



Panipat Institute of Engineering & Technology
Approved by AICTE & Affiliated to Kurukshetra University, Kurukshetra
70 K. M. MILESTONE, G. T. ROAD, SAMALKHA – 132102, HARYANA
Phone No. – 0180-2569700 Fax: 0180-2569800
E mail: info@piet.co.in Website: www.piet.co.in



Ref.No:PIET/DMS/2024/LS/5

Dated:- 11/04/2024

DEPARTMENT OF MANAGEMENT STUDIES


NOTICE

We are delighted to announce that the Department of Management Studies will be hosting a Session titled 'Boot Camp - Creativity for Well-being' on April 12th and 13th, 2024, from 9:30 AM to 4:00 PM at Seminar Hall, 2nd Floor, G Block.

The sessions will be conducted in offline mode by Dr. Preeti Gugnani and Mr. Atul Dahiya (Ph.D.), distinguished members of our DMS faculty. This session offers a unique opportunity to explore creative practices that can significantly enhance your well-being.

We strongly encourage all students to participate and take full advantage of this enriching experience.

Cc-All Notice Boards


Dr. Akhilesh Kumar Mishra
(Head of the Department)

HEAD - DEPARTMENT OF MANAGEMENT STUDIES
PANIPAT INSTITUTE OF ENGINEERING & TECHNOLOGY
PATTI KALYANA - SAMALKHA (PANIPAT) (HARYANA)



Creativity FOR WELL-BEING



MR. ATUL DAHIYA

Limited
Seats **50**



DR. PREETI GUGNANI

ABOUT THE BOOTCAMP

In a world where stress and mental health challenges are increasingly prevalent, fostering creativity has become not just a luxury but a necessity for overall well-being. Our two-day bootcamp on "Creativity for Well-being" aims to address this pressing need by providing participants with a transformative experience filled with workshops and activities tailored to

unleash their creative potential.

Through a combination of interactive sessions and hands-on exercises, attendees will discover new ways to tap into their creativity, cultivate resilience, and nurture their mental health. Join us on this journey of self-discovery and empowerment, where creativity becomes a catalyst for holistic well-being.

Bootcamp Outline

WORKSHOPS: Engage in interactive sessions led by experts, covering topics such as creative writing, visual arts, mindfulness practices, and more.

ACTIVITIES: Participate in a variety of hands-on activities designed to spark creativity, including collaborative art projects, improvisational exercises, storytelling circles, and guided meditation sessions.

ENERGIZERS: Recharge and rejuvenate with energizing activities aimed at refreshing both the mind and body, outdoor walks, music and dance breaks, and laughter yoga.

FUN: Immerse yourself in a lively and supportive atmosphere filled with laughter, camaraderie, and opportunities. Enjoy games, challenges, and surprises that make learning and self-discovery an enjoyable adventure.

About *Experts*

■ **Mr. Atul Dahiya (PhD)** is an expert in the area of Consumer Well-being and Assistant Professor at Department of Management Studies. His teaching interest includes creativity, well-being, behaviour and psychology and spirituality.

■ **Dr. Preeti Gugnani** is an expert in the area of Employee Well-being and Assistant Professor at Department of Management Studies.

Her teaching interest includes creativity, Organizational well-being, Team building, Group behaviour and Mindfulness.

For more details contact: Mr. Atul Dahiya ☎ 81682-11546, Dr. Preeti Gugnani ☎ 70154-82177



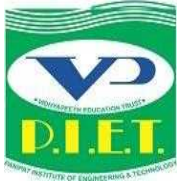
12 & 13
April, 2024



9:30 AM to
4:00 PM (IST)



Seminar Hall, 2nd Floor,
G-Block, PIET Campus



Panipat Institute of Engineering & Technology

Approved by AICTE & Affiliated to Kurukshetra University, Kurukshetra

70 K. M. MILESTONE, G. T. ROAD, SAMALKHA – 132102, HARYANA

Phone No. – 0180-2569700 Fax: 0180-2569800

E mail: info@piet.co.in Website: www.piet.co.in



Department of Management Studies Report on Boot Camp Creativity for Well Being(Offline)

Event Details	
Title of the Event	Boot Camp-Creativity For Well Being
Date of the Event	12 th and 13 th April 2024
Timing	9.30 am to 4 pm
Venue	G-Block, 2nd Floor
No of Participants	22
Mode	Offline
Resource Person	Dr. Preeti Gugnani (9466566583) Mr. Atul Dahiya (7015482177)

Report on 'Boot Camp - Creativity for Well-Being' Session

Organized by: Department of Management Studies

Date: April 12-13, 2024

Time: 9:30 AM to 4:00 PM

Venue: Seminar Hall, 2nd Floor, G Block

1. Introduction

The Department of Management Studies organized a two-day session titled 'Boot Camp - Creativity for Well-Being' on April 12 and 13, 2024. The event aimed to explore the intersection of creativity and well-being, offering participants a unique opportunity to engage in activities that foster mental health and personal growth. The sessions were facilitated by esteemed faculty members, Dr. Preeti Gugnani and Mr. Atul Dahiya (Ph.D.), who brought their expertise to create an enriching experience for all attendees.

