

MADHAV INSTITUTE OF TECHNOLOGY & SCIENCE, GWALIOR

(A Govt. Aided UGC Autonomous & NAAC Accredited Institute Affiliated to RGPV, Bhopal)

GIRLS GRIEVANCE CELL

Date: 10.03.2021

Report

The Girls Grievance Cell organized a workshop on **08.03.2021** titled “**Healing of Mind**” on the occasion of women’s day. The Institute celebrated Women’s Day for the second consecutive year.

The workshop commenced with warm welcome of the participants by the gender champion. Dr. Anshu Chaturvedi, chairperson, Girls Grievance Cell, then introduced the objectives and fruitfulness of the workshop in terms of outcomes to the gathering.

Objectives is to:

- Understand the nature of stress and its impact on health and behaviour.
- Recognize the stressors and signs of stress in their own lives.
- Recognize the cognitive components of stress, especially the effects of one's automatic thoughts and internal dialogue on appraisal of stressors.
- Learn various relaxation methods to reduce muscle tension related to stress.
- Learn cognitive techniques to increase accurate appraisal of stressors.
- Learn specific behavioural techniques for reducing the degree of stress and distress.
- Learn open chest breathing strategy for dealing with situations that are stressors or potential stressors.
- Integrate cognitive and behavioural coping strategies in their daily lives.

Outcomes:

After the workshop the participants would be able to:

- Understand the basic principles of stress management
- Recognize stress triggers and how to manage them, so as to help women function without hindrance.
- Demonstrate how MITS helps in developing proactive responses to stressful situations for its female employees so as to make their work pleasurable
- Foster a culture that values its employees and their mental health by using coping tips for managing stress both on and off the job

- Develop a long term action plan to minimize and better manage stress, which will facilitate and support employees to improve and maintain their health and well being.

Workshop on HEALING OF MIND was organized on Women's Day in MITS. On this occasion speaker **Dr. Namrata Singh** explained how a woman is the backbone of the family and therefore it is very important for the woman to keep herself strong and healthy. A woman has to be aware of her physical as well as her mental health. She further explained how women can control the stress level by controlling their breathing air.

She threw light on Psychosomatic diseases, which are becoming more common these days, and how we can get rid of them in easy ways, by only taking care of our breathing speed. Dr. Singh also provided easy exercises to all the women present there. Also she told that our conscious mind works only 5 percent while 95 percent of the subconscious mind works, so mental health also improves when we plant positive thoughts & positive affirmations in our subconscious mind. She urged everyone to use a mirror exercise in which standing in front of the mirror, one must speak one affirmative sentence to themselves every day.

On this occasion, the newly selected gender warriors of Girls Grievance Cell gave many presentations online and offline while dedicating them to female employees. Dr Manjaree Pandit, Dean academics, MITS, members of Girls Grievance Cell, Dr. Anshu Chaturvedi, Dr. Anjali Patil, Khushboo Agarwal, Parul Saxena and students gender warriors along with all the women faculty and staff were present to grace the occasion.



Dr. Anshu Chaturvedi

Chairperson

Girls Grievance Cell