

COUNSELLING & WELL-BEING SECTION

Kiran Kalyani Akasapu
Counsellor
MPTP,NMIMS
Shirpur Campus

- **Initiative:** Conducted a training programme on “WORK-PLACE ETIQUETTES & MASTERING PROFESSIONAL BEHAVIOUR”.
- **Date:** 05-07-2024
- **Venue:** Seminar Hall-1
- **Beneficiary:** SPTM, Non-Teaching Staff
- **Impact & Remarks:** Workplace etiquette training enhances professionalism, communication, and respect among staff, leading to improved teamwork and reduced conflicts. It fosters a positive work environment and strengthens employee interactions.
- **Link for the event report:**
[https://svkmmumbaimy.sharepoint.com/:w:/r/personal/kiran_akasapu_nmims_edu/_layouts/15/Doc.aspx?sourcedoc=%7BC0B5D2B2-3315-46ED-BB7C-22FF166F3C88%7D&file=WORKSHOP%20REPORT\(1\).docx&action=default&mobileredirect=true&DefaultItemOpen=1](https://svkmmumbaimy.sharepoint.com/:w:/r/personal/kiran_akasapu_nmims_edu/_layouts/15/Doc.aspx?sourcedoc=%7BC0B5D2B2-3315-46ED-BB7C-22FF166F3C88%7D&file=WORKSHOP%20REPORT(1).docx&action=default&mobileredirect=true&DefaultItemOpen=1)



- **Initiative:** Conducted a workshop on “ WORK-LIFE BALANCE”
- **Date:**06-07-2024
- **Venue:** Seminar Hall-1
- **Beneficiary:** SPTM, Faculty
- **Impact & Remarks:** The Work-Life Balance workshop helped faculty manage stress, prioritize tasks, and set healthy boundaries between personal and professional life. This led to improved well-being, job satisfaction, and productivity.
- **Link for the event report:**
https://svkmmumbaimy.sharepoint.com/:w:/r/personal/kiran_ak_asapu_nmims_edu/_layouts/15/Doc.aspx?sourcedoc=%7BAE9CBFD7-7FD8-4CE0-948F-AB013208A3A3%7D&file=SPTM%20WORKSHOP%20REPORT.docx&action=default&mobileredirect=true



- **Initiative:** Conducted an Interactive session on “ CAMPUS LIFE- BEYOND THE BOOKS ” during orientation day at MPSTME

- **Date:**15-07-2024

- **Venue:** Auditorium

- **Beneficiary:**B.Tech & MBA Tech I Y

- **Impact & Remarks:** “Campus Life Beyond Books” encourages students to engage in extracurricular activities, build social connections, and develop life skills. It enriches the overall college experience, fostering personal growth, creativity, and a sense of community.

- **Link for the event report:**

https://svkmmumbaimy.sharepoint.com/:w:/r/personal/kiran_akasapu_nmims_edu/_layouts/15/Doc.aspx?sourcedoc=%7BB2A6DBA8-E5DF-4058-A946-BB51DA4C8700%7D&file=orientation%20session%20report.docx&action=default&mobileredirect=true



- **Initiative:** Conducted an Interactive session on “ CAMPUS LIFE- BEYOND THE BOOKS ” during orientation day at SPTM
- **Date:**19-07-2024
- **Venue:** Seminar
- **Beneficiary:**B. Pharm & B.Pharm MBA Tech I Y
- **Impact & Remarks:** “Campus Life Beyond Books” encourages students to engage in extracurricular activities, build social connections, and develop life skills. It enriches the overall college experience, fostering personal growth, creativity, and a sense of community.

- **Initiative:** Conducted an Interactive session on “ CAMPUS LIFE- BEYOND THE BOOKS “ during orientation day at SPTM
- **Date:** 26-07-2024
- **Venue:** Seminar
- **Beneficiary:** M. Pharm MBA Tech I Y
- **Impact & Remarks:** “Campus Life Beyond Books” encourages students to engage in extracurricular activities, build social connections, and develop life skills. It enriches the overall college experience, fostering personal growth, creativity, and a sense of community.

- **Initiative:** Conducted an Interactive session on “GIRLS’S SAFETY”

- **Date:** 27-07-2024
- **Venue:** Auditorium
- **Beneficiary:** Girl students
- **Impact & Remarks:**

A Session on Girls' Safety was conducted to empower female students with awareness, self-protection strategies, and knowledge of available support systems. It aimed to build confidence and ensure a safe, respectful campus environment.