2. Objectives

The boot camp was designed with the following objectives:

1. **Enhance Mental Well-being:** Equip participants with creative tools and techniques to manage stress, anxiety, and other mental health challenges.
2. **Foster Creativity:** Encourage individuals to explore and develop their creative potential through various forms of expression.
3. **Build Resilience:** Teach strategies for using creativity to build emotional resilience and improve problem-solving skills.
4. **Boost Self-Confidence:** Empower attendees by helping them discover their unique creative abilities and fostering a sense of accomplishment.

5. **Promote Holistic Health:** Integrate physical, mental, and emotional well-being through creative practices and activities.
 6. **Create Community:** Build a supportive and like-minded community where participants can share experiences, collaborate, and grow together.
-

3. About the Session.

In a world where stress and mental health challenges are increasingly prevalent, fostering creativity has become not just a luxury but a necessity for overall well-being. The two-day boot camp on "Creativity for Well-being" was designed to address this pressing need by providing participants with a transformative experience filled with sessions and activities tailored to unleash their creative potential.

Research has shown that engaging in creative endeavors can reduce stress, enhance problem-solving skills, and boost self-confidence—all crucial components of a balanced and fulfilling life. Through a combination of interactive sessions and hands-on exercises, attendees discovered new ways to tap into their creativity, cultivate resilience, and nurture their mental health. This journey of self-discovery and empowerment positioned creativity as a catalyst for holistic well-being.

4. Inaugural Session

The session commenced with a warm welcome by **Mr. Prof. Akhilesh Kumar Mishra**, Head of the Department of Management Studies. His opening remarks set an inspiring tone for the session, where he extended heartfelt gratitude to all participants for their presence and emphasized the significance of the session. Prof. Mishra highlighted the session's alignment with the department's commitment to nurturing knowledge and career growth among students. He also acknowledged the collaborative efforts behind the organization of the event, stressing the importance of continuous learning and professional development in the ever-evolving competitive environment. His speech not only acknowledged the contributions of the organizing team but also motivated the participants to actively engage and capitalize on the opportunities presented.

5. Session Overview

The session comprised a series of interactive sessions led by experts, focusing on various aspects of creativity and well-being:

Creative Writing: Participants were encouraged to express their thoughts and emotions through creative writing exercises, fostering a deeper connection with their inner selves.

Visual Arts: Hands-on sessions in visual arts allowed participants to explore their artistic abilities, using various mediums to express their creativity.

Mindfulness Practices: Guided mindfulness sessions were conducted to help participants develop a sense of inner peace and focus, contributing to overall mental well-being.

6. Activities

The boot camp featured a variety of activities designed to ignite creativity and promote well-being:

Collaborative Art Projects: These projects encouraged teamwork and collective creativity, resulting in unique and meaningful art pieces.

Improvisational Exercises: Participants engaged in improvisational activities that challenged them to think on their feet and embrace spontaneity.

Storytelling Circles: These circles provided a safe space for participants to share personal stories and experiences, fostering a sense of community and empathy.

Guided Meditation Sessions: Meditation sessions were incorporated to help participants relax and focus, enhancing their overall experience.

7. Energizers

To keep the participants energized and engaged, the boot camp included:

Outdoor Walks: Scheduled walks allowed participants to connect with nature, refreshing their minds and bodies.

Music and Dance Breaks: These breaks added a lively atmosphere, with participants enjoying music and dance as a form of expression and relaxation.

Laughter Yoga: This unique activity combined laughter and yoga techniques, providing a fun way to relieve stress and promote well-being.

8. Fun and Supportive Environment

The boot camp was characterized by a lively and supportive atmosphere, with a focus on making learning and self-discovery an enjoyable journey. The following elements contributed to this environment:

Games and Challenges: Engaging games and challenges were incorporated to encourage active participation and creative thinking.

Surprises: Unexpected activities and surprises added an element of excitement, making the boot camp a memorable experience.

