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## **IIM Ranchi :: The Human Connect : Promoting Mental And Emotional Well- Being Of The Students.**

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Ranchi, Jharkhand | February | 22, 2023 :: The Indian Institute of Management Ranchi has launched the 'The Human Connect' series. The Human Connect is the flagship event of IIM Ranchi in collaboration with Counselling Cell IIM Ranchi and Rekhi Centre of Excellence for the Science of Happiness for Promoting Mental and Emotional Well-being of the students. This campaign aims to foster a more profound sense of connection and community among the members of the IIM Ranchi family.

The initiatives under this series will feature a variety of activities, including a collective drum circle, human library, tree plantation, collective dance, collective meditation, blood donation camp, WeEvolve mental well-being session, professional counselling facility, collective canvas painting, mindfulness interventions, and pet therapy.

Seven episodes of the series have already taken place. Episode 1 of the event was Drum Circle, and this event used the power of music to bring people together and create a memorable experience. IIM Ranchi provided students with drums and instructors from Highnote, the music SIG of IIM Ranchi, who guided them to create their own music collectively.

Collective Dance was Episode 2 of the series. The main idea was to use dance therapy to relieve students of the stressful MBA life. The session was led by instructors from Froggy Feet, the dance SIG of IIM Ranchi, who made the students groove and become one with the community.

Episode 3 of the series was a blood donation camp organized in collaboration with Samarpan, the social responsibility club off IIM Ranchi. Organized in association with 'Blood Connect', IIM Ranchi hosted the camp on its permanent campus. It instilled in students learning that contributing to the good of society is the ultimate path to happiness.

Episode 4 of the series, a 3-day Yoga Camp, was inaugurated at IIM Ranchi's permanent Campus in Prabandhan Nagar, Ranchi. The camp was conducted by the Department of Sports Science & Yoga, Ramakrishna Mission Vivekananda Educational and Research Institute (RKMVERI), Belurmath. Yoga is a powerful medium to connect with oneself & achieve happiness by focusing on physical and mental well-being.

In the next episode of 'The Human Connect', IIM Ranchi, in association with the Counseling Cell and Rekhi Centre of Excellence for the Science of Happiness, conducted 'Human Library'. The event allowed the students to have one-to-one conversations, which enabled them to have a personal experience of sharing, questioning and reflection that can radically shift perceptions.

'Pet Therapy' was the 6th episode of the series. Conducting in association with Samarpan, the social responsibility club, the students visited Animal Welfare Trust in Angara. During the visit, the students interacted with and cared for their furry friends. Pet therapy allows the participants to get rejuvenated both mentally and physically.

'Caring Conversation' was the 7th episode of this series. A MoU was signed between Central Institute of Psychiatry Ranchi and Indian Institute of Management Ranchi on 20th February, 2022 to promote wellbeing.

The remaining events or episodes, tree plantation, WeEvolve mental well-being session and collective canvas painting, will be conducted soon.

'The Human Connect' is a unique initiative by Dr Deepak Kumar Srivastav, Director of IIM Ranchi. With the vision of creating a culture that values and takes measures to improve mental health, the series has been a success so far. The programme are being coordinated by Prof Tanusree Dutta and Prof Gaurav Manohar Marathe.