- **Link for the event report:**

https://svkmmumbaimy.sharepoint.com/:w:/r/personal/kiran_ak_asapu_nmims_edu/_layouts/15/Doc.aspx?sourcedoc=%7B9338B2FF-671B-45D7-9FC9-58EE35E297E4%7D&file=Girls%20Interactive%20session%20report.docx&action=default&mobileredirect=true



- **Initiative:** Conducted a training programme on “WORK-PLACE ETIQUETTES & MASTERING PROFESSIONAL BEHAVIOUR”.
- **Date:** 14-09-2024 & 14-10-2024
- **Venue:** Seminar Hall-1
- **Beneficiary:** Hostel & Sports Staff
- **Impact & Remarks:**
 - Workplace etiquette training enhances professionalism, communication, and respect among staff, leading to improved teamwork and reduced conflicts. It fosters a positive work environment and strengthens employee interactions.
- **Link for the event report:**
 - https://svkmmumbaimy.sharepoint.com/:w:/r/personal/kiran_akasapu_nmims_edu/_layouts/15/Doc.aspx?sourcedoc=%7B65A91EC0-2567-4308-86A1-0B1202581ED5%7D&file=training%20report.docx&action=default&mobileredirect=true



- **Initiative:** Conducted an Interactive session on “THE ART OF SAYING NO..HANDLING PEER PRESSURE WITH CONFIDENCE” at SPTM

- **Date:** 21-09-2024
- **Venue:** Auditorium
- **Beneficiary:** B. Pharm & B.Pharm MBA Tech I Y

- **Impact & Remarks:**

The Art of Saying No session equipped students with practical strategies to recognize and resist peer pressure confidently. It focused on assertive communication, self-awareness, and decision-making to promote healthy boundaries and personal integrity.

- **Link for the event report:**

https://svkmmumbaimy.sharepoint.com/:w:/r/personal/kiran_akasap_u_nmims_edu/_layouts/15/Doc.aspx?sourcedoc=%7B83E5FA22-C7D64B0F90C80A1A11A886D8%7D&file=INTERACTIVE%20SESSION%20REPORT%20ON%20PEER%20PRESSURE.docx&action=default&mobileredirect=true



- **Initiative:** Conducted an Interactive session on “THE ART OF SAYING NO..HANDLING PEER PRESSURE WITH CONFIDENCE” at MPSTME

- **Date:** 30-09-2024

- **Venue:** Seminar Hall

- **Beneficiary:** B.Tech IY

- **Impact & Remarks:**

The Art of Saying No session equipped students with practical strategies to recognize and resist peer pressure confidently. It focused on assertive communication, self-awareness, and decision-making to promote healthy boundaries and personal integrity.

- **Link for the event report:**

https://svkmmumbaimy.sharepoint.com/:w:/r/personal/kiran_akasapu_n_mims_edu/_layouts/15/Doc.aspx?sourcedoc=%7B622FCF24-DCE2-43C2A04E41443960278C%7D&file=INTERACTIVE%20SESSION%20REPORT%20ON%20PEER%20PRESSURE%201.docx&action=default&mobileredirect=true



- **Initiative:** Conducted an Interactive session on “THE ART OF SAYING NO..HANDLING PEER PRESSURE WITH CONFIDENCE” at MPSTME

