

## **Interactive session on Peeling of the Layers of Mental and Emotional Well Being**

2 August 2024- A one-day interactive session on **Peeling of The Layers Of Mental And Emotional Well Being** was organized by the Department of Human Development and Family Studies ,College of Community and Applied Sciences, Maharana Pratap University of Agriculture and Technology, Udaipur.

The session started with enthusiasm where Students and Professors marked their attendance with positive zeal. During the Inaugural session, Dr. Dhriti Solanki, Dean , College of Community and Applied Science, welcomed all the students and emphasized that being physically, emotionally and mentally healthy is very important for students life. The dean's Address underscored the significance of overall well being to achieve academic and personal success.

Dr. Suman Audichya, Head , Department of Human Development and Family Studies, told all the students about the importance of mental and emotional health. In the current scenario, many students are suffering from problems like anxiety and depression, which causes aches and pains, hence it is very important to understand and manage every aspect of mental and emotional health.

Psychological consultant Mrs. Vinaya Parikh explained the importance of being self-aware of our emotions to achieve mental and emotional balance. She further described different layers of self awareness, and implemented various practical exercises and other activities to balance personal values, emotional and mental health.

Thereby she discussed different types of therapies, acupressure and yoga along with the their effective implementation in daily routine to remove the unnecessary pressure and stress, and to reduce the chances of anxiety and depression. Many activities were organized during the program to make the students aware about their emotional and mental state, Some of them were: 'How I see myself and how I see others', things I like and things I am good at' and many more. All the staff and students of UG and PG registered their presence in the program with positive enthusiasm.

