

Report on Transition from School to University

As part of the university's orientation program, a mental health initiative workshop titled "*Transition from School to University*" was conducted for first-year students on 24th July 2024. The session was facilitated by university's counsellor Dr. Jaismeen Kaur.

The workshop focused on addressing the challenges students face while transitioning from the structured environment of school to the independence and responsibilities of university life. Dr. Kaur emphasized the importance of time management, self-discipline, building supportive friendships, and seeking help when needed.

The session was highly interactive, with students engaging in discussions, sharing their concerns, and participating in fun yet meaningful activities designed to foster self-awareness and confidence. Dr. Kaur provided practical strategies to manage academic pressure and maintain mental health during this significant phase of life.

The workshop was well-received by the students, who appreciated the approachable and empathetic environment created by Dr. Kaur. Many expressed feeling better prepared to navigate this new journey and build a fulfilling university experience.

This initiative reinforced the university's commitment to supporting students' mental health and ensuring a smooth transition into higher education.



