



REPORT

Name of Activity: A Talk on managing the relationship in all spheres of life - Psychological perspective

Date: 8th April 2022

Venue: Seminar Hall

Organized by: ICC

Participated by: Students of BBA, B.Com

Activity Coordinator: Ms Manisha Sharma

Resource Person: Dr. Shweta Tiwari

Objective: To ensure the Mental health of students and make them aware of how to manage relationships in all spheres of life.

Activity Description: The activity Coordinator began the morning session by welcoming and introducing the Psychologist. The speaker highlighted the importance of good mental health with the students. A healthy body is a basic requisite for a human being, as is mental health. Various cases were discussed. Today, we are all consumed in dealing with relationships; this specific session was about how to positively look at creating a relationship and to what degree we should get indulged with the person without hurting their personal space. A sequence of questions and answers were used to create an interactive session. The psychologist led the post-lunch individual session to discuss and resolve the student's particular problems/issues. For this counselling rooms were utilized so that proper privacy and silence can be maintained.

The outcome of the Activity: Students now knew if they were suffering from any mental issue/problem and knew how to treat that issue/problem.