



Sensitizing for Building Better You

Date: 10th October 2024

Time: 11:00 AM to 02:00 PM

Venue: Seminar Hall, Ayurvedic College and Hospital

Keynote Speaker: 1) Ms. Vaishali Dhakan
2) Dr. Manoj Pandey
3) Mr. Yogesh Rathod

Targeted Audience & Participants: ACH Students - 212+, Faculty - 3+

Brief Description of the Event:

The event commenced with the ceremonial “Deep Pragatya” (lamp lighting) and the chanting of “Dhanvantri Vandana” to invoke blessings for a successful and enlightening session. Following this, a skit was performed by the students, effectively highlighting the importance of mental well-being, seeking help when needed, and the significance of emotional support. A heartfelt welcome was extended to the guest speaker, Ms. Vaishali Dhakan, by the Director of RK University, Dr. Manoj Pande. The occasion was marked by presenting a token of appreciation to the esteemed speaker as a gesture of gratitude and respect.

The session featured a keynote address by Ms. Vaishali Dhakan, a renowned Clinical Psychologist, Hypnotherapist, Motivational Speaker, and Special Educator for individuals with intellectual disabilities. Her lecture covered a range of critical topics, including: **Early Signs of Mental Distress:** Insights into recognizing the initial indicators of mental health challenges. **Personality and Behavior:** Exploration of how personality traits shape behavior and influence decision-making processes. **Emotional Intelligence:** Emphasis on the role of emotional intelligence in managing relationships, stress, and self-awareness. **Practical Techniques for Self-Improvement:** Actionable advice was provided to identify personal strengths and areas requiring improvement. The speaker shared growth-oriented strategies and techniques to enable participants to continuously evolve and achieve their best potential.

Objective of Event:

On October 10, 2024, a guest lecture titled “Sensitizing for Building Better You ” was organized under the auspices of SSIP RK University, Ayurvedic College and Hospital. The event aimed to raise awareness about mental well-being, focusing on personality development, behavior understanding, and emotional intelligence. The lecture was attended by 215 students from various batches and took place at the Seminar Hall. The interactive session was well-received by the

audience, with students actively engaging in discussions and seeking guidance on their mental well-being. The lecture offered a blend of theoretical knowledge and practical insights, making it a transformative experience for all participants.

Outcome of Event:

The guest lecture on “Sensitizing for Building Better You” was an enriching and impactful event that emphasized the importance of mental well-being and personal growth. It inspired students to take a proactive approach toward understanding themselves better and achieving emotional and psychological balance. The overwhelming response from participants underscores the need for such initiatives to foster a supportive and informed community at RK University. Special thanks are also extended to all faculty members and students who contributed to making this event a success through their active participation and cooperation.





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Dr. Rohithkrishnan G.B.
SSIP Coordinator

A handwritten signature in blue ink, appearing to read 'Manoj Pande'.

Dr. Manoj Pande
Director