

WORKSHOP ON EMOTIONAL WELLNESS

The Department of Education of Maharaja Surajmal Institute, GGSIPU organised a workshop on **Emotional Wellness** by Dr. Sangeet Sharma. Dr. Sangeet Sharma is a Certified NLP master practitioner and a memory trainer. He is an assistant professor in college(Delhi). He conducts workshops on Subconscious mind reprogramming and memory mastery. He is specialized in conducting workshops on stress management, goal making, relationship management for couple or parents, team building, leadership, memory mastery etc. With his 7 years of experience, he is empowering people through his counselling.

The workshop was organised on 17th October, 2018 (Wednesday) for B. Ed. Students of MSI in seminar room 406, MSIT.

In this workshop, Dr. Sangeet talked about emotional concepts like stress, depression, anxiety, etc., calling them 'negative thoughts'. He also suggested ways to overcome these factors. Not only that, he talked about the conscious and subconscious mind and explained everything by conducting certain activities.

The workshop was very interactive. All the students found the workshop very useful.

