

## **Webinar On Emotional Wellbeing Of Youth**

October 10 2021

In connection with world Mental health day, the department of psychology Vimala college organised webinar on 10<sup>th</sup> 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, 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.

REC

Prathunna P

anagha er

NILATESS

Soniya Varkk

Midhuna P

Aiswarya NU

Vismaya Jayesh

Samini S

VINUSHA SANKAR T

FIELD OUTREACH BUREA...

Vishnupriya Krishnakumar

Harsha Ravindran

Mastering Mind Dr Anju Tresa

RINU CHANDRAN

55 others

You

2:42 PM | Emotional Well being of Youth Webinar

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Time here to search

2:42 PM