



A. V. PAREKH TECHNICAL INSTITUTE

DEPT. OF TECHNICAL EDUCATION (GOVT. OF GUJARAT)
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Date:20/02/2026

COMPUTER ENGINEERING DEPARTMENT EVENT REPORT

EVENT DATE & TIME:	27/01/2026 , 04:00 TO 05:00
EVENT TYPE:	Student Wellness Club - NTF EVENT
EVENT TITLE:	Student Wellness Program
EVENT VENUE:	Computer Department Seminar Hall
EVENT CO-ORDINATORS:	Dr.D.S.PATHAK, Mrs. S.B. MALLI

RESOURCE PERSON DETAILS:	<i>Dr. Dhara Doshi, Assistant Professor, Saurashtra University</i>
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NO. OF STUDENTS PARTICIPANTS (SEMESTER):	186 (2 nd)
NO. OF FACULTY PARTICIPANTS:	12

ATTACHMENTS (Tick mark whatever applicable)	
INVITATION LETTER	YES
EVENT NOTICE	YES
LETTER OF THANKS	YES
ATTENDANCE SHEET	YES
EXPERT FEEDBACK	YES

The Computer Engineering Department of A V Parekh Technical Institute Rajkot successfully organized a **Student Wellness Program** on **20th February 2026** at the **Seminar Hall, Computer Department**. The program was conducted from **10:30 AM to 03:00 PM** with the objective of promoting mental well-being, emotional awareness, and psychological resilience among students.

Objective of the Program

The primary aim of the Student Wellness Program was to enhance students' understanding of mental health, stress management, emotional balance, and overall psychological well-being. The session focused on equipping students with practical strategies to manage academic pressure, maintain positive mental health, and build a balanced lifestyle.

Eminent Speaker

The session was delivered by **Dr. Dhara Doshi**, Assistant Professor, Department of Psychology, Saurashtra University. Dr. Doshi is an experienced academician and mental health professional with expertise in psychological counselling, student behaviour, emotional intelligence, and stress management. Her work focuses on promoting mental wellness and developing coping mechanisms among youth through awareness programs, counselling practices, and educational interventions.

Highlights of the Session

Dr. Doshi conducted an engaging and interactive session covering the following key aspects:

- Importance of mental health and emotional well-being in student life
- Understanding stress, anxiety, and academic pressure
- Techniques for managing stress and maintaining emotional balance
- Building self-awareness and positive thinking habits
- Developing resilience and healthy coping strategies
- Importance of communication, mindfulness, and self-care practices

The session included real-life examples, practical demonstrations, and interactive discussions that encouraged students to share their experiences and concerns. Students actively participated in activities designed to help them understand their emotional responses and develop constructive coping mechanisms.

Participation and Response

The program witnessed enthusiastic participation from students of the Computer Engineering Department. The session was highly informative and thought-provoking, helping students gain valuable insights into maintaining mental wellness in academic and personal life. The interactive nature of the program made it engaging and meaningful for all attendees.

Event Organization

The program was successfully organized under the leadership of **Mrs. Manisha K. Goswami**, Head of the Computer Engineering Department. The event was coordinated efficiently by **Dr. D. S. Pathak** and **Mrs. S. B. Malli**, whose dedicated efforts ensured the smooth execution of the program.

Conclusion

The Student Wellness Program proved to be a highly beneficial initiative that created awareness about mental health and encouraged students to prioritize emotional well-being. The session provided valuable knowledge, practical tools, and motivation to manage stress effectively and maintain a healthy mindset.

The Computer Engineering Department expresses sincere gratitude to Dr. Dhara Doshi for sharing her expertise and inspiring students with her insightful session. The program was a meaningful step toward fostering a supportive and mentally healthy academic environment.







A. V. PAREKH TECHNICAL INSTITUTE RAJKOT
COMPUTER ENGINEERING DEPARTMENT

"STUDENT WELLNESS PROGRAM"

20th February, 2026
09:30 AM to 03:00 PM
Venue: Seminar Hall
Computer Engineering Department, AVPTI

Event Organizer
Dr. K. K. Goswami - HOD CE
Event Coordinators
Mrs. S. B. Malli

Eminent Speaker
Dr. Dhara Doshi
Assistant Professor,
Department of Psychology
Saurashtra University





