



# PANIPAT INSTITUTE OF ENGINEERING & TECHNOLOGY

(An Autonomous Institute, Approved by AICTE, New Delhi & Affiliated to Kurukshetra University, Kurukshetra)



## SDG3 GOOD HEALTH AND WELL-BEING

**Goal 3: To Ensure Healthy lives & Promote Well-being for all at all ages**



### 3.5. Centre of Well-being

“Nurturing Mind, Body, and Soul”

The Centre of Well-being is a dedicated space designed to foster holistic health, catering to the physical, mental, social, ethical and emotional needs of individuals. At its core, such a center aims to create an environment where people can nurture their mind, body, and soul, thereby achieving a balanced and fulfilling life.


The concept of well-being extends beyond the mere absence of illness. It is about thriving in all aspects of life. The Centre of Well-being recognizes that these elements are interconnected and addressing one area often benefits others. For example, regular physical activity not only strengthens the body but also elevates mood and enhances mental clarity. Similarly, mental wellness practices, like meditation and counseling, contribute to a healthier emotional state, which in turn can positively impact physical health. At the heart of the Centre of Well-being lies the commitment to provide resources, guidance, and support to help individuals cultivate a lifestyle that promotes overall health.

The center typically offers a range of services, including:

- **Mental Health Support:** Providing access to counselors, therapists, and support groups to help individuals navigate emotional challenges, reduce stress, and develop coping mechanisms.
- **Physical Fitness:** Offering fitness programs, yoga sessions, and personalized workout plans that cater to various fitness levels, ensuring that everyone can participate in and joyfully so, and a physical activity that suits.
- **Nutritional Guidance:** Educating individuals on healthy eating habits, offering personalized diet plans, and promoting the importance of balanced nutrition in overall wellbeing.
- **Mindfulness and Meditation:** Conducting workshops and classes on mindfulness, meditation, and relaxation techniques to help individuals manage stress, improve focus, and enhance emotional resilience.

- **Work-Life Balance Initiatives:** Providing resources and workshops on time management, stress reduction, and work-life integration, helping individuals achieve a harmonious balance between their personal and professional lives.
- **Social Connection and Community Building:** Encouraging social interaction through group activities, support networks, and community events that foster a sense of belonging and mutual support.
- **Self-Awareness:** Offering programs that encourage self-exploration and growth, helping individuals connect with their inner selves and find deeper meaning in life.

The center is not just a facility but a community—a place where individuals come together to support each other on their journey toward holistic health. By providing a comprehensive range of services and fostering a culture of wellbeing, the Centre of Well-being aims to empower individuals to live healthier, happier, and more fulfilling lives.


**Panipat Institute of Engineering & Technology**  
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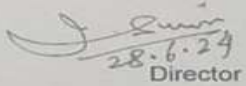
**OFFICE ORDER**

A Centre of Well-Being (CWB) is hereby established at PIET with an aim to promote mental, emotional, and physical health for all members of our community. The centre aims to offer a range of services aimed at enhancing overall well-being, including counselling sessions, mindfulness workshops, fitness classes, and resources for stress management.

The following officers are tasked with the responsibilities of spearheading the activities of the Centre of Well-Being:

S. No.	Name	Department	Designation
1	Mr. Atul Dahiya	DMS	Chair of Centre of Well-being
2	Dr. Preeti Gugnani	DMS	Chair of Centre of Well-being
3	Dr. Niti Dhingra	Student Counsellor	Advisor of Centre of Well-being

All faculty, staff, and students may take advantage of this initiative. The well-being of individuals is of paramount importance not only to the individuals of the PIET fraternity, but also to the Institute.

  
 28.6.24  
 Director

CC:

- Management for kind information.
- Registrar.
- Principals/ Deans / All HoDs.
- Concerned Members.
- Establishment Section.