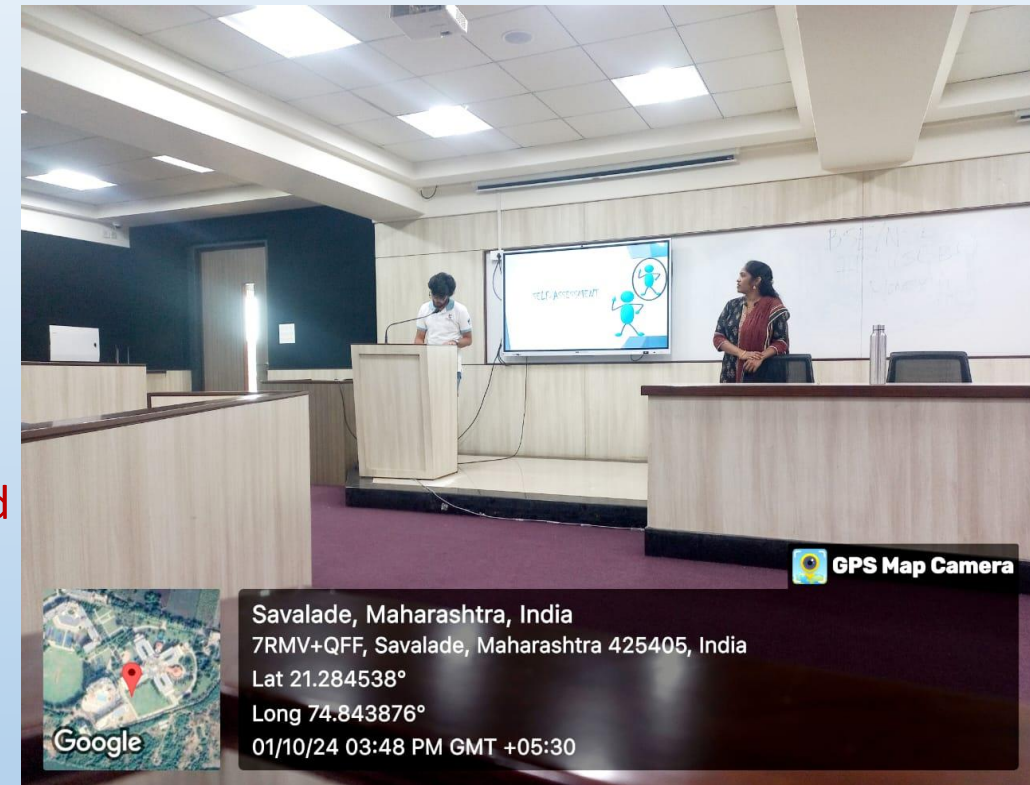
- **Date:** 01-10-2024
- **Venue:** Seminar Hall
- **Beneficiary:** MBA Tech IY

- **Impact & Remarks:**

The Art of Saying No session equipped students with practical strategies to recognize and resist peer pressure confidently. It focused on assertive communication, self-awareness, and decision-making to promote healthy boundaries and personal integrity.

Link for the event report:

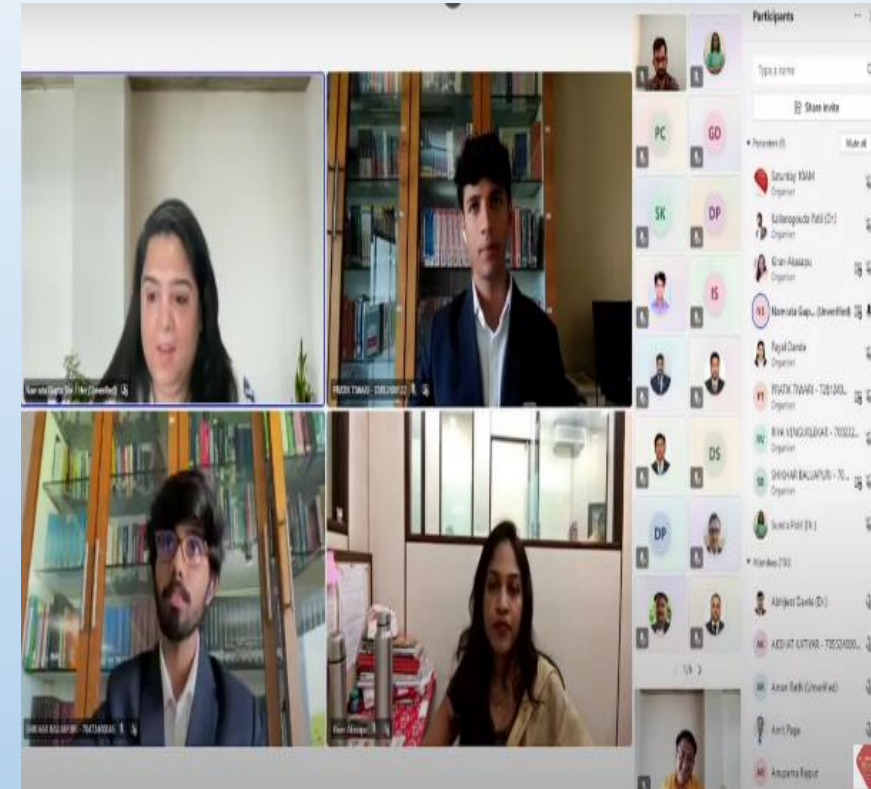
https://svkmmumbaimy.sharepoint.com/:w:/r/personal/kiran_akasapu_n_mims_edu/_layouts/15/Doc.aspx?sourcedoc=%7B622FCF24-DCE2-43C2A04E41443960278C%7D&file=INTERACTIVE%20SESSION%20REPORT%20ON%20PEER%20PRESSURE%201.docx&action=default&mobileredirect=true



- **Initiative:** Organized Mental Health Awareness session on “World Mental Health Day” with an external guest speaker
- **Date:** 19-10-2024
- **Venue:** Ms-Teams
- **Beneficiary:** Students, Faculty & Staff
- **Impact & Remarks:**
 - A Mental Health Awareness Session was conducted to educate students, faculty & staff about emotional well-being, reduce stigma, and encourage help-seeking behaviour. It emphasized self-care, stress management, and the importance of early intervention.

