

Annual Report: 2023-24

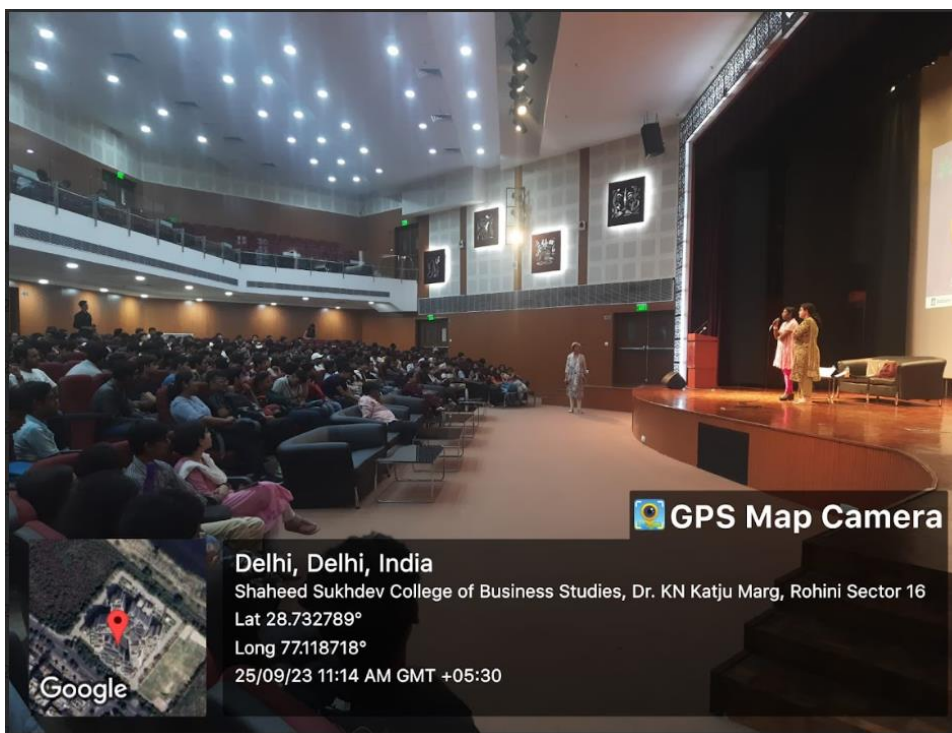
Sadhana: The Yoga Society



Key Events in 2023-24

Session on Mental Health and Deaddiction

On September 25, 2023, an interactive session on Mental Health and De-addiction took place at Akashganga, the college auditorium. The session aimed to address prevalent mental health and addiction issues among first-year students. Hosted by Dr. Piyali Mandal and Dr. Preethy K from AIIMS Delhi, the discussion focused on student concerns, including stress related to college life and substance use. Proposed solutions included refinement in some processes, prioritization of work and wise selection of daily tasks, and offering compassionate support for quitting addictive substances.





MINDFULNESS AND BREATH WORKSHOP

"The Breath Workshop," organized by Sadhana at SSCBS, proved to be an enlightening event held on 20/10/2023 from 03:00-05:00 PM in Room No. 627 (A). Led by the seasoned mindfulness practitioner, Dr. Ashok Bhatt, participants were guided through a journey of self-discovery and inner transformation. The workshop focused on practical techniques for integrating mindfulness into daily life, mastering the art of conscious breathing, and cultivating emotional resilience. Attendees, regardless of their prior experience in mindfulness, found valuable insights and tools to enhance their well-being and lead a more centered existence. The event concluded successfully, leaving participants inspired and equipped with newfound knowledge and practices to enrich their lives.



Faculty Development Program – Mental Health Awareness

On March 11, 2024, Shaheed Sukhdev College of Business Studies hosted a Faculty Development Program (FDP) on Mental Health Awareness, featuring experts from AIIMS Delhi. With 25 attendees from SSCBS and 10 from other institutes, the program was deemed highly informative and well-received. Participants praised its effectiveness in sensitizing and equipping educators to recognize and address mental health issues within academic settings. The FDP marked a successful stride towards fostering a supportive environment for mental health awareness in educational institutions.





Talk on 'Ethics and Governance, By Mr. Prem Kumar (IOCL)

Mr. Prem Kumar, Chief General Manager (Vigilance) at Indian Oil Corporation Ltd., delivered a talk titled "Ethics and Governance" on March 11, 2024, at Shaheed Sukhdev College of Business Studies. Attended by 25 participants from SSCBS and 10 from other institutions, the session aimed to sensitize educators about ethics in business. Mr. Kumar emphasized the importance of ethical conduct in governance. The talk was well-received, with participants expressing high appreciation for its insightful content and relevance.



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