



मालवीय राष्ट्रीय प्रौद्योगिकी संस्थान जयपुर

Malaviya National Institute of Technology Jaipur

## Mindful Living: Mental Wellness & Addiction Prevention Workshop



## About the Session

The Wellness Club organized a Special Workshop regarding: “Mindful Living: Mental Wellness & Addiction Prevention”, on January 24, 2024, Wednesday, from 5 p.m. to 6.30 p.m. at Neeti Sabhagar, MNIT Jaipur. It was conducted by the Dean Student Welfare Office under the “Nasha Mukt Bharat Abhiyaan” of Ministry of Social Justice and Empowerment. The intention was to spread the awareness among the students regarding drug and substance abuse and to inspire them to live healthy and holistic lives.

## Resource Person



Ms. Tvishi Sharma is a Clinical Psychologist, and Mental Health Advocate registered with the Rehabilitation Council of India and a lifetime member of the Indian Association of Clinical Psychologists. Her educational background includes an MPhil in Clinical Psychology, and she comprehensively understands various psychological domains. She is the Founder-Director of Sachetna Wellness in Jaipur, a centre dedicated to mental wellness offering online consultations, psychometric assessments, and personalized interventions such as therapy and counseling. Her experience extends to various roles, including Clinical Psychologist at Health Gennie, Psychological Counsellor at Mayo School, Ajmer, and she has valuable experience in various esteemed institutions, which include AIIMS Jodhpur, KEM Hospital Mumbai and SMS Hospital Jaipur.

## **Session Highlights**

The session began with Ms Tvishi Sharma sharing her valuable insights regarding the harmful effects of drugs. She discussed strategies for identifying early signs of mental health issues and addictive behaviour in preventing youth from becoming addicts by timely medical help and supervision. Furthermore, real-life stories were shared to illustrate the destructive nature of addiction and the importance of early intervention. She highlighted that one's moral obligation to society is to help end this menace.

## **Learning Outcomes**

The “Mindful Living: Mental Wellness & Addiction Prevention” session had a profound impact.

- Students gained knowledge about mental wellbeing, which includes complete emotional, psychological, and social well-being.
- Students learnt about mindfulness as a stress management tool and addiction prevention.
- Students understood the role of mental health challenges, which may directly impact and increase susceptibility to addiction.
- Students learned to recognize early indicators of addictive behaviour.

