

EMOTIONAL HEALTH CAMP ORGANISED IN AZAM CAMPUS

In view of the recent transition from online classes to off-line lectures, the authorities at Azam campus, Pune arranged an emotional health camp on 16th February 2022, to emphasize the importance of emotional health and mental stability in the drastically changing lifestyle of the student population due to the recent lockdown scenario.

Miss. Mughda Shivapurkar, Psychologist and mental health expert at the Secret Ingredient Therapy Center, Kothrud spoke about the importance of being able to express one's emotions freely by organizing a small meeting of girls from all colleges across the campus. She engaged everyone in the fun activities to develop and motivate emotional sharing among students from various fields.

Students got an opportunity to open up about their emotions creating an environment with less judgment and more respectful listening and understanding the other person's perspective thus enhancing their emotional health.

