



मालवीय राष्ट्रीय प्रौद्योगिकी संस्थान जयपुर (राष्ट्रीय महत्व का संस्थान)

Malaviya National Institute of Technology Jaipur

Mind Matters



About:

On May 17, 2023, a wellness session titled "Mind Matters" was organized for the student participants of Yuva Sangam Phase II. These students, hailing from Odisha and visiting Rajasthan, were part of the Ek Bharat Shreshtha Bharat Initiative by the Ministry of Education. The session was held at MNIT Jaipur and was conducted in collaboration with the esteemed Art of Living Group. The primary objective of the session was to promote mental wellness and the cultivation of a positive mindset among the young participants.

**Purpose:**

The purpose of the Mind Matters is to:

- a) to learn about significance of yoga through scientific data
- b) to deepen their understanding of mental wellness and
- c) to highlight the importance of cultivating a positive mindset

Session Highlights:

- The session commenced with an engaging discussion on the significance of Yoga, a practice known for its holistic health benefits. This discussion was supported by compelling scientific data, providing the students with a deeper understanding of the tangible advantages of incorporating Yoga into their lives.
- "Mind Matters": The core theme of the session revolved around mental wellness. Various activities were designed to help participants deepen their understanding of mental well-being and the importance of maintaining a positive mindset.

- The session culminated with a meditation practice. Meditation is a powerful tool for achieving mental calmness, self-awareness, and emotional balance.

Key Takeaways:

Through the "Mind Matters" wellness session, the participants gained the following key takeaways:

- The value of being alert, focused, and in control of their minds.
- Insights into the benefits of Yoga and its positive impact on mental and physical health.
- A profound sense of self-awareness and the ability to manage stress effectively.
- A deeper understanding of the importance of maintaining a positive mindset in all aspects of life, including academics and personal growth.

Organized by: Malaviya National Institute of Technology (MNIT) Jaipur in collaboration with the Art of Living Group

Date: May 17, 2023

