

**Participation in a Seminar on Well being Among the Youth: Relationships and Self- Preservation' organized by Asiatic Society**

**Date: 5<sup>th</sup> August 2023**

**Time- 11.30am to 4.00pm**

**Venue: Durbar Hall, Asiatic Society, Mumbai**

**Resource Person- Dr. Arpana Joshi**

**No. of Students -05**

**Report:**

The college had received an invitation from the Asiatic Society for a session on 'Well-being Among the Youth: Relationships and Self- Preservation'. This seminar was attended by five students from the SY and TY classes of the Department of Psychology. The students reached the venue at 11.30 am and registered themselves for the seminar. A brunch was provided to all students. The sessions began at 1:00 and went upto 4:00 pm . The main speaker for the Seminar was Dr. Arpana Joshi, a Counsellor and Researchers in the field of Mental Health. She guided students about issues like relationship with family , friends , couples and gave her core view and knowledge of being part of Tata Institute of Social Sciences (TISS). Many other professors from the renowned TISS were also present during the seminar and discussed on different issues related to the well being of the youth. A very subtle yet important issue of violence and toxicity in the relationship was also put to light by Dr. Joshi with examples of different cases that they came across. She also shared about LGBTQIA+, their relationship issues and the perspective of societies reaction towards it . Some participants were also given opportunity to share about the seminar and their perspective of life. It was a great experience and learning for the students. Certificates were distributed to all participants.

Ms. Rina Patel

Coordinator Counselling Centre & HOD Psychology



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