

Report on Mental Health Initiative Workshop: "Take Charge of Your Life"

On January 30, 2023, a workshop titled *"Take Charge of Your Life"* was conducted for faculty members under the university's Mental Health Initiative. The session was facilitated by the University Counselor, Dr. Jaismeen Kaur.

The interactive workshop focused on empowering faculty to take responsibility for their choices, prioritize mental well-being, and apply Choice Theory to enhance personal and professional effectiveness. Dr. Kaur highlighted the importance of understanding internal motivation and building meaningful relationships as key components of a balanced and fulfilling life.

Participants actively engaged in discussions, shared personal experiences, and explored practical strategies for managing stress and fostering a positive work environment. Through real-life examples and collaborative activities, Dr. Kaur demonstrated how taking charge of one's life can lead to improved emotional regulation and better decision-making.

The session concluded with participants expressing gratitude for the insights gained and appreciation for the university's proactive approach to promoting mental well-being. The workshop successfully reinforced the value of mental health awareness and self-empowerment in the academic community.



