

THE WELLNESS CLUB

OF

INSTITUTE OF INNOVATION IN TECHNOLOGY & MANAGEMENT

**FROM NOW ON, I WILL
MAKE MY MENTAL
HEALTH MY PRIORITY**

In this newsletter you will find:
Latest workshops, free resources, and more.
Keep Reading!



WELCOME TO OUR
Monthly Newsletter

A safe space where minds breathe, emotions flow, and wellbeing is nurtured with warmth and care.

Pravaah means flow, a gentle reminder to keep moving, healing, and growing at your own pace.

Through mindful initiatives, supportive spaces, and compassionate guidance.

Pravaah Wellness walks with you on your journey toward balance, clarity, and emotional harmony.

You matter. Your story matters. Your wellbeing matters.

Let it flow.....

From Counselor's Desk

I have always believed that self-care and mental health are crucial aspects of overall well-being. Taking care of your mental health can positively impact various aspects of your life, including your emotional, psychological, and social well-being. I always advise patients that they must prioritize self-care in their lives.

One must recognize the importance of self-care in maintaining a healthy mind and body. One must understand that self-care is not selfish; it is necessary for your overall well-being. Always ensure you get enough sleep. Lack of sleep can have a significant impact on your mood and cognitive function. One must maintain a balanced and nutritious diet. What you eat can influence your energy levels and mood. Exercise has been linked to improved mental health. One must practice mindfulness and meditation to help manage stress and increase self-awareness. One must also set clear boundaries to avoid burnout. Balance work, social life, and personal time to avoid feeling overwhelmed.

Cultivate positive relationships with friends and family. Spend time with supportive and uplifting people. Seek social support when needed and share your feelings with trusted individuals. Engage in activities that bring you joy and relaxation. Don't hesitate to seek professional help if you're struggling with your mental health. Therapists, counsellors and mental health professionals can provide valuable support and guidance. Practice positive self-talk and challenge negative thoughts. Focus on gratitude and acknowledge positive aspects of your life. Develop effective stress management techniques, such as time management and problem-solving skills. Identify and address sources of stress in your life. Remember that everyone's self-care needs are unique, so it's essential to find what works best for you. Regularly assessing your mental health and adjusting your self-care routine accordingly is key to maintaining overall well-being. If you find it challenging to cope with stress or emotional difficulties, don't hesitate to seek professional help.

-MS. PREETI MEHRA



Our Latest Workshop

Pravaah Wellness successfully conducted a **Stress Management Workshop** led by **Maaster-G**, aimed at helping students cope with academic pressure and exam-related stress.

The session focused on:

- Mindful breathing for instant relaxation
- Grounding techniques to manage anxious thoughts
- Simple daily practices for emotional balance
- Tips to stay focused during exams



BREATHE

Up Coming Events

Guided Meditation Session
Free Mental Health Screening
Art for Healing Sessions
Peer Support Group Launch



Learn More

- 1. Why Zebras Don't Get Ulcers** – Robert M. Sapolsky
- 2. Unwinding Anxiety** – Judson Brewer
- 3. Burnout: The Secret to Unlocking the Stress Cycle** – Emily & Amelia Nagoski
- 4. Wherever You Go, There You Are** - Jon Kabat-Zinn

