

Workshop on Friends Forever

DATE: July 15, 2024

Time: 11:00 am to 1:00 pm

Speaker: Dr. Ankita Brahmbhatt

VENUE: Madhuben & Bhanubhai Patel Institute of Technology (MBIT), New Vallabh Vidhyanagar



Madhuben & Bhanubhai Patel Institute of Technology (MBIT) organized Workshop on Friends Forever for fostering connections and promoting mental well-being for the first-year students for their bridge course.

Dr. Ankita Brahmbhatt, with her extensive academic background and 24 years of teaching experience, led the session. Session Highlights: The event began with an interactive task where participants were divided into groups. Each group was tasked with writing down names of ideal examples of friendship and defining friendship with meaningful quotes. This activity aimed to encourage reflection on the essence of supportive relationships. Dr. Ankita Brahmbhatt addressed a pressing concern of our times - the increasing cases of depression and suicide among youngsters. She emphasized that the lack of communication with guardians and friends often leads individuals towards feelings of isolation

and despair. In addition to interpersonal skills, Dr. Brahmbhatt also highlighted the importance of intra-personal skills. These include self-awareness, understanding one's own strengths and limitations, and the ability to manage unexpected emotions like anger and frustration. These skills are crucial for maintaining personal balance and resilience in the face of challenges. The event successfully created a supportive environment where participants felt comfortable sharing their experiences and building meaningful connections with others. By encouraging open dialogue and promoting empathy, the session contributed positively towards enhancing mental well-being within the community.

The program was successfully organized by Dr Darshna Prajapati, HOD and Prof. Sejal Patel from ASH department. Principal Dr Sudhir Vegad congratulated the organizers for the successful execution of the event. More than 250 students participated in this celebration.

Dr Darshna Prajapati
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