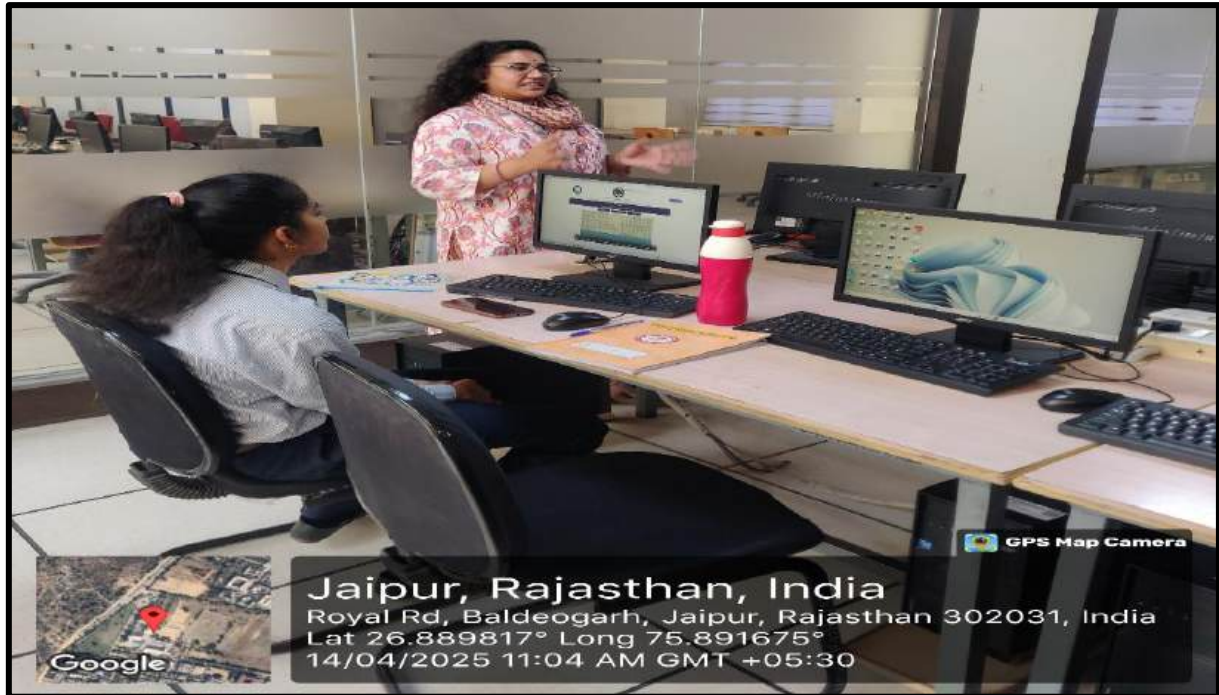


The ICFAI University, Jaipur

ICFAI School of Liberal Arts

Session on "Mental Health, Career Choices, and Managing Stress"



**April 14, 2025**

### **Objectives of the Session**

1. To spread awareness about the importance of mental health among students.
2. To provide guidance on making informed and balanced career choices.
3. To equip students with tools and techniques to manage academic and personal stress.
4. To create a safe, open space for students to express their concerns and seek clarity.

### **Details of the Session:**

A special counselling session was conducted for the students of the ICFAI School of Liberal Arts. The session was taken by Ms. Chiya Jaiswal, a seasoned psychological counsellor, on April 14, 2025. The focus of the session was on mental well-being, career decision-making, and coping with stress—challenges commonly faced by students in higher education.

Ms. Jaiswal began by fostering an open and inclusive atmosphere, encouraging students to acknowledge and discuss mental health openly. She underlined the need to destigmatize psychological challenges and explained how mental and emotional well-being impact academic performance and overall quality of life.

Addressing career-related anxieties, Ms. Jaiswal discussed how students often struggle with external expectations and internal conflicts. She shared strategies for self-assessment, identifying personal strengths and interests, and making practical career choices without undue pressure.

The session also covered stress management techniques, such as time management, prioritization, physical self-care, and mindfulness. She encouraged students to seek timely help and remain connected with support systems such as friends, faculty, and professional counsellors.

