



# Gujarat Technological University

(Accredited with A+ Grade by NAAC)

## GTU – School of Management Studies

### Report on “Guest Session as a part of Abhigam-2025: An Induction Week for BBA (Batch 2025-29) Students”

**1) Title of Event:** Guest Session

**2) Type of Event:** An Induction Week for BBA (Batch 2025-29) Students

**3) Date, Time and Venue of the Event:**

Date: 14<sup>th</sup> July 2025

Time: 11:00 AM to 12:00 PM

Venue: Acharya Chanakya Hall, GTU – School of Management Studies, Chandkheda, Ahmedabad

**4) Description of Event:**

On the last day of the orientation a session on Personal and Mental Health was conducted by Ms. Jitakshi Bhatt, the Head Counselor at Gujarat Technological University. During the session, Ms. Jitakshi provided an insightful overview of self-love, flexibility in life, and the importance of maintaining both mental and personal health. She emphasized how practicing self-compassion can enhance emotional resilience and reduce stress. The session highlighted the need to remain adaptable in the face of challenges and change. Additionally, practical exercises were shared, including mindfulness techniques and healthy lifestyle habits aimed at improving mental clarity and emotional balance. In further session, one activity was conducted by Ma'am (touch head, nose, mouth) which created an engaging environment in the session.

**5) List and number of participants:**

About 95 students of the new batch attended Abhigam-2025 on the 5<sup>th</sup> day of orientation.



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## 6) Flyer of the Event:

**Gujarat Technological University**  
**School of Management Studies**  
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**Invitation for Orientation Program**  
**ABHIGAM - 2025**

Extending Welcome to the Students of  
**Bachelor of Business Administration (BBA)**  
**[Batch 2025-29]**

Day - 1	Day - 2	Day - 3
8 <sup>th</sup> July, 2025 Tuesday 10 AM to 4 PM	9 <sup>th</sup> July, 2025 Wednesday 11 AM to 4 PM	10 <sup>th</sup> July, 2025 Thursday 11 AM to 4 PM

  

Day - 4	Day - 5
11 <sup>th</sup> July, 2025 Friday 9 AM to 2 PM	14 <sup>th</sup> July, 2025 Monday 11 AM to 4 PM

**Venue: Acharya Chanakya Hall**  
**GTU - School of Management Studies [GSMS]**

**Chief Patron**  
Dr. Rajni K. Gajjar  
Vice Chancellor

**Patron**  
Dr. K. N. Kher  
Registrar

**Inviters**

Dr. Pankajray Patel Director	Dr. Neela Multani Program Coordinator	Mr. Rajan Modha Asst. Program Coordinator
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Locate us @ : GTU-SMS, Academic Block-4, GTU Campus, Chandkheda, Ahmedabad, Gujarat

@GTUSMS

## 7) Feedback on the Event:

The session proved to be highly insightful and impactful. Her discussion on important topics such as self-love, mental flexibility, and emotional well-being was both relatable and practical. The techniques she shared, especially the mindfulness exercises, were simple yet effective for everyday use. The inclusion of a student-led activity added an interactive element that made the session more engaging. Overall, the session was very well-organized, thought-provoking, and helped students reflect on their personal growth and mental health.



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## 8) Photos of the Event:





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## 9) Social Media Post:



### Report Prepared by:

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### Report Edited by:

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