

Adarsh Tomar Report on Student Development Workshops Conducted During Spring Semester 2026 with International Students

Introduction

As part of ongoing efforts to support students' academic, professional, and personal development, a series of workshops and interactive sessions were conducted during the Spring 2026 semester. These activities were designed to address key challenges faced by students, promote well-being, strengthen academic success strategies, and raise awareness of potential risks during their university journey.

The workshops provided students with opportunities to engage in meaningful discussions, develop practical skills, and receive guidance on issues relevant to their academic and personal lives.

Workshop Summary

1. First Year Challenges and Success Strategies

- **Date:** 25 February 2026
- **Participants:** 12 students
- **Programs Represented:**

European Business Studies (EBS)

Public Relations and Advertising Management (PRAM)

Objectives

- To help first-year students identify common academic and social challenges.
- To provide practical strategies for academic success, time management, healthy habits and adaptation to university life.

Outcomes

Students actively participated in discussions and shared their experiences regarding the transition to higher education. Various strategies for effective study habits, goal setting, and university engagement were explored.

Student Feedback

Feedback was overwhelmingly positive. Students expressed appreciation for the practical guidance provided and indicated a strong interest in participating in similar events on a more frequent basis.

2. Mental Health & Wellness

- **Date:** 26 March 2026

- **Participants:** 13 students
- **Programs Represented:**
 - Public Relations and Advertising Management (PRAM)
 - European Business Studies (EBS)
 - International Business (IB)
 - Health Management

Objectives

- To increase awareness of mental health issues among students.
- To promote healthy coping mechanisms and stress management techniques.
- To encourage help-seeking behaviour and self-care practices.

Outcomes

The session facilitated open discussion on mental health challenges commonly faced by university students. Participants learned practical techniques for stress management, emotional resilience, and maintaining a healthy academic-life balance.

Student Feedback

Participants reported that the workshop was informative, relevant, and beneficial to their overall well-being. Students appreciated the supportive environment and practical wellness tips provided during the session.

3. Yoga & Meditation Practical Session

- **Date:** 29 April 2026
- **Participants:** 3 Students from International business and Health management

Objectives

- To provide students with practical relaxation techniques.
- To enhance mindfulness, concentration, and stress reduction.
- To support students' physical and mental well-being.

Outcomes

Students participated in guided yoga and meditation exercises. The practical nature of the session enabled participants to experience relaxation techniques firsthand and understand how these practices can contribute to improved focus, emotional balance, and overall wellness.

Student Feedback

Participants found the session engaging, calming, and highly beneficial.

4. Potential Risks and Consequences During Academic Journey

- **Date:** 17 June 2026
- **Participants:** 10 students
- **Programs Represented:**
 - International Business (IB)
 - European Business Studies (EBS)
 - Public Relations and Advertising Management (PRAM)

Objectives

- To raise awareness of academic, behavioural, and professional risks that may affect students during their studies.
- To discuss the consequences of poor academic decisions, misconduct, lack of engagement, and ineffective time management.
- To encourage responsible decision-making and proactive academic planning.

Outcomes

Students engaged in discussions regarding common challenges and risks encountered during university studies. The session highlighted the importance of academic integrity, personal responsibility, effective planning, and seeking support when needed.

Student Feedback

Participants appreciated the practical examples and real-life scenarios discussed during the workshop. The session helped students better understand the potential consequences of their choices and the importance of maintaining a positive academic trajectory.

Overall Impact

The series of workshops successfully addressed important dimensions of student development, including:

- Academic success and transition to university life.
- Mental health awareness and emotional well-being.
- Stress management through yoga and meditation practices.
- Risk awareness and responsible decision-making during academic studies.

The workshops promoted interdisciplinary interaction and collaborative learning. Student engagement levels were good across all sessions, and feedback consistently indicated satisfaction with both the content and delivery of the workshops.

Conclusion

The workshops conducted during Spring 2026 contributed positively to students' academic achievement, personal growth, and overall well-being. The participation and positive feedback demonstrate the value of such initiatives in supporting student success. Continued implementation of similar activities is recommended to further enhance the student experience and contribute to the university's commitment to quality education and holistic student development.

Recommendations

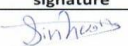
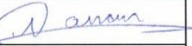
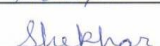
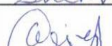
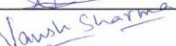
Based on participant feedback and observed engagement, the following recommendations are proposed:

1. Continue organizing student development workshops on a regular basis throughout the academic year.
2. Expand wellness-focused activities, including yoga, meditation, and mental health awareness programs.
3. Develop additional sessions focusing on academic skills, career readiness, and personal development.
4. Encourage greater participation across all study programs through enhanced promotion and outreach.
5. Establish a structured annual workshop calendar to ensure continuity and sustained student support.

Appendices

1. Attendance List

Meeting with 1st year students 25.02.2026

nr	name, surname	programme	signature
1	Dhanu Vatsy Singh Gohil	EBS	
2	Saba K.C. ✓ Nepal	EBS	
3	Ramayan Adhikari ✓ Nepal	EBS	
4	Abhijit Jaswal	EBS	
5	PARMEET SINGH	PR	
6	Simran Kaur	SARM 2nd Sem	
7	Naman Sharma	EBS	
8	Gopal Chandel	EBS	
9	Dharmendra Singh	PR	
10	Shekhar	PR	
11	Gagandeep Singh	PR	
12	Anushka	PR	
13	VANSH SHARMA	PR	
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RISEBA MEET UP
26.03.2026

Nr.	Name, Surname	Programme	signature
1	Mamta Pandey	MIP	<i>Pandey</i>
2	VANSH SHARMA	PR	<i>Vansh</i>
3	GIAGIANDEEP SINGH	PR	<i>Gesing</i>
4	PARMEET SINGH	PR	<i>Parmet Singh</i>
5	DHARANPREET SINGH	PR	<i>Dharpreet Singh</i>
6	MAHESH WAR DHILLON	PR	<i>Mahesh War Dhillon</i>
7	RIMMY	PR	<i>Rimmy</i>
8	Gopal Chandel	EBS	<i>Gopal</i>
9	Abhijot Jaswal	EBS.	<i>Abhijot</i>
10	Bekhal CHIB	PR	<i>Bekhal Chib</i>
11	Rahul Verma	Health Mgmt	<i>Rahul</i>
12	Deepak Sharma	MBA IB	<i>Deepak</i>
13	Aadvik Shekawat	IB	<i>Aadvik Shekawat</i>
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RISEBA MEET UP
29.04.2026

Nr.	Name, Surname	Programme	signature
1	Yashika Sharma	International Business	
2	Baljit Kaur	Health Management	
3	Mehit Sharma	International Business	
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17/06/2026

- 1) Saran Viswanath International Business (Feb 2025 intake) Saran
- 2) Manindersingh Alumbh International Business (Feb 2026 intake) Man...
- 3) Ramayan Adhikari European Business Studies (Sep 2025 intake) Ram...
- 4) Mantar Pandav International Business (Feb 2026, intake) Ram...
- 5) Abhijot Jaswal European Business studies (September 2025 intake) Abhijot
- 6) Gopal Chandel European Business studies (September 2025 intake) Gopal
- 7) MAHESHWAR DHILLON → PUBLIC RELATIONS AND ADVERTISING MAHESHWAR DHILLON
- 8) Varish Sharma — Public Relations & Advertisement management Varish Sharma
- 9) Dharampreet Singh Public relation & advertising mangement Dharam
- 10) Gagandeep Singh Public Relations & advertisement management Gagandeep

2. Photos

