



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

S296

Report

Academic Year 2020-21

Name of the Event: Webinar on Emotional Wellbeing of Youth

Date: October 10 2021

Time: 2:30-3:30 pm

Online Virtual Platform: <https://meet.google.com/twf-tquh-jpy>

Organized by: Department of Psychology of Vimala college

Collaboration (if any): Field Outreach Bureau, Government Of India, Ministry Of Information & Broadcasting, Thrissur

No. of participants:42

Report

In connection with world mental health day, the department of psychology Vimala college organised webinar on 10th October 2021 from 2:30-3:30 pm, aimed at raising awareness among students about the importance of emotional well-being and mental health. It was well organised webinar with participation of many students.

The webinar was conducted by the faculty coordinator Dr. Sinto P Anto assistant professor and head of department of psychology, Vimala college. Malavika Menon and Farzana Lishad from the department of psychology were the student coordinators. Soniya varkey was the emcee of the program. Webinar started with the prayer by Midhuna. P. The gathering was welcomed by Dr. Sinto P Anto. The presidential address was done by George Mathew deputy director, field outreach bureau, government of India, ministry of information and broadcasting Thrissur. The resource person was Dr. Anju Tresa Andrews consultant psychologist Mastering Mind Thrissur. She gave a very informative talk about the importance of emotional well-being. She explained about emotional states the youth come across.

She explained about the challenges that are facing by the youth. Parents, friends, loneliness, cyber bullying, worries about future expectations all are the challenges that faced by the youth in maintaining emotional well-being. She discussed about the signs and symptoms of identifying a person have a bad emotional well-being. Mood swings, deeper state of anger, worries, headache,

Assessment Period (2016 - 2021)



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

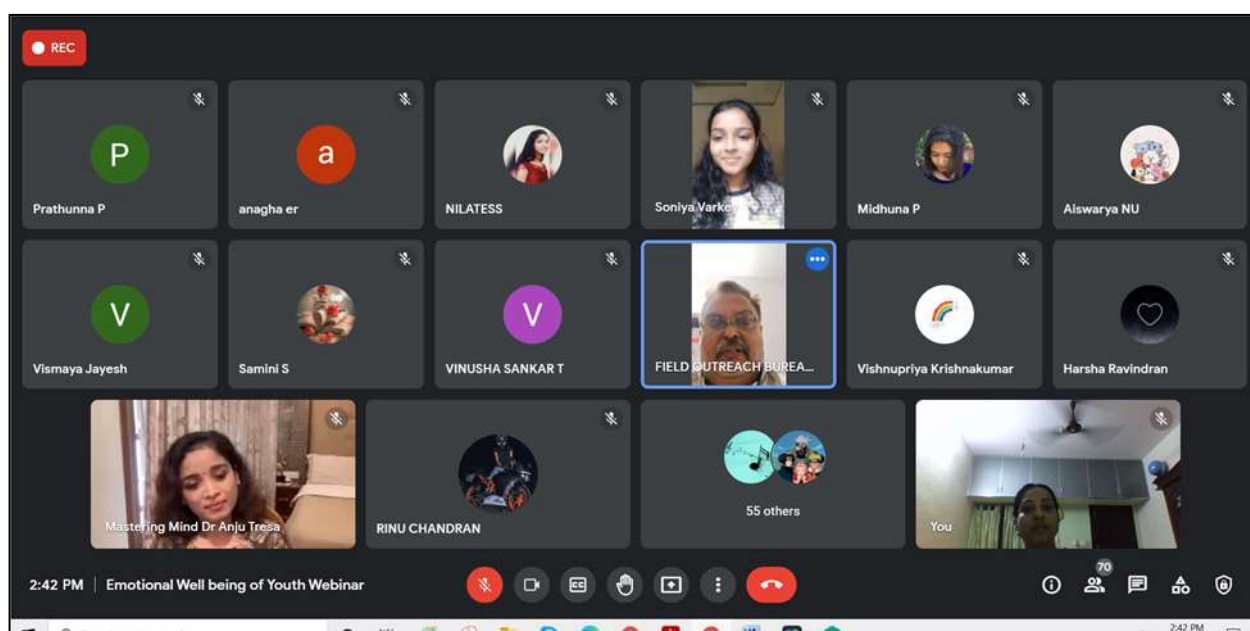
withdrawal from family, friends, changes in sleeping habits, inability to cope with day to day life, suicidal thoughts, alcohol abuse, sexual relationship are some of the signs and symptoms. She also added that proper diagnosis and treatment can cure the conditions faced by individuals.

She included the strategies that help us to improve our emotional well-being. The respect that we give to ourselves, caring our own body, doing exercises, eating healthy food, good sleep hygiene, connection with others good quality relationships, setting realistic goals, rest and reset, giving gratitude all these will help us to improve our emotional well-being. Along with that avoiding alcohol, digital detox, settings healthy boundaries, and seeking help from others if need help us to improve our emotional well-being.

She concluded the session by saying that emotional well-being is not about being happy all the time it is all about skills to manage the pleasant and unpleasant situations in life. Then there was an interactive session between resource person and the students.

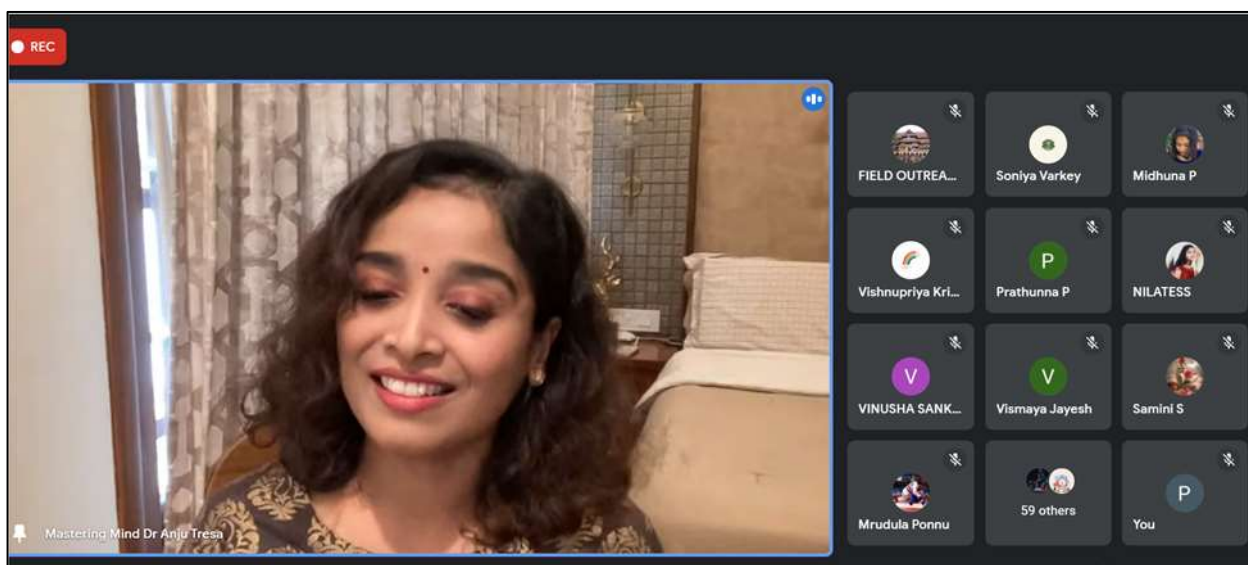
The webinar was concluded with vote of thanks by Kripa Jose and E-certificates were issued to students for their participation.

Photos





VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Brochure



Click here to join

DEPARTMENT OF PSYCHOLOGY
VIMALA COLLEGE (AUTONOMOUS) THRISSUR

In collaboration with
FIELD OUTREACH BUREAU



सत्यमेव जयते

Faculty Coordinator
Dr.Sinto P Anto

Student Coordinators
Malavika Menon
Farzana Lishad

Organises a webinar on
Topic: Emotional well-being of Youth

October 2021
11th
2.30 pm-3.30pm

In connection with World Mental Health Day

E Certificate will be provided



Resource Person
Dr. Anju Tresa Andrews
Consultant Psychologist .
Mastering Mind, THRISSUR.



Presidential address
GEORGE MATHEW
DEPUTY DIRECTOR
FIELD OUTREACH BUREAU,
GOVERNMENT OF INDIA,
MINISTRY OF INFORMATION & BROADCASTING
THRISSUR



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

List of participants

Name of the Teachers participated from Psychology Department	Students participated from Psychology Department
Sinto P Anto	Athira A A
Binisha K B	Parvathy Thondattil
	Vyshnavi Gopi
	Mohsina Ali Mohammed
	Neenu T S
	Midhuna. P
	Meenakshi CD
	Anjana K.S
	Aleena PG
	Arya K B
	Rajitha C K
	Gladis P Joby
	Farzana Lishad
	Stefy Jestine
	Sandra Anil
	Gadha.K.B
	Nihala Sainudheen P S
	Nithya Sreeram
	Kripa Jose
	Alna EF
	Vinusha Sankar T
	Salini.S
	Parvathi A S
	Anagha E R
	Samini.S
	Jessica Rose



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

	Harsha Ravindran
	Nandana K.J
	Vishnupriyakk
	Powel Pius
	Anannya.T.S
	Nereparambil Soniya Varkey
	Nandana V
	Aiswarya N U
	Afiya Nazrin
	Aswathy K S
	Annlia P Babu
	Cinderella Paul
	Malavika Menon

Head,Department of Psychology
Vimala College



PRINCIPAL IN-CHARGE
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009

Assessment Period (2016 - 2021)