**Cell Members:**

**Dr. Preeti Gugnani**, Assistant Professor, Department of Management Studies

Chair Head, Centre of Well-Being

**Dr. Niti Dhingra**, Chief Student Counsellor

Advisor, Centre of Well Being

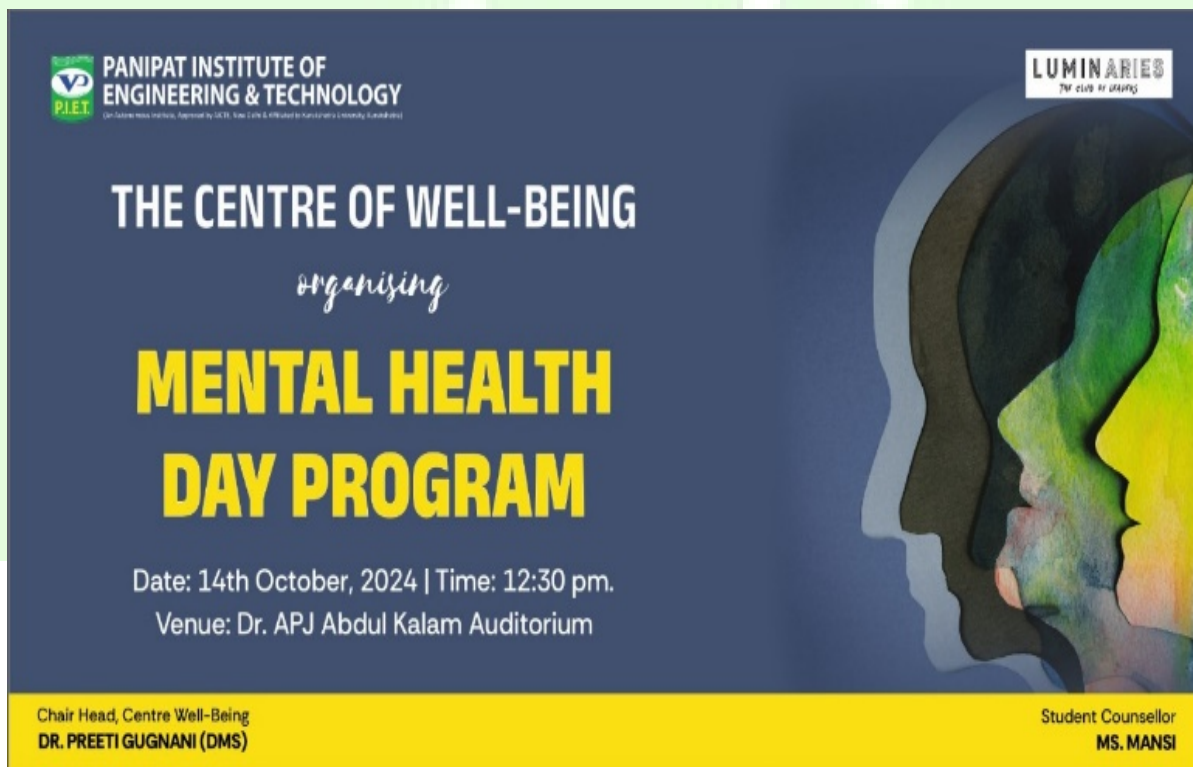
### Activities under PIET's Centre of Well-being

Sr no	Name of Event	Date of Event	No. of Beneficiaries
1	World Mental Health Day Program Apni Kahani Apni Zubani”.	14 <sup>th</sup> October 2024	125 students
2	Two-day boot camp on “Creativity for Well-being	12 <sup>th</sup> to 14 <sup>th</sup> April 2024	56 students

#### Activity: World Mental Health Day Program

The Centre of Well-Being in coordination with Club Luminaries hosted an electrifying event that empowered students to prioritize their mental well-being. Students engaged in enriching sessions on Art Therapy and The Power of Positivity, offering creative outlets for self-expression. The highlight of the day was the transformation journey sharing, where participants opened up about their mental health experiences, followed by a powerful ramp walk with Mono acts which symbolized the various challenges and disorders many face today. Total 125 students participated in World Mental Health Day Program.

Let's continue to rest, reflect, and reach out for help when needed. Together, we can break the stigma and build a World where every mind matters.



