

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

**A NEW**  
*beginning.....*

**2026**

# FROM THE DIRECTOR'S DESK: GEETA FOR EVERYDAY LIVING

## PEARL OF WISDOM

BHAGAVAD GITA - CHAPTER 6, VERSE 5

उद्धरेदात्मनाऽत्मानं नात्मानमवसादयेत्।  
आत्मैव ह्यात्मनो बन्धुरात्मैव रिपुरात्मनः॥

UDDHARED ĀTMANĀTMĀNAM NĀTMĀNAM AVASĀDAYET |  
ĀTMAIVA HY ĀTMANO BANDHUR ĀTMAIVA RIPUR ĀTMANAH ||

BHAGAVAD GITA (6.5) TEACHES THAT NO EXTERNAL FORCE TRULY CONTROLS OUR HAPPINESS OR SUFFERING; RATHER, IT IS OUR OWN INNER SELF THAT BECOMES OUR GREATEST FRIEND OR OUR STRONGEST ENEMY. ONE CAN UPLIFT ONESELF BY BECOMING ONE'S OWN FRIEND, OR DEGRADE ONESELF BY BECOMING ONE'S OWN ENEMY. THIS DEPENDS ENTIRELY ON HOW WE UNDERSTAND AND CONTROL OUR MIND. THE MIND BECOMES AN ENEMY WHEN WE OBEY HABITS, IMPULSES, AND DISTRACTIONS INSTEAD OF WISDOM AND AWARENESS. WHEN WE CHOOSE CALM UNDERSTANDING OVER EMOTIONAL REACTION, WE BECOME A TRUE FRIEND TO OURSELVES.

PARAMHANSA YOGANANDA EXPLAINS THAT KRISHNA IS NOT SPEAKING OF TWO DIFFERENT SELVES, BUT OF TWO CONDITIONS OF THE SAME SELF. THE MIND IS THE BATTLEFIELD WHERE THIS STRUGGLE TAKES PLACE. THE LOWER SELF IS THE EGO-BOUND MIND, DRIVEN BY DESIRE, RESTLESSNESS, AND THE SENSES, WHILE THE HIGHER SELF IS SOUL-CONSCIOUSNESS-CALM, INTUITIVE, AND ATTUNED TO THE DIVINE. IF WE NURTURE THE HIGHER SELF, THE VERY SAME MIND THAT BINDS A PERSON TO SUFFERING CAN ALSO LIBERATE THEM INTO PEACE AND INNER JOY. WHEN THE CONFLICT BETWEEN SENSE AND SOUL ENDS AND THE SOUL PREVAILS, A GENTLE, LOVING SELF-DISCIPLINE NATURALLY ELEVATES CONSCIOUSNESS.

THIS DOES NOT MEAN WE MUST CONSTANTLY FIGHT WITH OURSELVES OR STRIVE FOR PERFECTION. WHAT IS REQUIRED IS AWARENESS OF OUR THOUGHTS AND ACTIONS. MODERN POSITIVE PSYCHOLOGY ECHOES THIS WISDOM BY EXPLAINING THAT THOUGHTS INFLUENCE EMOTIONS, AND EMOTIONS SHAPE BEHAVIOR. FOR YOUNG STUDENTS, THIS TEACHING IS ESPECIALLY IMPORTANT. BY ENCOURAGING POSITIVE THOUGHTS, CONFIDENCE, AND SELF-DISCIPLINE-RATHER THAN FEAR, LAZINESS, OR SELF-DOUBT-THE MIND BECOMES A SOURCE OF STRENGTH. WHEN STUDENTS LEARN TO TRY AGAIN AFTER FAILURE, REMAIN CALM DURING EXAMINATIONS, AND FOCUS ON LEARNING INSTEAD OF COMPARISON, THE MIND SUPPORTS THEIR GROWTH.

THE FRIENDLY MIND HELPS MAKE WISE CHOICES, MANAGE DISTRACTIONS, AND BUILD SELF-BELIEF. THUS, THIS SLOKA REMINDS US THAT THROUGH SELF-CONTROL AND CLEAR THINKING, WE CAN UPLIFT OURSELVES-BECAUSE NO ONE UNDERSTANDS AND SUPPORTS US BETTER THAN OUR OWN WELL-TRAINED MIND.

