatives of the Wellness Cell, Candid-Talks, is an initiative to reach out to all students individually and have a one-to-one conversation about Young Adult Life! The session had the following goals:

- A proactive step to building rapport with the students
- Increase the help-seeking attitude among them
- Understanding the challenges faced by the young adult population and their coping mechanism
- Prevalence of the use of substances
- Identify concerning behaviour among students (if any) and encourage them to seek counselling

5. Heart-Unlocked

An expansion of the much-loved Candid-Talks session, Heart-Unlocked is an initiative of the Community Service Volunteers to reach out to the Woxsen students and create a circle of support. The session has the following goals:

- A proactive step to building rapport with the students
- Increase the help-seeking attitude among them
- Identify concerning behaviour among students (if any) and encourage them to seek counselling



6. Woxsen-Monmouth Elevate Program

The Student Wellness Cell is implementing the Elevate program, which is a one-of-a-kind project, and the major objective of this program is to uplift the weaker sections of the society and teach the underprivileged students of Telangana.

Another step towards contributing to the society and help build a better future for children, the Woxsen-Monmouth Elevate Program initiated its activities with 200 plus children from the nearby areas of Kamkole, Buddha, Lingampally, Digwal, Kohir, Melasangam, Ibrahimpur, Sadasivpet, and Zaheerabad.

The elevate program aims to teach educational subjects apart from their regular school curriculum like English Language, Financial Literacy, Mathematics & Life Skills.



Towers of Powers



Mr. Vishal Khurma
CEO at Woxsen University

“It is absolutely a pleasure for me to be leading this function. I feel it gave me a new definition so to say, which involves showing what it takes to be more empathetic, what it takes to be more responsible as a leader when you are having more than 1200 plus students on the campus. A feeling of satisfaction is always there, so, you love that kind of a feeling, and that's what truly keeps me driving to lead this function.

I have been consistently watching for the last one year, how the Student Wellness Cell is progressing under the leadership of Shahnaz and the Community Service Volunteers who have been lending great help to her in driving the initiatives which have gone a long way and imprinted a mark on everybody involved with Woxsen, not only internally but with external stakeholders as well.”



Ms. Shahnaz Rahman
Psychology Counsellor & Head | Student Wellness Cell

“Heading the Student Wellness Cell has been the most intriguing experience of my career journey so far. Establishing a department from scratch requires a lot of hard work, dedication, and commitment which I am grateful to bring forth. I am also very fortunate to have a wonderful team of passionate volunteers who are continuously working alongside with me and helping the department grow at tremendous rate. The life-changing initiatives that we are driving together have created a tremendous impact on all the lives we have touched so far.

The Wellness Cell has a vision to normalise mental health among youth, be a catalyst of positive changes in society and achieve greater heights in future with its initiatives.”



Ms. Veena Sharma

DGM-Corporate Relations | Community Service Volunteer

“Being part of the Wellness cell is a mix of feelings of pride and honour. The sense of giving something back to society is so fulfilling. In the first year of their establishment, they did many activities like the Candid Talks, Human Library and Street Play. Kudos to Shahnaz and the team for the wonderful job that they are doing. I am sure they will come up with more such ideas in the coming year.”

Meet the Community Service Volunteers

Volunteers are an integral part of the Student Wellness Cell and are trained to provide peer counselling & support, refer students for further intervention and act as a protective factor for others. With their outreach activities, they equally promote mental health in the Woxsen Community and society at large.





Anika Raj (BBA-2023)

“Being part of the Student Wellness Cell has been like a fuel to my passion. Working on this magazine has helped me initiating conversations about various topics that are usually regarded as a taboo.”



Mariah Fernando (B.Des-2024)

“The Student Wellness Cell has given me a sense of belonging while making me more responsible.”



Amogh Jajee (MBA-2022)

“My time at the Student Wellness Cell was one of the most amazing experiences I had at Woxsen University because of the kind of impact that we make as volunteers and the culture within the cell. It feels great to take some time out of our busy schedules and give back to society. I'm proud to be a volunteer at the Student Wellness Cell.”



Aishwarya Jakkidi (MBA-2022)

“Community Service Volunteer - It's such a fancy word- is what I thought, but when I joined, I understood it comes with a great responsibility and accountability. After joining student wellness, I understood the importance of mental health and how much it is important to keep the people around you mentally well as well.