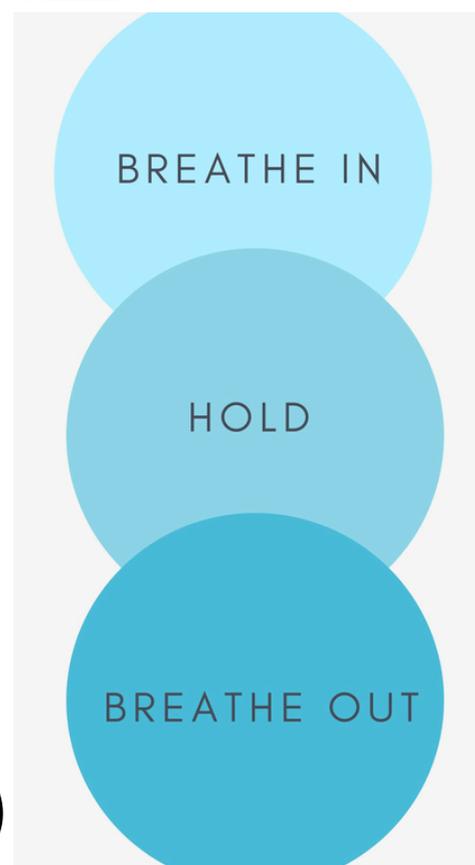
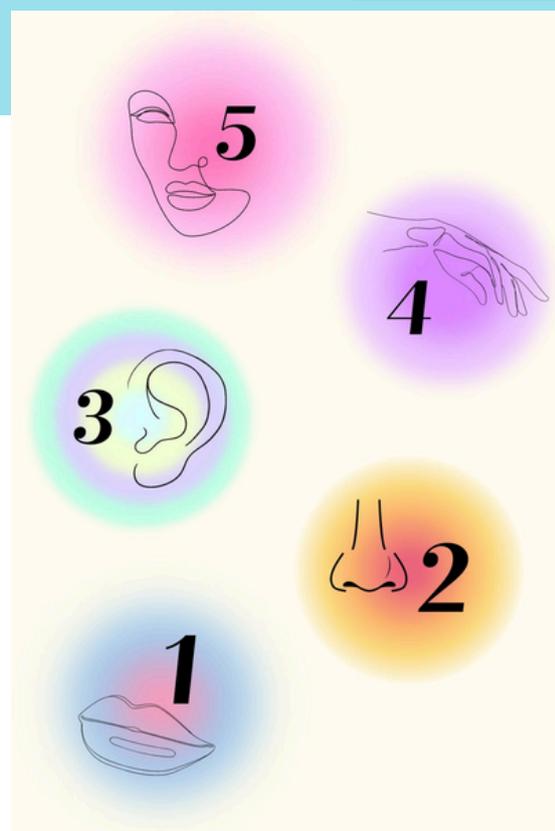
Mindful Minutes

BREATHE. PAUSE. BE PRESENT.

Even a few moments of mindfulness can reset your mind, reduce stress, and help you stay focused.

Quick Practices You Can Try:

- 2-Minute Breathing Reset – Inhale 4 → Hold 4 → Exhale 6 (repeat 5x)
- Grounding Exercise – Notice 5 things you see, 4 you feel, 3 you hear, 2 you smell, 1 you taste
- Mini Mindfulness Check – Observe your thoughts without judgment for 1–2 minutes



TIP

CONSISTENT SMALL PAUSES
THROUGHOUT THE DAY HELP IMPROVE
CALMNESS, FOCUS, AND CLARITY.

**“IN THE MIDDLE OF STRESS AND NOISE, CHOOSE A
MOMENT TO BREATHE.”**

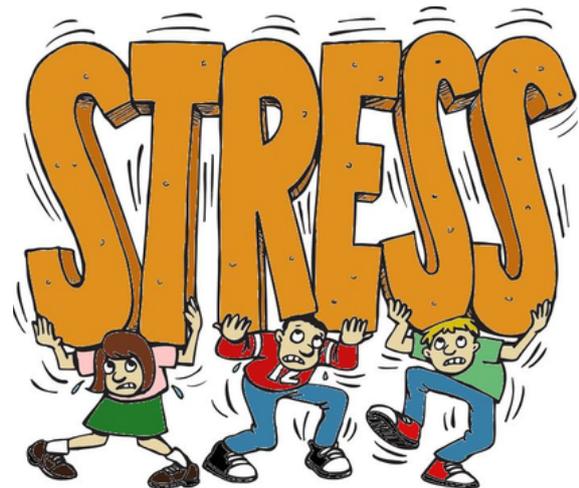
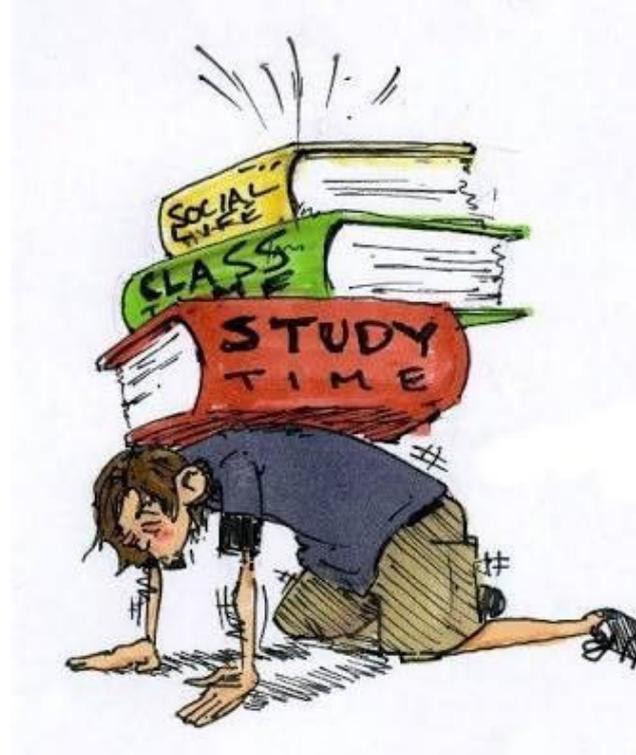
Self-Help Resources

