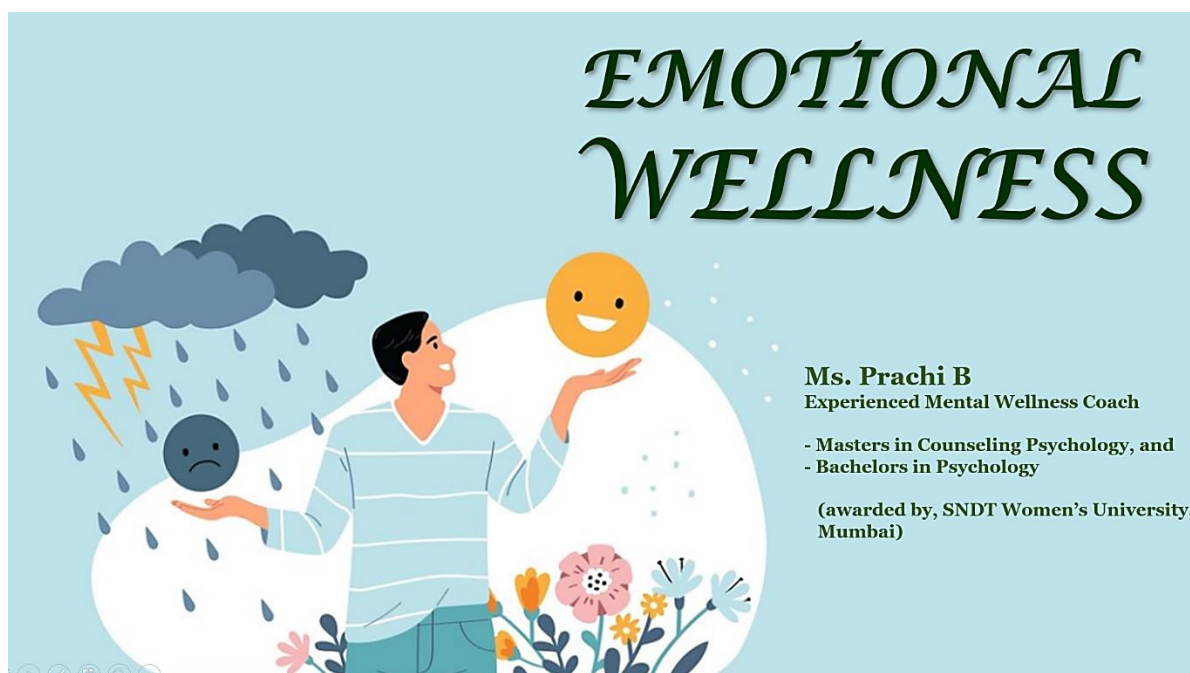


NEW HORIZON COLLEGE OF ENGINEERING
COUNSELING DEPARTMENT

Emotional Wellness Session Report

Date	Department	Semester	Student count
06/11/2023	B.com	1 st semester	130
11/12/2023	B.com	3 rd semester	75
20/11/2023	CE	5 th semester	35
20/11/2023	CE	7 th semester	50



I. Introduction:

The emotional wellness session aimed to explore the concept of emotional wellness and equip Students with tools and insights to improve their emotional well-being.

II. Understanding Emotional wellness:

- **Definition:** we began the session by defining emotional wellness as state od being aware of and effectively managing one's emotions to achieve a balanced and fulfilling life.
- **Basic Emotions:** Students learned about the fundamental emotions like Joy, Sadness, Anger, Fear and Disgust etc.

III. Interactive Activities:

- **Guess emotion and feeling Game:** A lively activity involved students guessing emotions based on facial expression and discussing the feelings associated with these emotions. This helped in understanding the nuances of different emotions.

IV. Positive and Negative emotions:

- **Positive Emotions:** We discussed the importance of cultivating positive emotions like Joy, Gratitude, and love for overall well-being.
- **Negative Emotions:** Students learned how to recognize and manage negative emotions such as stress, anxiety (Fear) and anger.

V. Identifying Imbalance:

- **Reasons for Emotional Imbalance:** We explored common reasons for emotional imbalance, including stress, unresolved conflicts, and past traumas.

VI. Emotional Abuse:

- **Emotional Abuse Examples:** Students were educated about different forms of emotional abuse, including manipulation, control and verbal insults.
- **How to Recognize Emotional Abuse:** we discussed signs and behaviors that indicate one might be experiencing emotional abuse in their surroundings.
- **Dealing with Emotional Abuse:** Strategies for dealing with emotional abuse were shared, emphasizing the importance of seeking support and setting boundaries.

VII. Key to Great Emotional Well-being:

- **Key Components:** We highlighted key factors for achieving emotional well-being, such as self-awareness, healthy relationships and stress management.

VIII. Conclusion:

The emotional Wellness sessions provided valuable insights into emotional wellness, the recognition of emotions, and the management of emotional imbalances. Participants left with a deeper understanding of emotional well-being and practical tools to enhance it.

IX. Future Steps:

We encouraged Students to practice the techniques discussed in the session and seek professional help if they identified signs of emotional abuse. Explained how counselling can help to deal with such situations.

Session facilitator: Ms. Prachi B