### ONE-LINE TAKEAWAY:

THE GITĀ TEACHES THAT BY MASTERING OUR THOUGHTS AND CHOOSING AWARENESS OVER IMPULSE, OUR OWN MIND BECOMES OUR GREATEST FRIEND AND THE KEY TO PERSONAL GROWTH AND INNER STRENGTH.

# Highlights of the Month

## Our Latest Workshop

Pravaah The Wellness Club organised a Vision Board Activity for faculty, creating a reflective space to pause, realign, and envision the year ahead.

The activity provided faculty members with a structured platform to visualise their professional and personal aspirations for the year ahead. Through guided reflection and creative expression, participants enhanced clarity of purpose, motivation, and mindfulness, contributing to a positive work environment and holistic well-being.



## Up Coming Events

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

## NEW YEAR CELEBRATION



## Reminder

**SHARE YOUR STORY WITH PRAVAAH! LET YOUR VOICE INSPIRE!**

THE NEW YEAR CELEBRATION WAS ORGANIZED TO MARK THE BEGINNING OF THE YEAR IN A POSITIVE AND REFLECTIVE MANNER. THE EVENT AIMED TO PROMOTE EMOTIONAL WELL-BEING, ENCOURAGE MINDFULNESS, AND FOSTER A SENSE OF CONNECTION AMONG FACULTY AND STAFF..

# FOCUS OF THE MONTH

A new year is the perfect time for a mindful reset. Reflect on the past, set intentions, and focus on small, meaningful changes rather than rigid resolutions. Prioritize habits that support mental well-being, celebrate progress, and stay present. Remember, it's not about perfection, it's about progress and balance.

## WHY A MINDFUL RESET MATTERS:

1. Helps break the cycle of old, unproductive habits.
2. Encourages self-reflection and awareness of emotional patterns.
3. Supports realistic goal-setting instead of overwhelming resolutions.
4. Fosters balance between personal, professional, and social life.

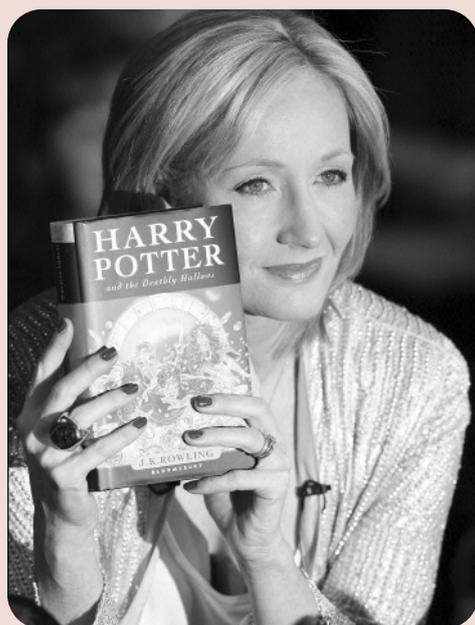
## PRACTICAL STEPS FOR A MINDFUL NEW YEAR RESET:

- **Reflect on the Past Year:** Identify what worked, what didn't, and what lessons you carry forward.
- **Set Intentions, Not Just Resolutions:** Focus on values and actions rather than rigid outcomes.
- **Start Small:** Incorporate simple changes into daily routines—like mindful breathing, journaling, or short walks.
- **Celebrate Progress:** Acknowledge even minor achievements to stay motivated.
- **Prioritize Well-being:** Ensure sleep, nutrition, and mental wellness are integral to your reset.

## VOICES THAT INSPIRE : LUMINARIES LENS WHEN RESOLUTIONS SPEAK



### J.K. ROWLING - FROM DEPRESSION TO GLOBAL SUCCESS



**Challenge:** Before the magical world of Harry Potter came to life, J.K. Rowling faced a period of deep personal struggle. She was a single mother living in Edinburgh, grappling with financial hardships, the pressures of raising her daughter alone, and a pervasive sense of **depression and self-doubt**. Her days were filled with uncertainty, loneliness, and the overwhelming weight of responsibility, making it hard to imagine a brighter future. At times, she questioned her abilities and wondered if she would ever achieve her dreams.