9. Q&A Session

Following the interactive sessions, a Q&A session was held, allowing participants to engage directly with the experts. Dr. Preeti Gugnani and Mr. Atul Dahiya addressed various questions related to creativity, mindfulness, and the practical application of these practices in daily life. The session provided valuable insights and personalized guidance, further enriching the participants' experience.

10. Outcomes

The session yielded several positive outcomes for the participants:

1. **Improved Stress Management:** Participants learned and applied creative techniques that helped reduce stress and enhance mental clarity.
 2. **Enhanced Problem-Solving Skills:** Attendees developed a creative approach to problem-solving, enabling them to tackle challenges with innovative solutions.
 3. **Increased Self-Confidence:** By engaging in creative activities, participants built self-confidence and a greater sense of self-worth.
 4. **Heightened Creativity:** Individuals experienced an increase in their creative thinking and ability to express themselves creatively.
 5. **Stronger Resilience:** Participants learned how to use creativity as a tool to build emotional resilience and cope with life's ups and downs.
 6. **Holistic Well-being:** Attendees benefited from a balanced approach to well-being, integrating physical, mental, and emotional health.
 7. **Supportive Community:** A network of like-minded individuals was formed, providing ongoing support and encouragement for continued personal growth and creative exploration.
-

11. Closing Remarks

The boot camp concluded with closing remarks by **Mr. Prof. Akhilesh Kumar Mishra**. He expressed his heartfelt appreciation to the facilitators for their valuable contributions and to the participants for their active involvement. Prof. Mishra

reiterated the importance of creativity and well-being in personal and professional growth, encouraging everyone to continue exploring these practices beyond the Session. His words served as a fitting conclusion to the event, leaving participants inspired and motivated to apply what they had learned in their everyday lives.



Dr Preeti Gugnani Interacting with students in the Picture



Panipat Institute of Engineering & Technology

Approved by AICTE & Affiliated to Kurukshetra University, Kurukshetra
70 K. M. MILESTONE, G. T. ROAD, SAMALKHA – 132102, HARYANA

Phone No. – 0180-2569700 Fax: 0180-2569800

E mail: info@piet.co.in Website: www.piet.co.in



Attendance for the Boot Camp-Creativity for Well Being(Offline)

Attendance dated:12/04/2024

SNo	Name	Roll No	Signature
1	Sahil Sharma	230156	Sahil
2	Tushar Singh	230176	Tushar Singh
3	Shubham	230175	Shubham
4	Aman	230148	Aman
5	Beenu	230234	Beenu
6	Ansh	230250	Ansh
7	Ridhima	230135	Ridhima
8	Harshita	230866	Harshita
9	Shivam	230871	Shivam
10	Dhruv Narain Saxena	21867	Dhruv
11	Harsh Mittal	21829	Harsh
12	Deepali	2821516	Deepali
13	Parnika	2821416	Parnika
14	Shubham Bansal	230149	Shubham
15	Mannat	23041	Mannat
16	Sonakshi	23118	Sonakshi
17	Vanshika	23181	Vanshika
18	Preet	23037	Preet
19	Satyam	23017	Satyam
20	Ridhi	23052	Ridhi
21	Nawab Singh	23084	Nawab
22	Nisha Olla	28223402	Nisha

Attendance dated:13/04/2024

SNo	Name	Roll No	Signature
1	Sahil Sharma	230156	Sahil
2	Tushar Singh	230176	Tushar Singh
3	Shubham	230175	Shubham
4	Aman	230148	Aman
5	Beenu	230234	Beenu
6	Ansh	230250	Ansh
7	Ridhima	230135	Ridhima
8	Harshita	230866	Harshita
9	Shivam	230871	Shivam
10	Dhruv Narain Saxena	21867	Dhruv
11	Harsh Mittal	21829	Harsh
12	Deepali	2821516	Deepali
13	Parnika	2821416	Parnika
14	Shubham Bansal	230149	Shubham
15	Mannat	23041	Mannat
16	Sonakshi	23118	Sonakshi
17	Vanshika	23181	Vanshika

18	Preet	23037	Preet
19	Satyam	23017	Satyam
20	Ridhi	23052	Ridhi
21	Nawab Singh	23084	Nawab Singh
22	Nisha Olla	28223402	Nisha Olla

[Handwritten Signature]

HEAD - DEPARTMENT OF MANAGEMENT STUDIES
PANIPAT INSTITUTE OF ENGINEERING & TECHNOLOGY
PATEL NAGAR - SAMBUKHA (PANIPAT) (HARYANA)

15/11/2024