

Program

On

Questioning Mind: A Happy State for Medical Wellbeing

07-08-2025

Organised by

FoLS

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



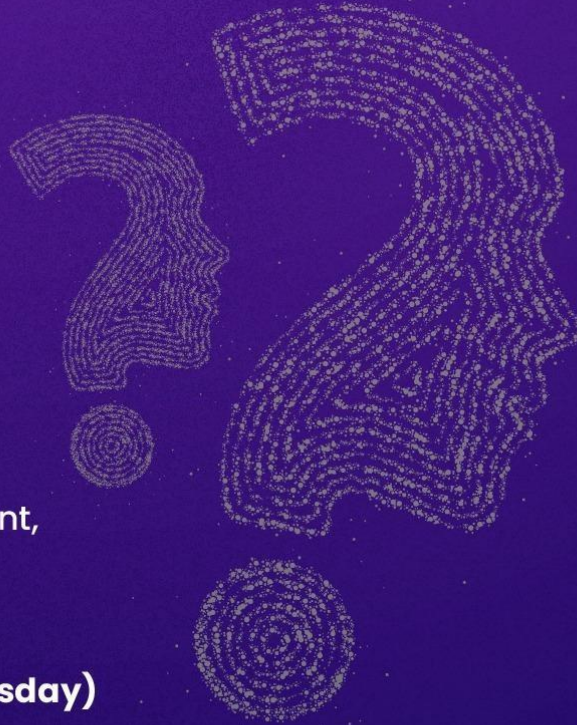
Dr. Hassan Sanadi

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

Date: 7th 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

