Special Session on “Holistic Well-being, Stress Management, and De-Addiction for Students

1. Introduction

A special session on “Holistic Well-being, Stress Management, and De-Addiction for Students” was organized by Guru Gobind Singh Indraprastha University, East Delhi Campus on 4th May 2026 from 12:00 Noon to 1:00 PM in Room No. B-004. Conducted in coordination with the Directorate of Students’ Welfare (DSW) and sponsored by Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, the session focused on leadership, stress management, emotional well-being, and personality development among students. The interactive session encouraged students to improve focus, manage emotions effectively, and reduce screen dependency through mindfulness and positive thinking practices. Faculty members, students, officers, and university officials actively participated in the session, making it a meaningful and beneficial initiative for student well-being.

2. Objectives

The major objectives of the session were:

- To create awareness about the importance of holistic health and overall well-being.
- To educate students about effective stress management techniques.
- To help students understand the causes and effects of stress, anxiety, and emotional challenges.
- To spread awareness about the harmful effects of substance abuse and addiction.
- To encourage students to develop healthy lifestyles, positive thinking, and self-discipline.
- To motivate students to seek guidance and professional support whenever required.

3. Event Description

The session focused on various aspects of student well-being, highlighting the importance of maintaining a healthy mind and body. The speakers discussed the common challenges faced by students, including academic pressure, competition, personal responsibilities, and social expectations.

An important part of the session was dedicated to stress management. Students were made aware of practical techniques such as meditation, yoga, regular physical exercise, proper sleep,

time management, and maintaining a positive attitude. The importance of expressing emotions, developing healthy relationships, and maintaining a balance between academics and personal life was also emphasised.

The session further addressed the serious issue of addiction and substance abuse among young people. Students were informed about the harmful physical, psychological, and social consequences of consuming addictive substances. The discussion highlighted how peer pressure, curiosity, and emotional distress can sometimes lead individuals towards addiction. The importance of making informed decisions, avoiding harmful influences, and seeking timely professional help was stressed.

Overall, the session provided valuable insights into developing a healthier lifestyle and building emotional resilience. It encouraged students to take responsibility for their well-being and support others who may be facing similar challenges.

4. Conclusion

The special session on “Holistic Well-being, Stress Management, and De-Addiction for Students” was informative and meaningful. It helped create awareness about the importance of mental health, stress management, and prevention of substance abuse. The session reinforced the message that education is not limited to academic achievements but also involves developing a healthy mind, body, and positive attitude towards life. Students were encouraged to adopt healthy habits, manage stress effectively, stay away from addictive substances, and prioritise their overall well-being. The event served as a valuable step towards promoting a healthier, happier, and more responsible student community.


EQ or IQ ?
EMOTIONAL INTELLIGENCE VS IQ: A PARENT'S GUIDE
EQ
IQ
Both are important for success


When you first entered, what happens first?