**New Year's Resolution:** As the New Year approached, Rowling made a quiet but powerful **resolution to dedicate herself to writing**. She promised herself that no matter the obstacles, she would commit to her craft and bring her imagination to life. Each day, she carved out time to write about the adventures of a young wizard named Harry Potter, even when money was tight, energy was low, or self-doubt threatened to derail her. Her resolution wasn't just about finishing a book; it was about **believing in herself and taking consistent steps forward**, one word at a time.

**Outcome:** Harry Potter became a **global phenomenon**, selling hundreds of millions of copies worldwide. Rowling also became a **mental health advocate** and **supports charitable causes**, **inspiring millions through her work and resilience**.

**Takeaway:** **Setting a clear goal and consistently working toward it, even in tough times, can create extraordinary outcomes.**

# THE WISDOM TREE

## RECALL & REVEAL

..... A Playful Memory Reflection Game .....

Our mind gently revisits memories –  
some joyful, some meaningful, some full of learning.

### → How to Play ←



Play in pairs



Friend, Parent, Anyone



5~10 minutes

“Accha batao...  
abhi main kaha hoon?”



If guessed right



Smile & share the moment



If guessed wrong



Share the memory  
that appeared

### What It Nourishes



Awareness of thoughts



Emotional expression



Gentle listening



Human connection

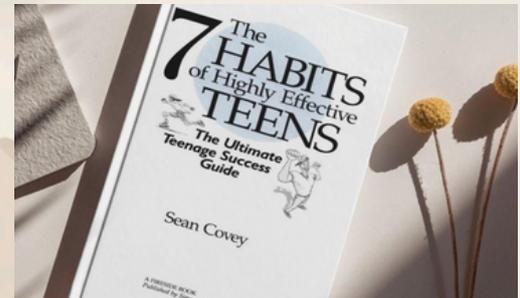
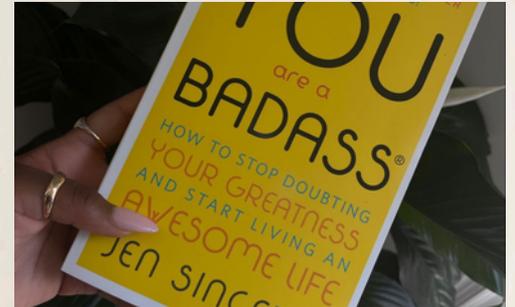
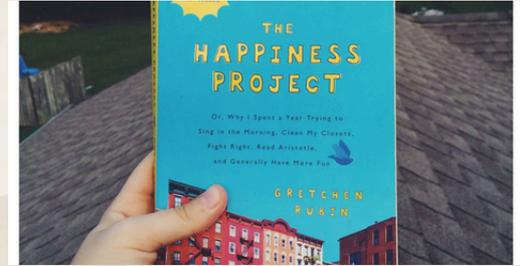
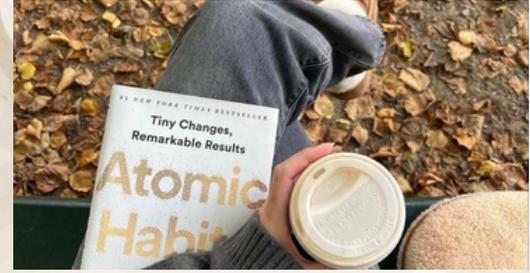
“Not all memories are meant to stay,  
but all memories have something to teach.”



## MINDFUL READS & REELS

### 1. Books

1. **Atomic Habits** by James Clear – Learn how small habits create lasting change.
2. **The Happiness Project** by Gretchen Rubin – Practical strategies to boost happiness and personal growth.
3. **You Are a Badass** by Jen Sincero – Motivation and mindset tools to overcome self-doubt.
4. **The 7 Habits of Highly Effective People** by Stephen R. Covey – Framework for personal and professional success.