FREE ONLINE COURSES

- Introduction to Stress Management – Alison (free)
- Practical Stress Management for Life & Work – Alison (free)
- Stress Management – Techniques for Coping – Alison (free)
- Great Learning Free Stress Management Course

APPS & TOOLS

- Insight Timer – Thousands of free guided meditations.
- PTSD Coach – Breathing exercises, grounding, and self-assessment tools.
- Mindfulness Coach – Structured mindfulness training.
- Littlebreak – Quick 3-minute stress resets.



EVEN DEDICATING 5-10 MINUTES A DAY TO SELF-HELP PRACTICES CAN IMPROVE FOCUS, REDUCE STRESS, AND BOOST EMOTIONAL WELLBEING.

A CASE STUDY

1



Surbhi a 16 year old girl, who loves to draw and play sports, has been preparing for her board exams. Has been studying day and night.

2

Recommended to take therapy by her family because has been feeling angry and isolates herself often to study and has stopped practicing her hobbies and meeting friends.



3

Surbhi during her session shared that she had not only been worrying about her exams but also about getting into a good college and making new friends. She looked it up on the internet and realized that she would have to spend long hours studying and nothing else. She also shared that on days she would forget to eat her meals and would not go down to meet her friends or practice her hobbies because she would feel guilty about doing so.

So many times she would have the book open in front of her for hours but would not be able to take in any information and would feel lost.



4

The therapist helped Surbhi in understanding the importance of mental health and self care. How it can impact our physical and social health.



