

Babu Banarasi Das University, Lucknow

Mental Health and Well-being Centre (MHWBC)

WELL-BEING ACTIVITY CALENDAR (Academic Year 2025–2026)

“Nurturing minds, fostering resilience, and building a healthier campus community.”

JULY/AUGUST – Welcome & Orientation Month

Theme: *A Fresh Start to a New Academic Year*

- Student orientation sessions on mental health and campus support.
- Workshop: *“Adjusting to University Life with Confidence.”*
- Peer Well-being Ambassador training (Batch 1).
- Launch of monthly wellness newsletter.

AUGUST – Building Connections & Positive Relationships

Theme: *Friendship, Inclusion, and Belonging*

- Event: *“Buddy up Week”* – promoting peer bonding activities.
- Group activity: *“Team Spirit Games for Emotional Connection.”*
- Awareness poster display: *“Empathy Makes Us Stronger.”*

SEPTEMBER – Stress and Time Management

Theme: *Balance before Burnout*

- Workshop: *“Beating Academic Stress: Practical Tools for Students.”*
- Yoga and relaxation sessions every Friday.
- Counselling Open House: *“Meet Your Counsellor”* interactive session.

OCTOBER – Mental Health Awareness Month

Theme: *Mental Health for All*

- Observation of *World Mental Health Day (October 10)*.
- Mental Health Week celebration with panel talks, film screening, and poster exhibitions.
- Guest lecture by psychologist on *“Breaking the Stigma.”*
- Launch of student wellness pledge.

NOVEMBER – Emotional Intelligence & Mindfulness

Theme: *Pause. Reflect. Respond.*

- Workshop: “*Mindfulness and Focus Enhancement.*”
- Guided meditation and breathing sessions.
- Faculty sensitization program on recognizing student stress.

DECEMBER – Gratitude & Self-Reflection

Theme: *Finding Joy in Simplicity*

- Activity: “*Gratitude Tree*” – students post thank-you notes on campus boards.
- Wellness talk: “*Ending the Year with Positivity.*”
- Reflective journaling activity and wellbeing survey.

JANUARY – New Beginnings & Goal Setting

Theme: *Start the Year, Stress-Free!*

- Workshop: “*Goal Setting and Motivation for Success.*”
- Resume mindfulness sessions after vacation.
- Mental Health Bulletin launch for the semester.

FEBRUARY – Self-Love & Emotional Resilience

Theme: *Love Yourself First*

- Activity: “*Self-Compassion Wall*” – Messages of Self-Acceptance.
- Talk: “*Emotional Strength in Relationships.*”
- Student panel: Sharing stories of coping and growth.

MARCH – Women’s Well-being & Empowerment

Theme: *Celebrating Strength and Balance*

- Observance of *International Women’s Day (March 8)*.
- Workshop: “*Women’s Mental Health and Work–Life Balance.*”
- Well-being circle discussion for female students and staff.

APRIL – Exam Readiness & Anxiety Management

Theme: *Study Smart, Stay Calm*

- Exam stress management sessions.
- Guided meditation: “*Mindful Study Breaks.*”
- “De-Stress Zone” set up near library with quiet relaxation area.

MAY – Resilience and Reflective Growth

Theme: *Learning from Challenges*

- Online talk: “*How to Bounce Back after Failure.*”
- Peer Ambassador Meet and Review of Year’s Activities.

- Preparation of annual wellness report.

JUNE – Summer Wellness & Digital Detox

Theme: *Disconnect to Reconnect*

- Online campaign: “*Digital Detox Challenge.*”
- Summer self-care guide shared via email and website.
- Staff mental wellness webinar.

Additional Ongoing Initiatives

- Weekly open counselling hours (Mon–Fri).
- 24×7 helpline and counselling support.
- Peer Well-being Ambassador Mentorship circles.

Contact

Mental Health and Wellbeing Cell

Babu Banarasi Das University, Lucknow

 Location: CA Block, BBDU Campus

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🕒 Timings: Monday – Friday, 9:00 AM – 5:00 PM

“A healthy mind builds a strong future. Let’s make BBD University a stress-free, supportive, and resilient campus.”