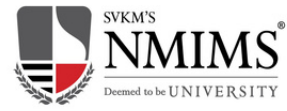




WELL BEING CLUB

Newsletter



SHIRPUR

Home Away From Home

Your Welcome Note from the
Well-Being Club | NMIMS Shirpur

Dear First-Year Student, You've just stepped into one of the most exciting chapters of your life—college. And while that comes with new friendships, freedom, and self-discovery, it also brings moments of homesickness, confusion, and stress. It's okay. You're not alone.



Who Are We?

We're the students who've also missed home-cooked food, felt awkward in the first week, called our parents late at night, and googled "how to survive college without losing your mind." We've been where you are, and we created the Well-Being Club to be that friendly voice you need when college life feels a little too much.

"You're not behind. You're not late. You're just beginning – and beginnings are brave."

What We Offer:

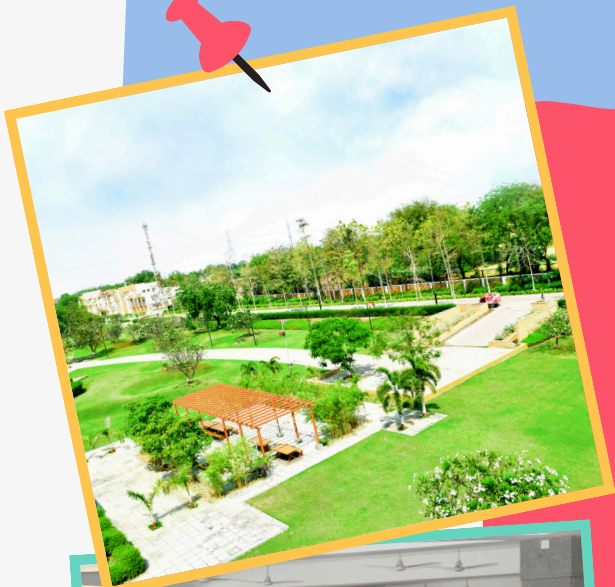
- **Safe Spaces:** Whether it's your first bad day or your hundredth good one, we're always here to listen—no judgment, no pressure.
- **Mental Health Awareness:** From stress and anxiety to friendships and identity—we talk about the stuff others avoid.
- **Fun + Healing Events:** Expressive journaling nights, “vent-out” corners, empathy circles, and relaxation evenings—because healing doesn't have to be boring.
- **Anonymous Support:** Feeling overwhelmed? We have ways you can reach out without even revealing your name.
- **Real Talks:** Sessions with mental health professionals



Central Foyer

So, What's Campus Like?

- Green lawns where you'll cry, laugh, and make late-night life plans.
- The canteen food you'll mock but miss over holidays.
- Friends who'll become your mid-semester therapists and midnight snack buddies.
- Clubs where you'll find purpose—and people.
- Peaceful corners for when you just need a break from everything.



“Making mistakes doesn't mean you're failing. It means you're learning faster than most.”

Starting Fresh? Here

Are Some Tips:

- Don't fake being "fine." Everyone's figuring it out.
- Stay connected to family, but don't forget to connect with yourself.
- Keep a small journal—your thoughts deserve a home too.
- Ask for help. There's no "strong" badge for suffering in silence.
- Eat well, nap better, and remember: your brain needs fuel too.



TV Room

Where You Can Find Us:

Before We Sign Off...

- You're allowed to miss home.
- You're allowed to feel lost.
- You're allowed to ask, "What am I doing here?"

But just remember this: You are not alone.

And this campus? This club? This community?

We're all just trying to make this place a little more like home—for you, and for each other.



"You weren't sent here to be perfect. You're here to grow, stumble, and rise — again and again."

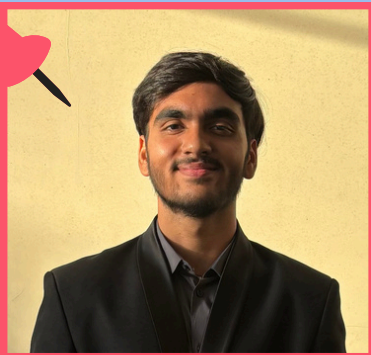
Counsellor

Reach out to the office:
C- Wing
Ground Floor



Reach out to our Counsellor:
kiran.akasapu@nmims.edu
9440783887

Our Team



With care,
The Well-Being Club Team