<div align="center">**Seminar on Psychological Well Being**</div>

<div align="center">**5th Oct 2023**</div>

Objective –

- To make the students aware of the importance for being psychologically fit.
- To make students aware of the red flags of the hampered psychological wellbeing.

Description –

Banarsidas Chandiwala Institute of Physiotherapy Organised a seminar on Psychological wellbeing. The guest speaker Ms. Purnima Aggarwal who is a rehabilitation psychologist by profession shared her knowledge and experience with the students to make them aware of the various aspects of mental health and psychological well being.

The session included discussion with the students about various topics which comprises the true meaning of mental health. She has shared about the key messages with the students to cope up with mental issues and elaborated about the same. She also brought awareness among the students about the various signs of suffering from mental health issues like - sense of hopelessness, feeling of overwhelm, Change in personality, Social withdrawal and self-isolation, Lack of self-care and risky behaviour and many more others signs. Mam also enlightened about various activities to be added in one's life to bring change in mental state of someone who is suffering from any mental health issues, these activities included practicing of religious practices, talking on phone, walking, jogging or travelling, doing Art and craft, cooking and baking and many other activities.

Further, she explained about the importance of spending few minutes of your day in Analysing and channelizing yourself daily. Another important thing that mam discussed is the role of acceptance in one's life that also plays n important role in maintaining healthy psychological well being.

Session ended with question answer round by clarifying the queries of the students. Overall it was a well organised and productive session which helped the students of BCIP a lot. Feedback were collected from the students in which they expressed their desire to attend more such events.
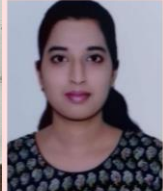
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SEMINAR ON PSYCHOLOGICAL WELL BEING

Date- 5th October,2023
Time- 3:00 Pm
Venue- BCIP

MS.PURNIMA AGARWAL
Rehabilitation Psychologist

BE GENTLE WITH YOURSELF

New Delhi, Delhi, India
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