Link for the event report:

https://svkmmumbaimy.sharepoint.com/:w:/r/personal/kiran_akasapu_nmims_edu/_layouts/15/Doc.aspx?sourcedoc=%7BC25BCF7C-4F24-4165-9471-28DFD0A9F4B1%7D&file=Saturday%2010-AM%20well%20being.docx&action=default&mobileredirect=true



- **Initiative:** Conducted a training programme on “CONFLICT RESOLUTION”

- **Date:** 14-11-2024
- **Venue:** Seminar Hall-1
- **Beneficiary:** Hostel & Sports Staff

- **Impact & Remarks:**

A Conflict Resolution Session was organized for staff to enhance their ability to manage disagreements calmly and constructively. It focused on effective communication, active listening, and problem-solving skills to promote a harmonious workplace.

- **Link for the event report:**

https://svkmmumbaimy.sharepoint.com/:w:/r/personal/kiran_ak_asapu_nmims_edu/_layouts/15/Doc.aspx?sourcedoc=%7B5E18EAD54D9144368996D72CADE7D1CE%7D&file=conflict%20resolution%20report.docx&action=default&mobileredirect=true



- **Initiative:** Conducted a training programme on “STRESS..NO MORE”

- **Date:** 14-12-2024

- **Venue:** Seminar Hall-1

- **Beneficiary:** Hostel & Sports Staff

- **Impact & Remarks:**

The Stress No More for Staff session provided practical tools for managing stress, including relaxation techniques, time management strategies,. and mindfulness practices, aiming to improve staff well-being and productivity.

- **Link for the event report:**

https://svkmmumbaimy.sharepoint.com/:w:/r/personal/kiran_ak_asapu_nmims_edu/_layouts/15/Doc.aspx?sourcedoc=%7BA91F418A9EE94BC8AD45F0A0E9EB904A%7D&file=Stress%20No%20More.docx&action=default&mobileredirect=true



- **Initiative:** Coordinated the workshop on Empowering Excellence- Two-Day Hands-On workshop in Soft skills in Academia" with an external guest speaker

- **Date:** 23 & 24-12-2024

- **Venue:** Seminar Hall

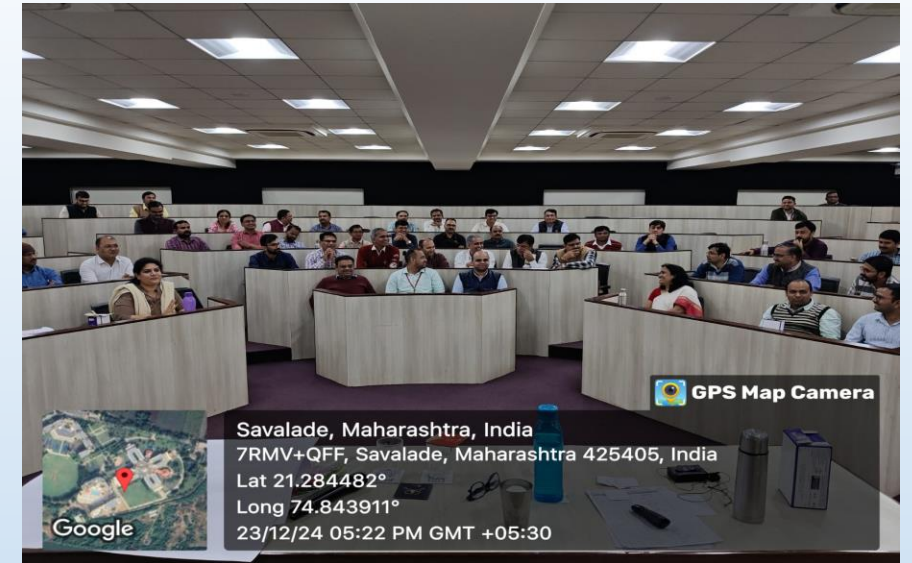
- **Beneficiary:** Faculty & Section Heads

- **Impact & Remarks:**

A Soft Skills Workshop on Academia for faculty focused on enhancing communication, leadership, and interpersonal skills. It aimed to improve classroom engagement, collaboration with peers, and overall professional development.

