



Janki Devi Memorial College



(University Of Delhi)

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

DESCRIPTION : 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:



JANKI DEVI MEMORIAL COLLEGE
(UNIVERSITY OF DELHI)
under the aegis of IQAC

DEPARTMENT OF POLITICAL SCIENCE

in collaboration with Unwind Delhi
presents a
Mental Health Seminar on the topic-



Healing: Dealing with Negative Emotions



Mrs. Milin Singha Gujral
(PSYCHOLOGIST)

5th February, 2024
11am onwards
room no:- 66

Mehak Gupta (PRESIDENT)
Hitesh Aurooj (VICE-PRESIDENT)
Shahida Mushaaq (TREASURER)
Dakshina Sharma (GENERAL SECRETARY)
(STUDENTS' UNION)

Mr. Rohit Kumar Singh
Dr. Poonam Khutiana
Ms. Pallavi Borgohain
(ASSOCIATION IN-CHARGES)

Dr. Poonam Karwal
(TEACHER IN-CHARGE)

Prof. Payal Nagpal
(IQAC coordinator)

Prof. Swati Patil
(PRINCIPAL)

For further queries contact: deptofpoliticalsciencejdmc@gmail.com



जानकी देवी मेमोरियल कॉलेज
(दिल्ली विश्वविद्यालय)
IQAC के तत्वावधान में

राजनीति विज्ञान विभाग

अनविंड दिल्ली के सहयोग से
मानसिक स्वास्थ्य संगोष्ठी विषय पर
पर एक सेमिनार प्रस्तुत करता है



उपचार: नकारात्मक भावनाओं से निपटना



श्रीमती मिलीं सिंघा गुजराल
(मनोवैज्ञानिक)

5 फरवरी, 2024
11 बजे से
कक्ष नंबर :- 66

महक गुप्ता (अध्यक्ष)
हितांशु अरोज (उप-अध्यक्ष)
शाहिदा मुशाक (कोषाध्यक्ष)
दाक्षिणा शर्मा (सामान्य सचिव)
(छात्र संघ)

श्री रोहित कुमार सिंह
डॉ. पूनम खटुना
शुभी पालवी बोरगोहिन
(एशोसिएशन इन-चार्ज)

डॉ. पूनम करवाल
(प्रध्यापिका)

प्रोफेसर पायल नागपाल
(IQAC समन्वयक)

प्रो. स्वाति पाटिल
(प्रधानाचार्या)

अधिक जानकारी हेतु: deptofpoliticalsciencejdmc@gmail.com

PICTURES:

