NOIDA INSTITUTE OF ENGINEERING AND TECHNOLOGY, GREATER NOIDA

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**Jugnu (Mental Health Awareness)**

**Organized by**

**IEEE Student Branch STB60049987**

Date & Time                      : 10/10/2024 & 3:30 p.m – 5:00 p.m

Venue                                    : NIET plot 19

Topic/Title of the event         : Jugnu

Participating Department      : All

Faculty Coordinator : Dr. Manish Kaushik, Kanika Jindal, Ashish Kumar, Anuradha Singh

**Program/Activity Name: Jugnu**

**Organizing Teams: IEEE STUDENT CHAPTER NIET GR.NOIDA**

**Program Type: Awareness and Skill Development Program**

**Theme: Illuminate Minds, Empower Lives – Highlighting mental health as a crucial element of overall well-being.**

**Start Date: 10/10/2024**

**End Date: 10/10/2024**

**Timings: 3:30 p.m – 5:00 p.m**

**Venue: NIET Plot 19**

**Duration of activity: 1.5 hour**

**Number of faculty participants: 4**

**Number of student participants: 25**

**Objective: To spread awareness about mental health, reduce stigma around mental illnesses, and promote emotional well-being among students and faculty members of NIET. The program aims to encourage open discussions about mental health, equip participants with stress management techniques, and create a supportive community for mental health initiatives.**

**Resource Persons: Dr. Manish Kaushik, Kanika Jindal, Ashish Kumar, Anuradha Singh**

**About The Event: The event, "Jugnu," focused on illuminating the importance of mental health, akin to the glow of a firefly in darkness. It included the following activities:**

1. **Keynote Session: An expert psychologist or counselor delivered an insightful session on the significance of mental health and coping mechanisms for stress.**
2. **Interactive Workshops: Participants engaged in mindfulness and stress-relief techniques like guided meditation, journaling, and relaxation exercises.**
3. **Panel Discussion: Professionals and student representatives shared experiences and addressed myths and misconceptions about mental health.**
4. **Creative Engagement: Open mic storytelling, art therapy, and group discussions facilitated the free expression of thoughts and feelings.**

**The event is organized by the IEEE Student Chapter, NIET, and reflects the club’s commitment to fostering holistic development among students.**

**Outcome of the Event:**

* **Increased Awareness: Participants gained an understanding of mental health issues and strategies to manage stress and anxiety.**
* **Reduced Stigma: The event fostered a culture of openness, encouraging individuals to seek help without hesitation.**
* **Community Building: A supportive network for mental health discussions and interventions was initiated among the NIET community.**
* **Practical Knowledge: Students learned actionable techniques for maintaining emotional and psychological well-being.**

**Mapped with Program Outcome: The event directly contributed to the following program outcomes:**

1. **PO4:** Conduct investigations of complex problems – Participants explored the root causes and solutions for mental health challenges.
2. **PO6:** The engineer and society – Promoted awareness of the societal impact of mental health issues.
3. **PO10:** Communication – Enhanced communication by encouraging open dialogue and active participation.
4. **PO12:** Life-long learning – Inspired continuous self-awareness and mental health improvement practices.

**Click of the Event**

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