

Psychology Association, Department of Psychology and Student Council of Mata Sundri College for Women in collaboration with WELLM organized a webinar on the topic- "Anxiety To Success: A New Paradigm " on 12th september, 2022 . The event took place on zoom from 3:30pm to 4:30 pm. Mr. Rakesh Sarin, Founder and chairperson, WellM and Dr. NK Chadha, Chairman, WellM Academy held the session focused towards helping individuals channelise their emotions to attain a happier mind and healthier body.

Mr. Rakesh Sarin talked about how a person faces anxiety in their day to day life and how it becomes an obstacle for a person. He then highlighted the benefits of the WellM app which helps an individual manage their anxiety and emotional well being as it provides services like- a place where you can anonymously vent out your emotions, a self care page, videos to tackle one's anxiety and sessions with wellness coaches. The session was set in motion with Principal ma'am enlightening us with a few words.

Followed by,

Dr. NK Chadha Introduced The Holistic Wellness Coaching Program to the audience. The purpose of the course is to train professionals with efficient biopsychosocial coaching skills and aid them in better communication, assessment, intervention and management of their clients with the objective of creating awareness and enhancement of well being by increasing the effectiveness of coaches practice, consequently benefiting their clients. He told about the eligibility criteria, duration, mode of program, pedagogy, curriculum and the outcomes of the program.

A question answer round was held where the audience could interact and clear their doubts. The audience and the guests were thanked. More than 100 students had joined the session and it was a great success and was immensely helpful.

Thank You

