

**Academic Year: 2018 – 2019**

## **International Conference and Workshop on “Mental Wellbeing – A State of Mental Health, Its Relation With Education and Society”**

The department of Education and department of Psychology has organized a two-day International Workshop and Conference on **Mental Wellbeing – A State of Mental Health, Its Relation With Education And Society**.

The conference, a two-day event, began with a warm welcome note by the Conference convener, Dr. Jasbir Rishi, for the dignitaries and delegates. The inaugural of the event was embarked by 'lighting of the lamp ' by Prof A. K. Sharma along with the divine amalgam of Gayatri mantra recital and chants.

After these wise words, the Dignitaries collectively launched the ‘Abstract book’ and the University Calendar, followed by felicitating the esteemed guests with mementoes and shawls as a token of respect.



### **FIRST DAY OF CONFERENCE**

#### **1. Workshop on Life without Anger – Dr Dean Van Leuven**

The wise person with years of wisdom and experience addressed the audience that ‘Emotional Literacy is a global trend of today’s world where **Life without Anger** as a practical amalgam of emotional intelligence skills.

He emphasized that –“Anger is unavoidable, but we can do a lot about it. We can train our minds to be anger-free.”

Any individual can be anger-free if one assumes that – ‘I am angry, I am at mistake and can be free from anger’.

It is conditioning of the brain that tells the individual to be angry in a particular situation. So we need to learn to think differently and train ourselves to deal with different situations. It is the ‘ability to think’ can make an individual anger-free. One would reflect first and not judging the situations quickly. It is also important to understand the value of positive choices. Breaking habits is most difficult but one must understand that ‘Life can be beautiful if we change, it is just a manner of Learning.



The wise words by the Honorable guest, “Create peace within yourself in order to have peace in the world.

He calls it ‘Emotional Literacy ‘which can be learnt, and one can become easy with others and relations, accepting others. The one thing everyone wants in life is ‘Love ‘

Dr. Dean so magnificently answered the questions from the audience like, what could be there beyond anger?

The event was made more interactive over the Lunch which was served to all dignitaries and delegates at the conference venue.

## **2. Workshop on Self Discipline by Dr Shreya**

Dr Shreya through her interactive discussion session emphasized that we beat ourselves, undermining one ‘s own self when we are not disciplined enough, but we never take credit when we act in

disciplined way. She taught as how we can increase our Self-discipline by building the requisite set of skills.



## SECOND DAY OF CONFERENCE

### 1. Workshop on Mindfulness based Stress reduction techniques by Dr. Hina Chatha

Dr. Hina started the session with interrogative query from the Audience, what is mindfulness? She further explained this experiential process which begins with – ‘clearing the Space’ which means to open mind to conceive correct notions.



Then it expands as a process of paying attention in here and now with acceptance and non– judgment. It also emphasized upon physiology of mindfulness which involves stress– regress and stress–

progress functioning. The concepts of mindful meditation were also practiced by the Audience guides by trained therapist herself. The session concluded with interaction with the delegates and students.