The session was coordinated by Dr Sugandha Verma, Assistant Professor, ISLA. It was interactive and empathetic, with students opening up about their own challenges. Ms. Jaiswal offered valuable insights in response to student queries, making the session both personal and impactful.


### Outcomes of the Session

1. Students gained a deeper understanding of mental health and recognized the importance of self-care.
2. The session fostered a supportive atmosphere, encouraging open dialogue and peer connection.
3. A few students expressed interest in seeking one-on-one counselling or follow-up sessions.

### Submitted by:

Dr Sugandha Verma  
Assistant Professor  
ICFAI School of Liberal Arts  
The ICFAI University, Jaipur

### Poster:




Internal Quality Assurance Cell (IQAC),  
The ICFAI University, Jaipur

*Organizes*

Session On

**Mental Health, Career Choices and Managing Stress**






Resource Person  
**Ms. Chiya Jaiswal**

10:30 AM Onwards

April 14, 2025

Computer lab

Organised By  
Internal Quality Assurance Cell





## Glimpses:

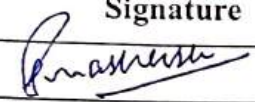
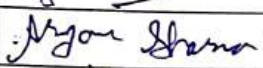
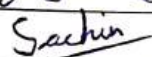
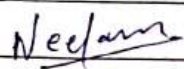
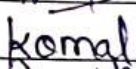
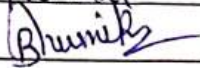
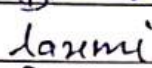
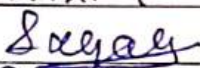
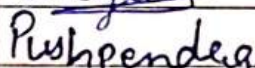
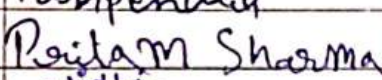
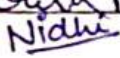

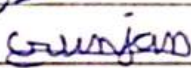
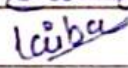
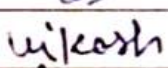
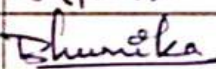
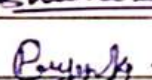
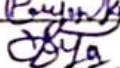
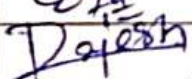
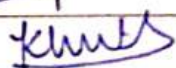
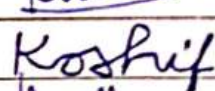





The ICFAI University, Jaipur  
Psychology Counselling Session Report

Group Session

April 14, 2025

S.No.	Enrolment ID	Student Name	Signature
1	24FLAUIUJDD01002	PRASHANSHA BHARGAVA	
2	24FLAUIUJDD01003	ARYAN SHARMA	
3	24FLAUIUJDD01006	SACHIN SINGH	
4	24FLAUIUJDD01007	NEELAM SHARMA	
5	24FLAUIUJDD01008	KOMAL MEENA	
6	24FLAUIUJDD01012	BHUMIKA SHARMA	
7	24FLAUIUJDD01024	LAXMI	
8	24FLAUIUJDD01027	SAGAR VERMA	
9	24FLAUIUJDD01030	PUSHPENDRA SHARMA	
10	24FLAUIUJDD01032	PRITAM SHARMA	
11	24FLAUIUJDD01034	NIDHI SHARMA	
12	24FLAUIUJDD01038	DIKSHA GAUTAM	
13	24FLAUIUJDD01039	GUNJAN MAHAWAR	
14	24FLAUIUJDD01041	LAIBA SHEIKH	
15	24FLAUIUJDD01042	VIKAS SINGH BAORI	
16	24FLAUIUJND03002	BHUMIKA RATHORE	
17	24FLAUIUJDD03003	PRIYANKA SHARMA	
18	24FLAUIUJDD02001	YOGITA SHARMA	
19	24FLAUIUJDD02002	RAJESH YADAV	
20	24FLAUIUJDD02004	KHUSHBOO KANWAR	
21	24FLAUIUJDD02007	MOHD KASHIF	
22	24FLAUIUJND02008	VIDITI VIDYA	



Psychological Counsellor

The ICFAI University, Jaipur