

**PRAVAAH**  
**THE WELLNESS CLUB**  
**OF**  
**INSTITUTE OF INNOVATION IN TECHNOLOGY &**  
**MANAGEMENT**

**YOUR GUIDE TO MENTAL  
WELL-BEING,  
MINDFULNESS, AND  
POSITIVITY.**



WELCOME TO OUR  
FIRST INTRODUCTORY  
ISSUE  
OF  
**PRAVAAH**  
THE WELNNES CLUB

Welcome to the very first edition of the PRAVAAH Newsletter! This introductory issue marks the beginning of our journey toward promoting mental and emotional well-being on campus. Inside, you'll find practical tips, mindfulness exercises, self-help strategies, and inspiring stories designed to support a balanced and positive lifestyle.



**DEAR READERS,**

WELCOME TO THE VERY FIRST EDITION OF THE PRAVAAH NEWSLETTER! WE ARE THRILLED TO LAUNCH THIS PLATFORM DEDICATED TO SUPPORTING YOUR MENTAL AND EMOTIONAL WELL-BEING. OUR GOAL IS TO PROVIDE YOU WITH PRACTICAL TOOLS, TIPS, AND RESOURCES THAT EMPOWER YOU TO MANAGE STRESS, CULTIVATE MINDFULNESS, AND EMBRACE A POSITIVE CAMPUS LIFE.

THIS INTRODUCTORY ISSUE IS DESIGNED TO BE YOUR GUIDE FROM SELF-HELP STRATEGIES AND MINDFULNESS EXERCISES TO INSPIRING STUDENT STORIES AND WELLNESS RESOURCES. WE HOPE THAT EACH PAGE ENCOURAGES REFLECTION, PROMOTES BALANCE, AND MOTIVATES YOU TO PRIORITIZE YOUR MENTAL HEALTH.

AS WE BEGIN THIS JOURNEY, WE INVITE YOU TO EXPLORE, ENGAGE, AND TAKE SMALL STEPS EVERY DAY TOWARD A HEALTHIER AND HAPPIER YOU. HERE'S TO NURTURING YOUR MIND, BODY, AND SPIRIT TOGETHER!

**- PRAVAAH THE WELLNESS CLUB TEAM**

# MINDFULNESS TIPS



## 1. DEEP BREATHING FOR CALM

TAKE 3-5 MINUTES EACH DAY TO FOCUS ON YOUR BREATH. INHALE DEEPLY THROUGH YOUR NOSE FOR 4 COUNTS, HOLD FOR 4 COUNTS, AND EXHALE SLOWLY THROUGH YOUR MOUTH FOR 6 COUNTS. THIS HELPS REDUCE STRESS AND REFOCUS YOUR MIND.

## 2. JOURNALING FOR EMOTIONAL CLARITY

SPEND A FEW MINUTES WRITING DOWN YOUR THOUGHTS, FEELINGS, OR WORRIES. JOURNALING HELPS YOU PROCESS EMOTIONS, GAIN PERSPECTIVE, AND IDENTIFY SOLUTIONS.



## 3. GRATITUDE PRACTICE

EVERY DAY, LIST 2-3 THINGS YOU'RE GRATEFUL FOR. FOCUSING ON POSITIVE ASPECTS OF YOUR LIFE CAN IMPROVE MOOD, RESILIENCE, AND OVERALL WELL-BEING.

## 4. POSITIVE AFFIRMATIONS

START YOUR DAY BY REPEATING 2-3 POSITIVE AFFIRMATIONS LIKE: "I AM CAPABLE," "I CAN HANDLE CHALLENGES," OR "I CHOOSE CALM TODAY." THIS SETS A POSITIVE TONE FOR THE DAY.



# TOOLS & RESOURCES CORNER

## HELPFUL WORKSHEETS & PRINTABLES

1. **THOUGHT DIARY (CBT):** CAPTURE STRESSFUL THOUGHTS AND REFRAME THEM.
2. **WEEKLY PLANNER:** SET STUDY GOALS, ONLY 3 PRIORITIES PER DAY.
3. **ANXIETY RELIEF SHEET:** BREATHING, GROUNDING, AND QUICK CALMING EXERCISES.

