

Report on Guest Lecture

Topic: Managing Negative Emotions

Negative Emotions can have an adverse effect on our health and life. A much required guest lecture on negative emotions and ways to cope up with them were conducted by the psychology department. Miss Apoorva Srivastava (Ph.D NIMHANS) engaged the students with her incredible knowledge and real world pragmatic examples. The process of emotional experience, disadvantages of unhealthy coping and understanding and labelling emotions were discussed in an interactive session. Dr. Anupam Shukla (HOD psychology department) mentioned the importance of expressing emotions whether positive or negative. Dr. Reshma Qureshi, Dr. Farida Husaini, Dr. Vishal Yadav helped in organising the entire event and making it a successful one. The session was concluded with a ten minute meditation and the students were guided with healthy activities that help regulate emotions.



Aiche
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