Link for the event report:

https://svkmmumbaimy.sharepoint.com/:w:/r/personal/kiran_akasap_u_nmims_edu/_layouts/15/Doc.aspx?sourcedoc=%7B4F5AEEF5-374C-4D24-A3BA-53354E85C31F%7D&file=Two-Day%20Hands-on%20workshop%20Report.docx&action=default&mobileredirect=true



- **Initiative:** Initiated and coordinating the Well-Being Club in the campus

- **Date:**17-02-2025

- **Venue:** MPTP ,NMIMS, Shirpur campus

- **Beneficiary:** Students, Faculty & Staff



- **Impact & Remarks:**

The Wellbeing Club promotes mental, emotional, and physical health among students by offering support, workshops, and activities. Its impact includes reduced stress, increased resilience, and a stronger sense of community, leading to improved academic performance and overall well-being.

- **Link for the event report:**



https://svkmmumbaimy.sharepoint.com/my?login_hint=kiran%2Eakasapu%40nmims%2Eedu&source=waffle&id=%2Fpersonal%2Fkiran%5Fakasapu%5Fnmims%5Fedu%2FDocuments%2FAttachments%2FWell%2DBeing%20Club%20poster%2Epdf&parent=%2Fpersonal%2Fkiran%5Fakasapu%5Fnmims%5Fedu%2FDocuments%2FAttachments









Well-Being Club

"Free the Mind, Heal the Soul"
MPTP, Shirpur Campus






Mind-Matters

THE WELL-BEING CLUB IS A SUPPORTIVE SPACE DEDICATED TO PROMOTING MENTAL, EMOTIONAL AND PHYSICAL WELL-BEING. WE STRIVE TO CREATE A POSITIVE ENVIRONMENT WHERE STUDENTS, STAFF AND FACULTY CAN LEARN GROW AND THRIVE TOGETHER.




YOUR MENTAL HEALTH IS PRIORITY. YOUR HAPPINESS IS ESSENTIAL. YOUR SELF CARE IS A NECESSITY.

JOIN THE WELL-BEING CLUB TO NURTURE YOUR MIND, BODY, SOUL AND PRIORITIZE YOUR WELL-BEING.



REACH OUT TO US:
KIRAN.AKASAPU@NMIMS.EDU
9440782877



- **Initiative:** Coordinating with the Well-Being organized Women's Day Celebrations in the campus.

- **Date:** 08 & 17-03-2025

- **Venue:** Auditorium

- **Beneficiary:** Students, Faculty & Staff

- **Impact & Remarks:**

Women's Day Celebration honoured the achievements and contributions of women, fostering empowerment, equality, and awareness. The event included plantation drive, best attire awards, extempore, inspiring talks, interactive activities, and celebrating women's roles in various fields and encouraging gender equality.

- **Link for the event report:**

[https://svkmmumbaimy.sharepoint.com/:w:/r/personal/wellbeing_club_nmims_edu/_layouts/15/Doc.aspx?sourcedoc=%7BC6F8C88457184354A037F888D7E016C8%7D&file=Report%20on%20women%27s%20day%20\(2\).docx&action=default&mobileredirect=true](https://svkmmumbaimy.sharepoint.com/:w:/r/personal/wellbeing_club_nmims_edu/_layouts/15/Doc.aspx?sourcedoc=%7BC6F8C88457184354A037F888D7E016C8%7D&file=Report%20on%20women%27s%20day%20(2).docx&action=default&mobileredirect=true)



- **Initiative: Well-Being Club News Letter for April Month**

- **Date: 22-04-2025**

- **Beneficiary: Students, Faculty & Staff**

- **Impact & Remarks:**

As exams approach, stress can take a toll on students' mental and physical well-being. In this issue, we focus on practical tips to manage exam stress and maintain a healthy balance

- **Link for the event report:**

<https://svkmmumbaimy.sharepoint.com/my?id=%2Fpersonal%2Fkiran%5Fakasapu%5Fnmims%5Fedu%2FDocuments%2FAttachments%2FNews%20Letter%20April%202025%2Epdf&parent=%2Fpersonal%2Fkiran%5Fakasapu%5Fnmims%5Fedu%2FDocuments%2FAttachments>