Promotion poster of Mental Health Day Program



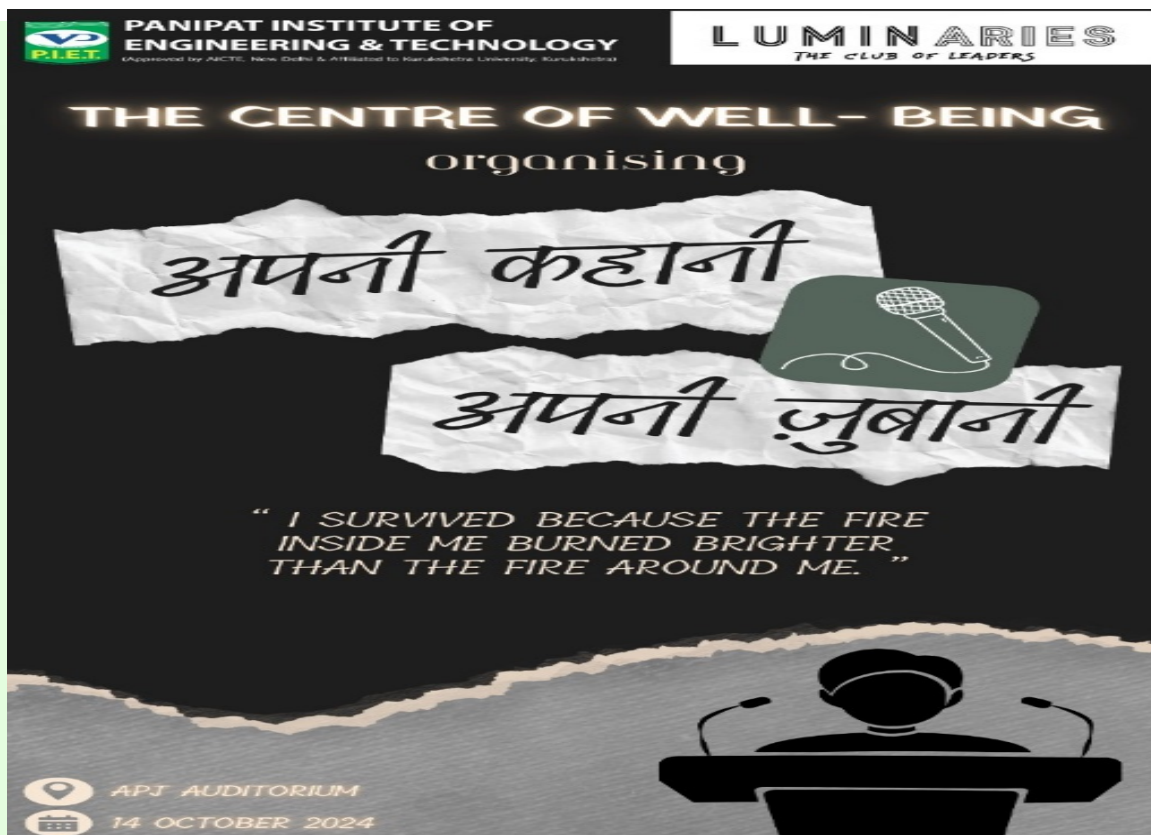
**Students performing during the World Mental Health Day**



**Prof (Dr.) B. B. Sharma Dean student's welfare, Dr. Preeti Guglani with Guest of the World Mental Health Day**

## APNI KAHANI, APNI ZUBANI

The Centre of Well-Being PIET organized “Apni Kahani Apni Zubani” at APJ Auditorim on 14<sup>th</sup> October 2024 under World Mental health Day . Apni Kahani Apni Zubani is a platform where students share personal stories, offering authentic insights into their unique journeys, challenges, and growth.



**Promotion poster of event ‘APNI KAHANI, APNI ZUBANI’**

## SESSION ON ART THERAPY

The Centre of Well-Being PIET organized “A session on Art Therapy” at APJ Auditorim on 14<sup>th</sup> October 2024 under world mental helath Day. A session on art therapy explores the healing power of creative expression, helping participant’s process emotions and reduces stress through artistic activities. It fosters self-discovery and mental well-being in a supportive environment.

**CENTRE OF WELL-BEING**  
ORGANISING

# Session on Art Therapy

**Dr. Monica Kapur**

*Experienced therapist skilled in  
issues of Depression, Anxiety, Grief  
and Relationships.*



**14 October 2024**

**APJ AUDITORIUM**

**1.00PM-2.00PM**

## THE POWER OF POSITIVITY

A session on the power of positivity focuses on building a positive mindset to improve resilience, enhance well-being, and create a more fulfilling life. Participants learn practical strategies to shift perspectives and embrace optimism.

**CENTRE OF WELL-BEING**  
Organising a session on

# THE POWER OF POSITIVITY

**14TH OCTOBER 2024**

**APJ Auditorium**

**2:20pm-3:20pm**



**Mr. Ravinder Paul Singh**

### **ACTIVITY: TWO-DAY BOOT CAMP ON “CREATIVITY FOR WELL-BEING**

Two-day boot camp on “Creativity for Well-being” was organized by center of well-being Panipat Institute of Engineering and Technology at Cyber Security Lab, G-Block, Ground Floor from 12<sup>th</sup> and 13<sup>th</sup> April, 2024. Mr. Atul Dahiya (Assistant Professor DMS) and Dr. Preeti Gugnani (Assistant Professor DMS) were the resource persons. 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. Total 56 students participated in two days boot camp.



**Attendees during interactive sessions and hands-on exercises**



**Attendees receiving participation certificate**