### 2. Podcasts

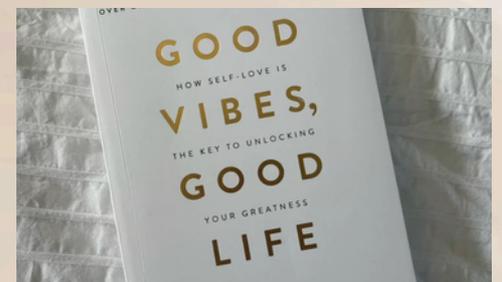
1. **The Happiness Lab** – Dr. Laurie Santos explores science-based strategies to improve happiness and well-being.
2. **The Mindful Kind** – Practical mindfulness tips for stress reduction and emotional wellness.
3. **The School of Greatness** – Lewis Howes interviews experts on personal development, resilience, and success.
4. **The Happiness Project Podcast** – Techniques to increase joy, productivity, and self-growth.
5. **Therapy Chat** – Discussions on mental health, coping strategies, and emotional intelligence.

#### Dr. Laurie Santos

Professor of Psychology at Yale University.

Host of **The Happiness Lab** podcast.

Creator of **The Science of Well-Being**.



# The RESEARCH HUB

The study “*Mental Health Generative AI is Safe, Promotes Social Health, and Reduces Depression and Anxiety: Real World Evidence from a Naturalistic Cohort*” investigates whether generative AI (GAI) chatbots can offer safe, engaging, and effective mental health support when used in everyday settings. Researchers enrolled adults who chose to interact with a specialized mental health chatbot from May to September 2025, collecting standard mental health measures at the start, every two weeks for six weeks, and at a final 10-week follow-up. Participants completed tests for depression (PHQ-9) and anxiety (GAD-7), as well as measures of social connection, hope, and support.

**Key findings:** It showed significant and sustained reductions in depression and anxiety scores, with improvements maintained through the 10-week follow-up. Users also reported enhancements in hopefulness, behavioral activation, social interaction, reduced loneliness, and perceived social support. Engagement with the chatbot was high, and those who used it more often tended to show better outcomes. The study also measured the working alliance, how understood and supported users felt which was comparable to therapeutic relationships in traditional care and predicted better results. Safety guardrails were effective at flagging risk, and all flagged conversations were managed appropriately.

Overall, this naturalistic observational study suggests that mental health GAI can be a promising, accessible, and safe tool in real-world use.

**Link to the paper:** <https://arxiv.org/abs/2511.11689>

- Ms.Akshita, Assistant Professor

# The Puzzle Corner

Can you spot all the hidden words in the box? Look carefully words can be forwards, backwards, or diagonal. Challenge your mind and celebrate the New Year with a fun brain exercise!

Z	G	B	Z	S	N	A	B	M
R	R	H	O	P	E	E	A	I
E	A	P	E	A	C	E	L	N
S	T	E	G	R	O	W	A	D
E	I	A	O	T	P	Y	N	F
T	T	C	L	O	V	E	C	U
H	U	E	A	D	P	D	E	L
P	D	B	S	A	G	O	A	L
A	E	H	A	Y	U	R	T	S

# January Edition: FAQ

**Q1. How can I set realistic New Year resolutions?**

**A: Focus on small, actionable steps instead of huge goals. Use the SMART method: Specific, Measurable, Achievable, Relevant, and Time-bound. Track progress weekly and celebrate small wins.**

**Q2. What if I fail to keep my resolutions?**

**A: Missing a step doesn't mean failure. Reflect, adjust, and continue. Consistency over perfection is key. Every day is a new opportunity to restart.**

**Q3. How can I prioritize mental health in the New Year?**

**A: Start with simple daily habits: mindfulness, journaling, adequate sleep, exercise, and connecting with loved ones. Seeking support from a counselor or therapist is also a healthy step.**

**Q4. How do I balance personal goals and professional or academic commitments?**

**A: Break larger goals into weekly or daily actions. Prioritize tasks, schedule short focused time blocks, and avoid multitasking to maintain efficiency and reduce stress.**

**Q5. Can small daily habits really make a difference?**

**A: Yes! Small, consistent actions compound over time to create meaningful change. Habits like daily reflection, hydration, movement, or learning can transform your year.**

**Q6. How do I stay motivated throughout the year?**

**A: Set realistic goals, track progress, and reward yourself for small achievements. Surround yourself with supportive people, and revisit your resolutions regularly to stay inspired.**

**Q7. How can I involve friends or family in my resolutions?**

**A: Share your goals, plan accountability check-ins, or create joint challenges. Supporting each other builds motivation and makes the journey enjoyable.**

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.

