

## **Program**

On

Questioning Mind: A Happy State for Medical Wellbeing

07-08-2025

**Organised by**  
FoS

Faculty of Liberal Arts

ATMIYA University, Rajkot

**Speaker :**

Dr Hassan Sanadi

**Faculty's Co-Ordinator**

Dr. Jitendra Ahekar



**ATMIYA  
UNIVERSITY**  
Rajkot, Gujarat - INDIA



Atmiya University, Faculty of Liberal Studies

# QUESTIONING MIND

*A happy state for medical wellbeing*

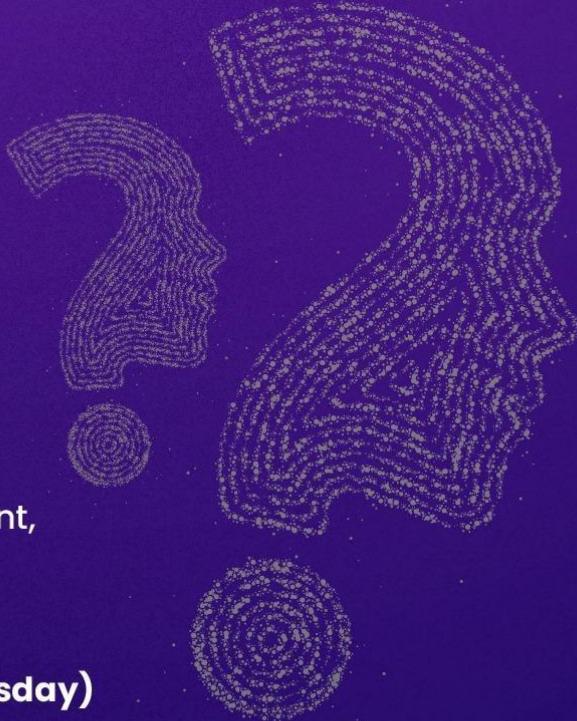
For: Liberal Studies Students

## Resource Person



**Dr. Hassan Sanadi**

Academic Faculty,  
Business Studies Department,  
University of Technology  
& Applied Science, Muscat



Date: 7<sup>th</sup> August 2025 (Thursday)

Time: 12.40pm to 1.40pm

Venue: Psychology Lab, Atmiya University

## **Program Details**

### **1. Activity Information**

Title of Activity: Questioning Mind: A Happy State for Medical Wellbeing

Level of Activity/Event: University

Activity Schedule: 07-08-2025 (Thursday)

Venue: Psychology Lab, Atmiya University

Resource Person: Dr. Hassan Sanadi

Designation: Academic Faculty, Business Studies Department, University of Technology & Applied Science, Muscat

Activity Coordinator: Faculty of Liberal Studies

Total No. of Participants: 10

Details of Participants: Liberal Studies Students

### **2. Outcomes**

The session enhanced students' understanding of the importance of cultivating a questioning and reflective mindset for maintaining mental and emotional wellbeing. Participants explored how curiosity, critical thinking, and self-awareness contribute to psychological health and overall happiness. The resource person also emphasized practical approaches to balancing intellectual engagement with emotional resilience.

### **3. Activity Details**

The Faculty of Liberal Studies, Atmiya University, organized an interactive expert session titled “Questioning Mind: A Happy State for Medical Wellbeing” exclusively for Liberal Studies students.

The session took place on 7th August 2025 (Thursday) from 12:40 PM to 1:40 PM at the Psychology Lab, Atmiya University.

Dr. Hassan Sanadi, Academic Faculty from the University of Technology & Applied Science, Muscat, shared valuable insights on developing a mindful and inquisitive approach toward mental wellbeing. Through engaging discussion and real-life examples, he inspired students to view questioning as a tool for growth, clarity, and self-development.

#### 4. Gallery

