

Report on World Mental Health Day Event

Event Title: The Art of Listening – Building Empathy through Communication

Date: 10th October 2025

Organized by: Wellness Club, Dean Student Welfare Office, Malaviya National Institute of Technology (MNIT) Jaipur

Venue: MALAVIYA SABHAGAR, MNIT JAIPUR

Time: 5:00 PM – 7:00 PM



1. Introduction

World Mental Health Day is observed globally on 10th October each year to raise awareness about mental well-being and encourage conversations that promote empathy and understanding. In alignment with this vision, the Wellness Club, Dean Student Welfare Office, MNIT Jaipur, organized a workshop titled “The Art of Listening” on 10 October 2025. The session aimed to help students and faculty recognize how effective listening can enhance emotional connection, reduce conflicts, and contribute to a mentally healthy environment.

2. Objective of the Event

The primary objectives of this event were:

- To promote awareness about the role of listening in mental health and interpersonal relationships.
- To educate participants about common communication traps that block empathy and emotional safety.
- To enhance listening and communication skills among students and staff.
- To encourage emotional intelligence and self-awareness as essential aspects of personal and professional development.

3. Session Overview

The session was led by Dr. Ritika Mahajan, Wellness Coordinator, DSW Office and an Assistant Professor in the Department of Management Studies (DMS), MNIT Jaipur. The workshop began with an opening address by members of the Wellness Club, followed by the main session led by Dr. Mahajan. She introduced the central theme — “The Art of Listening,” emphasizing how true listening requires emotional presence and patience. The discussion revolved around how habitual responses often interrupt or invalidate others’ emotions, weakening trust and understanding.

Dr. Mahajan highlighted five common communication traps that hinder empathy:

- a) Reassuring Too Quickly: Offering reassurance too soon can invalidate emotions. True empathy requires acknowledging feelings first.
- b) Explaining: Over-analyzing someone’s feelings can make them feel unheard. Presence is more powerful than reasoning.
- c) Sharing: Relating every experience back to oneself can steal focus from the speaker.
- d) Suggesting: Giving unsolicited advice may dismiss the speaker’s emotions.
- e) Questioning: Excessive questioning can feel like interrogation; open-ended curiosity works better.

4. Interactive Activities

Participants engaged in listening games, role-plays, and exercises that demonstrated the difference between hearing and listening. They practiced attentive listening, observing non-verbal cues, and reflecting on their experiences. These activities helped create awareness about how empathetic listening fosters trust and understanding.

5. Reflections and Discussions

After the activities, participants shared their experiences. Many realized they often interrupt or rush to advise, unintentionally blocking empathy. Dr. Mahajan guided the reflection by asking thought-provoking questions on how to make others feel emotionally safe and heard. The workshop saw active participation from nearly 80 students and faculty members. Feedback was highly positive, with attendees appreciating the relatable examples and interactive design. Many expressed interest in future sessions on emotional intelligence and stress management.

6. Learning Outcomes

- Enhanced self-awareness about personal listening habits.
- Improved empathy and emotional intelligence.
- Greater understanding of communication’s impact on mental health.
- Commitment to practicing mindful listening in all settings.

The “Art of Listening” workshop successfully achieved its goal of promoting empathy, mindfulness, and emotional connection within the MNIT community. It reinforced that listening is not merely a communication skill but an essential practice for mental wellness. The Wellness Club plans to continue organizing similar events to strengthen emotional resilience and holistic well-being across campus.