## CRISIS & SUPPORT CONTACTS

1. **COLLEGE COUNSELOR AVAILABILITY**
2. **PEER SUPPORT GROUP**
3. **24/7 HELPLINE RECOMMENDATIONS**

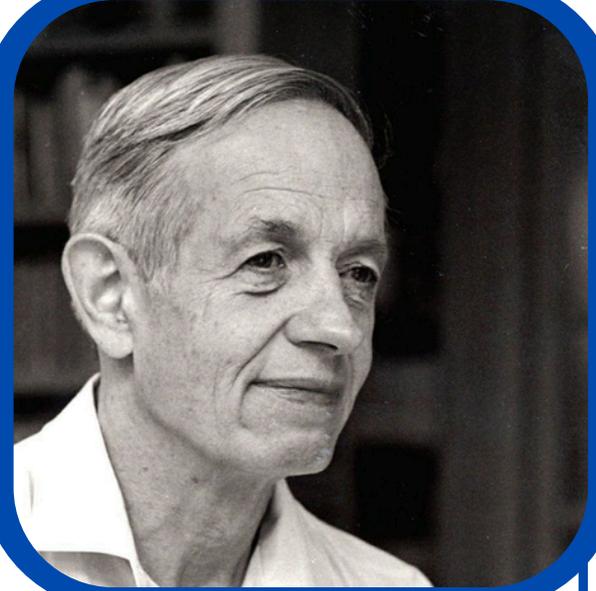
## THIS MONTH'S RECOMMENDED READS

1. **"ATOMIC HABITS"** – BUILD SMALL HABITS THAT REDUCE STRESS
2. **"THE HAPPINESS TRAP"** – ACT-BASED TOOLS FOR ANXIETY
3. **"MIND OVER MOOD"** – CBT WORKSHEETS FOR REAL-LIFE ISSUES



# The Inspiring Journey of

# JOHN NASH



**John Nash** a brilliant mathematician, is widely known for his groundbreaking work in game theory. But behind his genius was a journey marked by immense personal challenges.

Nash struggled with **Schizophrenia**, which made daily life, studies, and relationships extremely difficult at times.

Despite his mental health struggles, Nash never gave up on his passion for mathematics. With persistence, support from his loved ones, and treatment, he gradually regained control over his life and continued contributing to his field. His resilience eventually earned him the **Nobel Prize in Economics in 1994**.

Nash's story is a powerful reminder that **challenges do not define our potential**. With determination, self-care, and support, it is possible to overcome obstacles and achieve greatness

**“The only thing greater than the fear of failure is the courage to keep going” - John Nash**

# Student Spotlight

“THE MINDFULNESS TIPS ARE SUPER EASY TO FOLLOW AND REALLY HELP ME FOCUS DURING EXAMS.” – RIYA, 2ND YEAR, BBA

“THE TOOLS AND RESOURCES CORNER IS MY FAVORITE. THE APPS AND WORKSHEETS ARE SO PRACTICAL!” – SNEHA, 1ST YEAR, BCA

“ITRIED THE GRATITUDE JOURNALING EXERCISE, AND IT REALLY IMPROVED MY MOOD!” – AARAV, 3RD YEAR, BCOM

## THE MENTAL HEALTH STORIES BEHIND ICONIC ARTWORKS



**HOPE – GEORGE FREDERIC  
WATTS**

A BLINDFOLDED WOMAN PLAYS A LYRE WITH ONLY ONE REMAINING STRING.

**WHY IT INSPIRES:**

EVEN WHEN ALMOST EVERYTHING IS LOST, ONE SMALL STRING OF HOPE IS ENOUGH TO KEEP GOING. IT IS A REMINDER OF RESILIENCE, COURAGE, AND FINDING STRENGTH IN THE SMALLEST THINGS.

FORWARD.

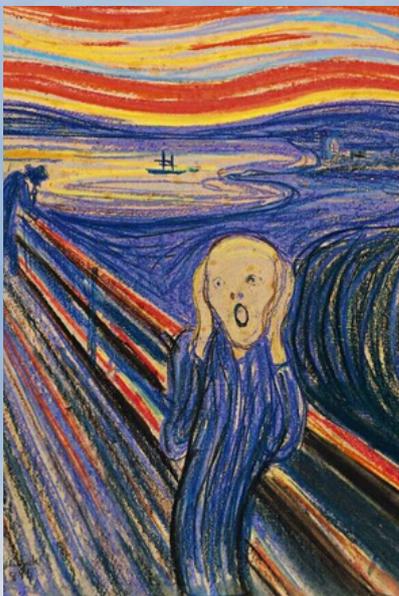
PAINTED DURING HIS STAY IN A MENTAL ASYLUM, THE SWIRLING SKY REFLECTS HOPE AND MOVEMENT EVEN IN EMOTIONAL TURMOIL.