The human library event is one of my favourite events, where I got an opportunity to listen to different stories and learn from their mistakes. These 6 months journey of me as a Community Service Volunteer was a roller coaster ride yet an impactful one.”



Vishal K (MBA-2023)

"I can see the positive impact in my life. It's an honour to be a part of this team."



Apeksha Tallam (B.Des-2021)

"Since childhood I wanted to do something for the society & help people. The Wellness Cell gave me this opportunity. My experience in the Wellness Cell has been amazing. The working atmosphere is healthy, we learn things from each one of us. Honestly, working in the cell, working for people gives me inner peace. Knowing their problem, connecting with them. Overall, I have grown a lot personally, and I would like to continue to give my contribution in society in any way possible and wellness cell has given me an appropriate platform for the same."



Himanshu R Jain (MBA-2023)

"Being part of Student Wellness it made me more empathetic towards people around me and enhanced my communication skills."



Varshini Naidu (MBA-2023)

"The Student Wellness Cell helped me improve my self-confidence and interpersonal skills. With my team around, I'm always surrounded with positive vibes and have always spent my time productively."



Sri Kumar (B.Tech-2025)

“Being part of the student wellness cell has been a whole new experience for me, it makes me open up to people as well gives me a sense of gratitude towards my life but more that the best part is the community or the family that I got, and I feel so happy to be a part of this joyous group.”



Jai Kothari (MBA-2023)

“Since I joined the Student Wellness, I found a family I must say. We have done some great events and tried to bring a difference.”



Vijayalakshmi (B.Arch-2025)

“Being in the Wellness Cell has been a wonderful journey till now and would continue to be a part in this in future too.”



Durga Kandukuri (BBA-2023)

“Being a part of the Student Wellness Cell had been one of the most fulfilling experiences ever. I’m extremely humbled to have had the opportunity of serving both my peers and the society. It had been an eye opener on many levels and I look forward to many more such opportunities.”



Amiksha Akshantala (B.Des-2024)

“Being a part of Student Wellness Cell is a total new experience I could learn how to manage a team and how to complete a given task and I also made a lot of memories”



Diya Gupta (MBA-2023)

“The Wellness Cell is more than family. With the experiences and the love one gets. It’s something I can never forget!”



Samhitha Reddy (B.Arch-2025)

“The Wellness Cell is safe place for the students where they can be heard and supported throughout. And to be part of this amazing cell gives me positive vibes all along.”



Kevin Vincent (BBA-2023)

“Volunteering at Student Wellness Cell has personally brought me a lot of benefits. It helped me make friends, connect, and understand people, learn new skills, advance my career, and even feel happier and healthier helping others. Most importantly it helped me discover my potential to serve the community. Volunteering at Student Wellness Cell brings fun and fulfilment to your life”

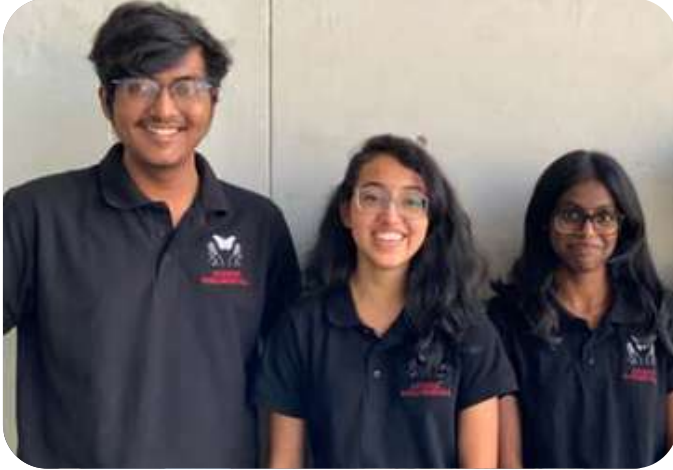
Therapy Stories

Did you know that the Student Wellness Cell has completed 250 individual counselling sessions, 200 Candid-talks sessions and 50 plus peer counselling sessions in one year? It is amazing to witness so many youngsters are prioritizing their mental health and actively seeking help.

This brings us to the newest dedicated section named 'Therapy Stories', where we will be sharing the experiences of Woxsen students, with due consent, who are undergoing or underwent therapy sessions at the Student Wellness Cell. We strongly believe that doing so will reduce the stigma towards seeking help, influence students' perceptions of therapy and encourage them to seek treatment in the future.



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