



ST FRANCIS DE SALES COLLEGE

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A FRANSALIAN INSTITUTE OF HIGHER LEARNING

Report

Title	Emotional Wellbeing and Coping during the Pandemic
Date of Event(s)	07-06-2021
Department / Association / Cell / Committee	IQAC & Faculty Enrichment Committee
Venue (Mention the platform if it is Online)	Link to Join: https://zoom.us/j/92457668646?pwd=TThyL0ZRVE16SEtBSm1OR3M1dGNTZz09
Number of Participants	68
Target Audience	100
Resource Person(s) with qualification	Prof. Mamatha PG-Department of Psychology St. Francis de Sales College
Place of visit/ details of Industrial visit place (if applicable):	Nil
Event Coordinator	Dr. Tharini & Faculty Enrichment committee members

Electronics City P.O., Bengaluru - 560 100

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Detailed Report

Objective: To Overcome stress during pandemic

The orientation session on Emotional Wellbeing and Coping during the Pandemic was conducted on 7th June 2021 for both teaching and non teaching faculty. The session began with welcome and prayer by Prof. Victoria. Resource person was introduced by Prof. Rosaline.

Prof Mamatha was the resource person.

Prof. Mamatha, Asst. Professor, Dept. of Psychology-PG, St. Francis De Sales College is specialized in Clinical Psychology. She actively involves herself in counselling and also mentoring students. She engages herself in research works and has presented papers at national and international Conferences. She has also been active in Publications of research works. She has been invited as a resource person for guest lectures in various institutions addressing students and parents. She has been successful in guiding students for competitions, research works and publications.

Emotions are psychological states brought on by neurophysiological changes, variously associated with thoughts, feelings, behavioural responses, and a degree of pleasure or displeasure. The emotions identified were happiness, sadness, disgust, fear, surprise, and anger. According to the book "Discovering Psychology" by Don Hockenbury and Sandra E. Hockenbury, an emotion is a complex psychological state that involves three distinct components: a subjective experience, a physiological response, and a behavioural or expressive response.

Our resource person had described that Emotional well-being has been defined as an overall positive state of one's emotions, life satisfaction, sense of meaning and purpose, and ability to pursue self-defined goals.

"the ability to practice stress-management techniques, be resilient, and generate the emotions that lead to good feelings"

"A positive sense of wellbeing which enables an individual to be able to function in society and meet the demands of everyday life; people in good mental health have the ability to recover effectively from illness, change of misfortune."

Our resource person has explained that mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations and surrounding environment. She quoted that mindful eating cycle, it is started from why, when, what, how, how much, where and ended again with why. Why denotes, why do i eat; when explains; when do i want to eat; what says, what do i eat; how shows, how do i eat; how much says, how much do I eat; where stand for, where do I invest my energy .

She narrated that thinking has been classified into two types i.e., rational and irrational.

Rational thinking is the ability to consider the relevant variables of a situation and to access, organize, and analyse relevant information.

Irrational thinking is cognition, thinking, talking, or acting without inclusion of rationality.

It is more specifically described as an action or opinion given through inadequate use of

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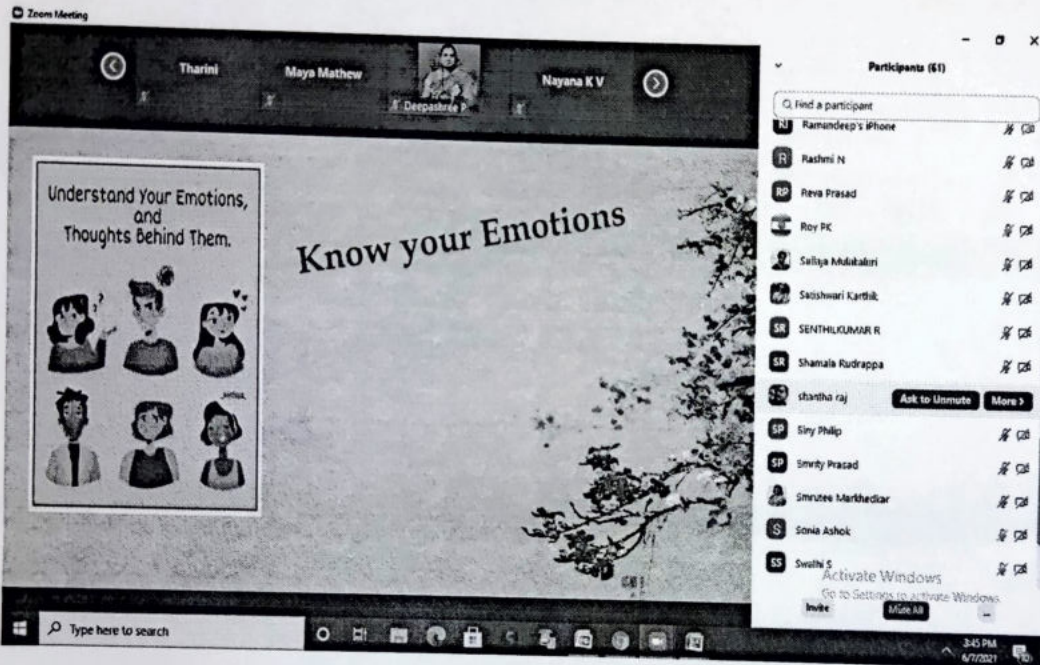
Irrational thinking is cognition, thinking, talking, or acting without inclusion of rationality. It is more specifically described as an action or opinion given through inadequate use of

