

Department of Political Science

SEMINAR BY UNWIND DELHI

TOPIC: Healing: Dealing with negative emotions

TIME : 11am onwards DATE : 5th February, 2024

VENUE: Room no. 66

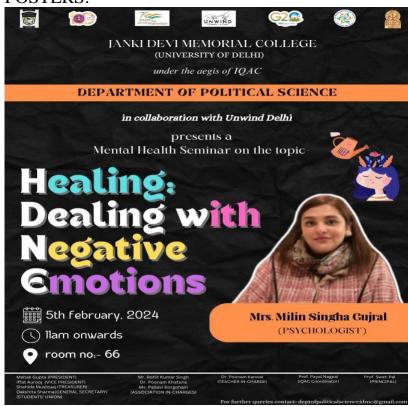
<u>DESCRIPTION</u>: On 5th February, Department of Political Science of Janki Devi Memorial College under the aegis of IQAC organized a seminar on the topic 'Healing: Dealing with negative emotions'. The session commenced with Ms. Lavanya Shukla, the founder of Unwind Delhi, giving an overview of the organization. Mrs. Millin Singha Gujral, a psychologist and guest speaker took the floor next, delving into the realm of emotions. She began by highlighting the various types of emotions with specific focus on negative ones we often confront. She provided the students few ways to deal with such negative emotions faced in our daily lives. The initial step mentioned by her was recognizing emotions by emphasizing self – awareness to understand our feelings. Mrs. Millin also stated the importance of focusing on our reactions by practicing mindfulness. She stressed the importance of seeking support by communicating with others. Finally, she made the session more interesting by engaging the students in an activity. With eyes closed they were asked to observe any discomfort in their body and assigning a color to it. She then encouraged them to transform that color into white.

The seminar was a great opportunity to know about the techniques and therapies for managing negative emotions. It concluded with an open floor for questions and with a vote of thanks by the Vice – President.

LEARNING OUTCOMES: It provided practical insights and tools for effectively managing negative emotions. Students learned about some practical strategies for coping with stress and anxiety, transforming negative thought patterns, and improving communication of emotions. The session emphasized the need of self-awareness, mindfulness techniques, and reducing the stigma around mental health. Students also gained learning insights for accessing professional help when needed, contributing to the development of a positive and resilient mindset.

RELEVANCE WITH SUBJECT: Psychology and Well-Being

POSTERS:





PICTURES:





