

Webinar on Interpersonal Relationships and Well being

Department of Psychology organised webinar on the topic “Interpersonal relationships and Well being” on October 8th. The session started with a silent prayer at 1.30 pm . Dr Sinto P Anto, Head of the Department of Psychology welcomed the resource person and the participants. Smt Soumya Mohan C, Head of the Department of Behavioral Sciences, Kerala Police Academy was the resource person for the day. She explained about interpersonal relationships and its importance in daily life. She discussed the PERMA model and the scope of positive psychology. She quoted many examples from her life and the students enriched from the talk. Students actively involved in the session . 180 participants attended the webinar and the session ended at 2.45pm.

The screenshot displays a Zoom webinar interface. The main content area shows a slide titled "PERMA" with the following text:

PERMA

- The 5 central elements of the PERMA Model cover the areas of well-being and happiness psychology,(Martin Seligman), the father of positive psychology
- Positive emotions-
- Engagement/Flow
- Relationships
- Meaning
- Accomplishments

The interface includes a top bar with a "REC" indicator and a status "soumya mohan is presenting". A bottom bar shows participant names: soumya mohan, Anjali Anil, Kripa George, sr cathy jose, Parthasarathy ..., Diya Joy, and Eyeleen Geo. A chat window on the right is titled "Webinar on Interpersonal relation..." and shows messages from participants: Sruthi VK (1:35 PM, "Gd afternoon mam"), ADITHYA P V (1:35 PM, "Yes"), GOPIKA V S (1:35 PM, "yes mam"), rose mohanalal (1:36 PM, "Yes mam"), Aiswarya Joshy (1:36 PM, "Good Afternoon Miss..."), and ANEESHMA A K (1:37 PM, "Good afternoon mam").

REC S soumya mohan is presenting

Webinar on Interpersonal relation... X

People (171) Chat

- Sivani Das
- Sneha CM
- Sneha cs
- SNEHA JAYAPRAKASH
- SNEHA T B
- Sona John
- SONIYA NEREPARAMBIL
- Sonu Varghese
- Sooryabala G

soumya mohan

soumya mohan

Detailed description: This screenshot shows a Zoom webinar interface. The main video window displays a woman, Soumya Mohan, wearing a headset and speaking. The top status bar indicates 'REC' and 'soumya mohan is presenting'. On the right, a sidebar titled 'Webinar on Interpersonal relation...' shows a list of 171 participants. The list includes names like Sivani Das, Sneha CM, Sneha cs, SNEHA JAYAPRAKASH, SNEHA T B, Sona John, SONIYA NEREPARAMBIL, Sonu Varghese, and Sooryabala G. A 'Chat' icon is also visible. At the bottom left of the video window, there is a small icon and the name 'soumya mohan'.

REC S soumya mohan is presenting

Webinar on Interpersonal relation... X

People (172) Chat

- Shivani Roshan
- Sivani Das
- Sneha CM
- Sneha cs
- SNEHA JAYAPRAKASH
- SNEHA T B
- Sona John
- SONIYA NEREPARAMBIL
- Sonu Varghese

soumya mohan

Detailed description: This screenshot is similar to the one above, showing the same Zoom webinar. The main video window still shows Soumya Mohan. The top status bar remains the same. The participant list on the right now shows 172 people. The list includes Shivani Roshan at the top, followed by Sivani Das, Sneha CM, Sneha cs, SNEHA JAYAPRAKASH, SNEHA T B, Sona John, SONIYA NEREPARAMBIL, and Sonu Varghese. The 'Chat' icon is present. At the bottom left of the video window, there is a small icon and the name 'soumya mohan'.

EC S soumya mohan is presenting

PERMA

- The 5 central elements of the PERMA Model cover the areas of well-being and happiness psychology, (Martin Seligman), the father of positive psychology
- Positive emotions-
- Engagement/Flow
- Relationships
- Meaning
- Accomplishments

Webinar on Interpersonal relation... X

People (169) Chat

SNEHA JAYAPRAKASH
SNEHA T B
Sona John
SONIYA NEREPARAMBIL
Sonu Varghese
Sooryabala G
soumya mohan
soumya mohan (Presentation)
Sowmya Sowmi
sr cathy jose

soumya mohan Diya Joy Kripa George Parthasarathy ... Nidhi Wilson alphine rajesh sr cathy jose

REC S soumya mohan is presenting

WHY Interpersonal conflict?

- Difference in attitude
- Difference in reaching a mutual conclusion
- Mixing of official and personal life
- Communication failure(sender-message-receiver)
- Lack of socialization opportunity
- "We to I" Change
- Lack of emotional stability
- Lack of trust

Webinar on Interpersonal relation... X

People (183) Chat

Saanjana Santhosh
Safa
Sahala Basheer
Sameera TS Swathi TS
Sandra Biju
saneendra saravanan
Sanila Charli
Shabana Shaz
shabna Aboobaker

soumya mohan Archana V U Kripa George Parthasarathy ... Neha Wilson Diya Joy Nidhi Wilson