reason, or through emotional distress or cognitive deficiency.

At an end of the session faculty have asked few questions such as how to control anger, how to behave with others when they were showing negative attitude, etc.,

Our resource person clarified gave the solutions against their questions. The session was useful and informative to the faculty members. Ultimately Principal appreciated the resource person. The session ended with vote of thanks by Prof. Roshini.

A Google form feedback link was posted at the end of the session so that the participants could express their opinion about the session.




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Faculty Enrichment Committee
St. Francis de Sales College
Bengaluru - 560100

P. Tharini
COORDINATOR
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St. Francis de Sales College
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PRINCIPAL
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Electronics City Post, Bangalore - 560 100.

Zoom Meeting

Participants (61)

Find a participant

Understand Your Emotions, and Thoughts Behind Them.

Know your Emotions

3:47 PM 6/7/2021

Type here to search

Zoom Meeting toolbar

Participants (61)

- Subhman Karthik
- SENTHILKUMAR C
- Shama Sudhappa
- Shruthi na
- Sriyathy
- Srinivasa
- Srinivee Maheshwar
- Sona Arora
- Sruvika S
- Thana packiam
- Vandana T
- VITENA NEELVA
- Dr. Rajesh Mohan
- GO MADHAVI

Ask to Unmute More

Zoom Meeting toolbar

Zoom Meeting

Participants (61)

Find a participant

Understand Your Emotions, and Thoughts Behind Them.

Know your Emotions

3:48 PM 6/7/2021

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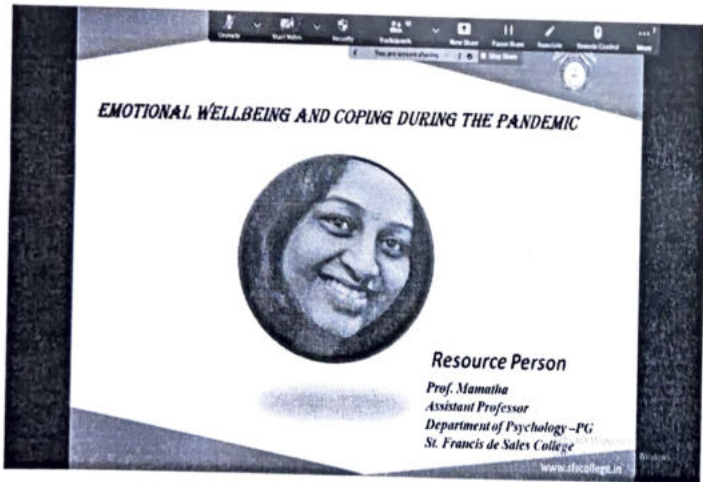
Zoom Meeting toolbar

Participants (61)

- MADEVA SU
- Machiusudan M
- Mallesh NV
- Mamatha K
- Mamatha Ran
- MANGAVARAKA N
- Maruthi C V
- Maya Mathew
- Mt Lalitha Balakrishnan
- Najana K V
- Nebula M
- Prasanth S. P.
- Prof. Kity
- Rajeshk G vate Windows

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Zoom Meeting toolbar



You are viewing Mamtha K's screen View Options

Coping during Pandemic

Talking: Mamtha K

Physical Psychological Social

Go to Settings to activate Windows

Unmute Start Video Security Participants Chat Share Screen Record Breakout Rooms Reactions Leave

You are viewing Mamtha K's screen View Options

Emotions

Go to Settings to activate Windows

Unmute Start Video Security Participants Chat Share Screen Record Breakout Rooms Reactions Leave

Unmute My Audio (Alt+A): Or you can simply press and hold the space bar to temporarily unmute.

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