

REPORT ON A WORKSHOP ON EMOTIONAL WELLNESS ORGANISED BY THE DEPT. OF EDUCATION

NAME OF THE EVENT : Workshop on “The Art of Understanding Yourself Through Uncertainty and Growth’

ORGANISED BY : Department of Education, Shri Shikshayaten College

DATE :11th August, 2026

VENUE : Room no. 302 & 303

RESOURCE PERSON: MS. Ritiksa Pal, Medical Social Worker and PhD Scholar

NUMBER OF PARTICIPANTS : STUDENTS : 47 FACULTY : 4

BRIEF DESCRIPTION OF THE EVENT : The workshop focused on the transition from school to college, navigating new expectations and responsibilities, and understanding the emotions that often accompany this phase of life. It was a meaningful and inspiring session for the students of semesters 2 and 7 of the Dept. of Education, particularly as Ms. Ritiksa Pal is an alumnus of the department, having graduated 4 years previously from our college. Her youth ensured an immediate connect with the students and they had a number of questions for her during the interactive session as well as after the workshop ended. Worksheets were distributed to the students to enable them to articulate their felt emotions at the moment and enumerate the ways in which they can cope positively.

OUTCOME: Students learnt a few ways in which they could successfully address their emotional needs. They also got a clear overview of the issues confronting them in their attempts to adjust to college life, and how they can handle them. Ms. Pal explained the emotional challenges facing them in this phase of their life and the steps they can take to meet the same. The major takeaway from the session was greater self awareness and self understanding of the students as well as steps that can be taken by them that will lead to their emotional growth.