**WHY IT INSPIRES:**

IT REMINDS US THAT EVEN IN OUR DARKEST MOMENTS, CREATIVITY AND EXPRESSION CAN BE POWERFUL PATHS TO HEALING.



**THE STARRY NIGHT – VINCENT VAN GOGH**



**THE SCREAM – EDVARD MUNCH**

MUNCH, WHO STRUGGLED WITH ANXIETY, PAINTED THIS DURING A MOMENT OF INTENSE EMOTIONAL OVERWHELM – “A SCREAM PASSING THROUGH NATURE.”

**WHY IT INSPIRES:**

IT SHOWS THAT EXPRESSING OUR INNER STRUGGLES CAN TRANSFORM PAIN INTO ART, HELPING OTHERS UNDERSTAND AND FEEL LESS ALONE.

# FUN & INTERACTIVE CORNER

## QUICK QUIZ: CHECK YOUR STRESS LEVEL

ANSWER HONESTLY WITH **YES/ NO**:

1. I OFTEN FEEL OVERWHELMED BY DEADLINES OR ASSIGNMENTS.
2. I FIND IT DIFFICULT TO CONCENTRATE WHEN STRESSED.
3. I HAVE TROUBLE SLEEPING DUE TO WORRIES.
4. I SKIP MEALS OR NEGLECT SELF-CARE WHEN BUSY.
5. I FEEL ANXIOUS OR TENSE FREQUENTLY.

### SCORING:

**0-1:** LOW STRESS—KEEP UP YOUR SELF-CARE HABITS!

**2-3 :** MODERATE STRESS —TRY DAILY MINDFULNESS AND RELAXATION BREAKS.

**4-5:** HIGH STRESS—CONSIDER TALKING TO A COUNSELOR OR USING STRUCTURED STRESS MANAGEMENT STRATEGIES.

# FAQ

**Q1: What is Pravaah The Wellness Club?**

**A: Pravaah the Wellness Club is our institution's mental health initiative, dedicated to promoting emotional wellbeing, mindfulness, and stress management among students and faculty.**

**Q2. Who Will Benefit From This Newsletter?**

**A2. It is for all students, staff, and anyone interested in improving their mental health and well-being.**

**Q3. How can I get support or more resources?**

**A3. Each edition includes self-help tips, tools, and contact details for professional guidance if needed.**

**Q4. What kind of topics will the newsletter cover?**

**A4. Topics include stress management, exam preparation strategies, mindfulness exercises, mental health awareness, inspirational stories, and practical self-help techniques.**

**Q5. Can I contribute to the newsletter?**

**A5. Yes! Students and staff can share ideas, tips, or experiences. Contributions can be sent to the newsletter coordinators.**

**Q6. Where can I access past editions?**

**A6. Past editions are available in the college library and on the college website, so you can refer to them anytime.**

# FAQ Contd.

**Q7. Is my privacy protected if I reach out for help?**

**A7. Absolutely. Any queries or support requests are kept confidential, following professional ethical guidelines.**

**Q8. Are there any interactive elements in the newsletter?**

**A8. Yes, some editions may include polls, quizzes, challenges, or printable worksheets for practical use.**

**Q9. How do I share the newsletter with others?**

**A9. The newsletter is available as a PDF file also, making it easy to share via email, WhatsApp, or any messaging platform.**

**Q10. What makes this newsletter different from other resources?**

**A10. It combines evidence-based mental health strategies with practical, student-friendly tools curated specifically for our campus community.**

**Q11. Is counseling available for students?**

**A11. Yes! Students can access the college counseling services for professional, confidential mental health support.**

**Q12. Who can I contact for mental health support?**

**A12. You can connect with the college counseling team, who provide confidential guidance and support for students.**

Help is a call away

## **PRAVAAH THE WELLNESS CLUB IS HERE FOR YOU!**

This is your safe space.

A place to breathe.

A place to reflect.

A place to grow.

Confidential Counseling Support

Scan the QR code to connect  
with the counselor.

Your details and conversations  
will remain private and safe.