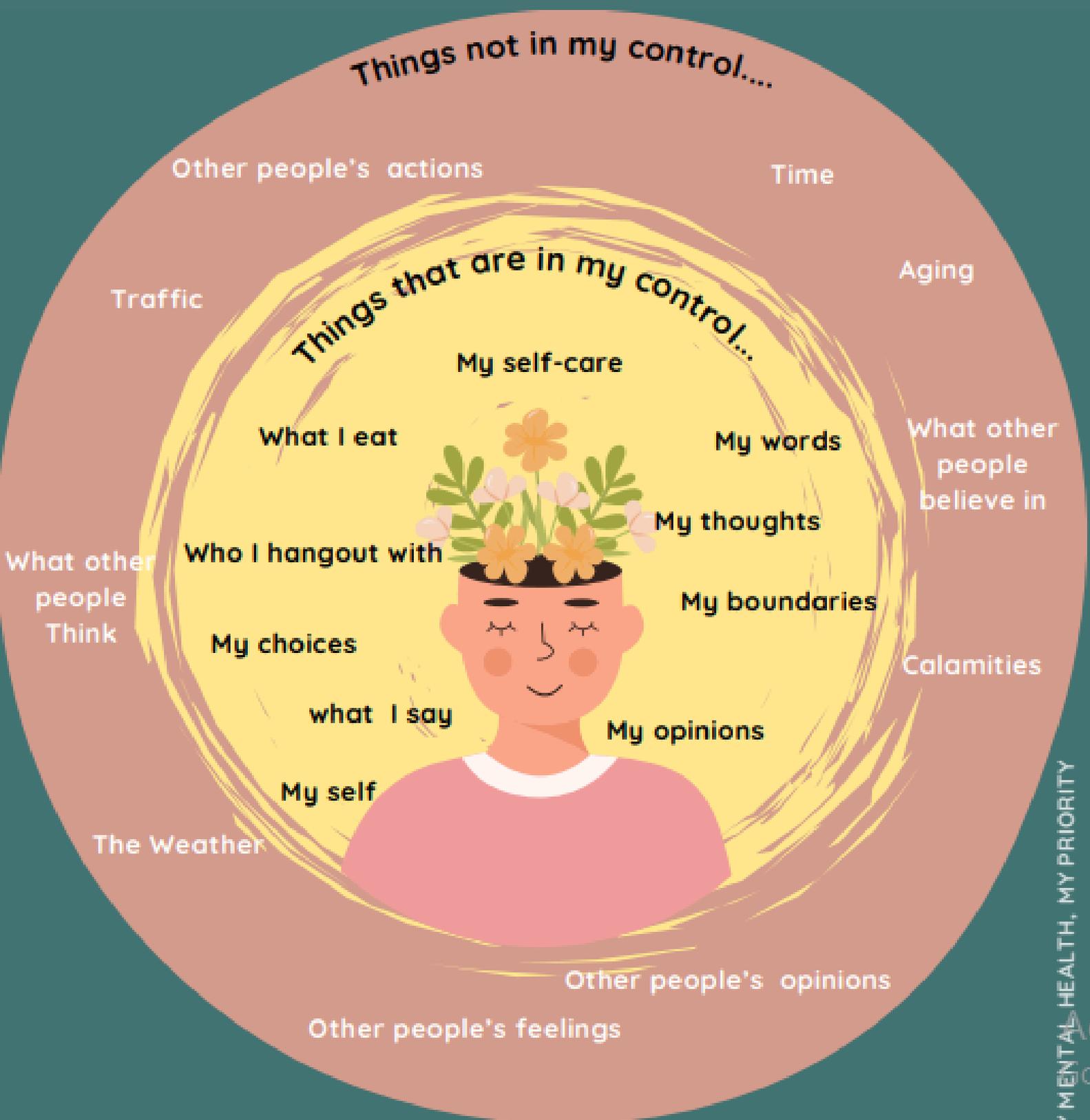
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With each session Surbhi started to feel much better because of sharing her thoughts and practicing self-care from the booklet that was shared by her therapist.



Circle of Control

We often tend to stress about a lot of things, which in turn can affect our mental and physical health. In times like these, we need to remind ourselves that are these things under our control or not



Student Spotlight

“Even a few minutes each day to pause and breathe has completely changed how I handle stress. Mindfulness isn’t about stopping life it’s about living it fully.”

Mindfulness taught me to observe my thoughts instead of reacting to them. It’s amazing how a few minutes of daily practice can change your mindset.”

YOUR SELF CARE BINGO

Strike off things that you might have done in the past

Power nap	Called a friend	Said NO	Called a friend to rant
Listen to music	Laughed loudly	Recalled past moments	Loudly sung a song
Played with pet animal	Doodled	Did nothing	Spent times with loved ones
Cooked	Set Boundaries	Exercised	Played board games

Self-care is often stigmatized as selfish, lazy, something that would take a lot of time or a luxury reserved only for the privileged. However, it is crucial for maintaining good mental, emotional, and physical health. Neglecting self-care can have negative consequences for us and the people around us.

FAQ

Q1: What is Pravaah Wellness?

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

Q2: How can I join workshops or sessions?

A: Workshops are announced via notice & poster. You can register online or scan the QR code provided in each announcement.

Q3: Are counseling services confidential?

A: Yes. All counseling sessions are strictly confidential. Your privacy and comfort are our top priorities.

Q4: Can I practice meditation if I have never done it before?

A: Absolutely! Our meditation and mindfulness sessions are beginner-friendly, and even a few minutes daily can help reduce stress.

Q5: Are the self-help resources free?

A: Many resources, including online courses, apps, and exercises, are free. Some recommended books may require purchase, but libraries often have copies available.

Q6: Who can I contact in case of urgent mental health concerns?

A: Reach out to the college Counselor at Basement faculty room.

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.

