

REPORT ON ORIENTATION PROGRAMME

(DEEKSHARAMBH), 2025

Day: 3

Date: 14th August, 2025

Day Coordinators: Ms. Shubhangi Khandelwal & Ms. Yogita Upadhayay

Day 3 of the Orientation Program began with an insightful guest lecture by Dr. Chiya Jaiswal, a noted psychologist, on the topic "**Yoga and Mental Health.**" She emphasized the importance of mental well-being and the need to build effective coping mechanisms to manage stress.

Dr. Jaiswal discussed key stressors among students, particularly the impact of social media on mental health, and clarified the distinctions between stress, anxiety, and depression. She also highlighted the symptoms and signs of depression, encouraging students to seek help without hesitation.

A key highlight of the session was the discussion on yoga and its positive impact on mental health. Ms. Jaiswal emphasized how regular yoga practice can help manage stress, enhance emotional resilience, and improve overall mental well-being. She encouraged students to incorporate yoga and mindfulness practices into their daily routine as a natural and effective way to maintain balance in life.

The session concluded with a discussion on the growing importance of mental health and yoga in the post-pandemic world and practical steps for self-care. The lecture aimed to raise awareness, promote self-care through yoga, and reduce the stigma around mental health leaving students informed and inspired.





The second session of Day 3 featured an inspiring Alumni Talk by Advocate Kavish Dubey, a proud alumnus of ICFAI Law School, Jaipur. Currently practicing at the Rajasthan High Court, he is a partner at *Vyas & Vyas Associates* as well as *Lawproctor Legal and Tax Solutions*, where he also serves as a consulting attorney. Advocate Dubey specializes in areas such as International Trade Law, Labour Law, Corporate Law, and Taxation.

The session began with him sharing his journey and experiences at ICFAI Law School, highlighting how he successfully balanced academics with co-curricular activities. Advocate Dubey then delved into the broader career prospects in the legal field, shedding light on why he chose advocacy as his profession.

The talk also provided students with practical insights into the legal profession, including courtroom proceedings, case research strategies, and the critical aspects of presenting a case effectively before a judge. He emphasized the essential qualities and skills required to become a successful advocate.

Overall, the session was highly engaging and informative. It gave students a real-world perspective on the legal profession and highlighted the importance of practical exposure alongside academic knowledge. The objective of the talk to raise awareness about the dynamic nature of the legal field and inspire students to pursue it with clarity and confidence was effectively achieved.



Further, the event was followed by an internship experience shared by the final year student, Ms. Kunika Ralwani, who has completed her internship at the Ministry of Law & Justice. She spoke about the valuable insights she gained into the functioning of the legal system and the practical exposure she received in dealing with real-life legal matters. Her experience served as a source of inspiration for the juniors, highlighting the importance of internships in shaping a successful legal career. To wrap up the event, a mentoring session was conducted by Ms. Shubhangi Khandelwal and Ms. Yogita Upadhayay on the significance of team building and collaborative work. They highlighted how teamwork plays a vital role in professional environments and shared tips on improving communication and group dynamics. The session left students with a better understanding of how to thrive in team-oriented settings.

