

**Bharati Vidyapeeth (Deemed To Be University)**

**College of Engineering**

**Report on**

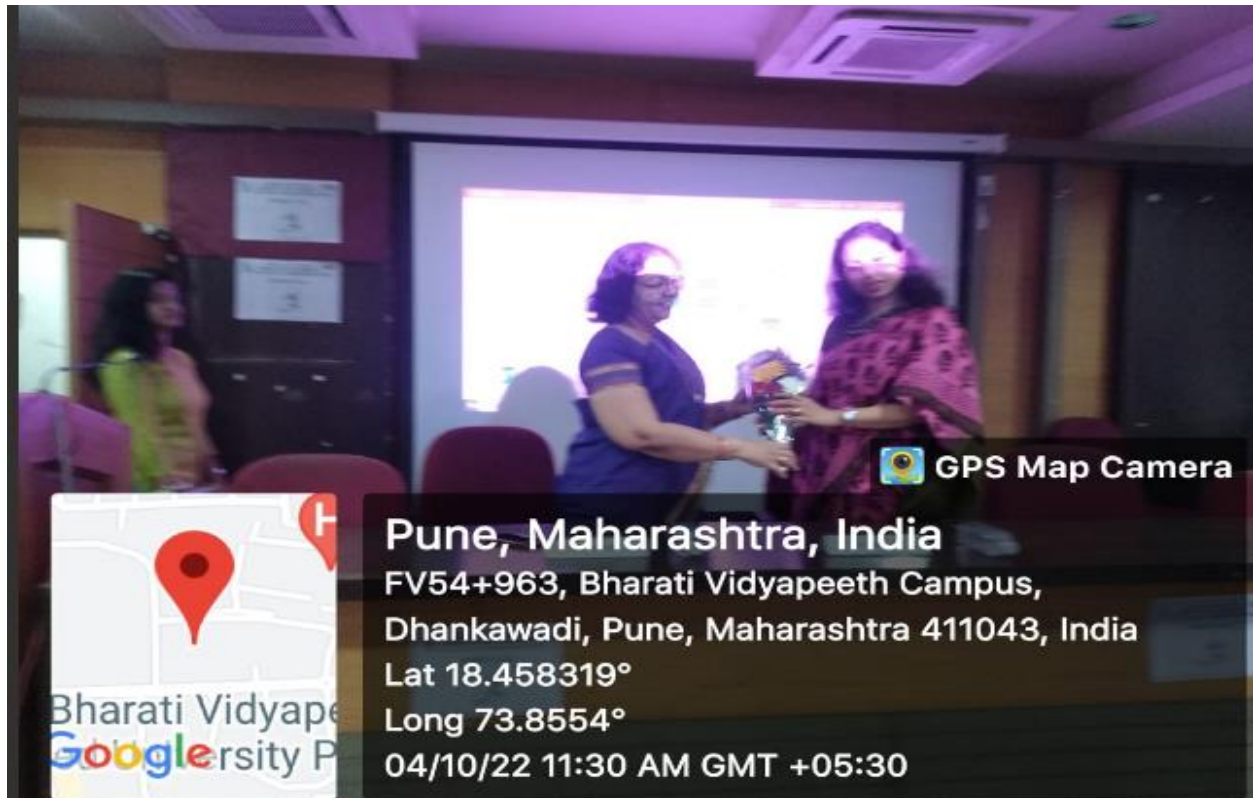
**“Managing emotions-Strategies for success”**

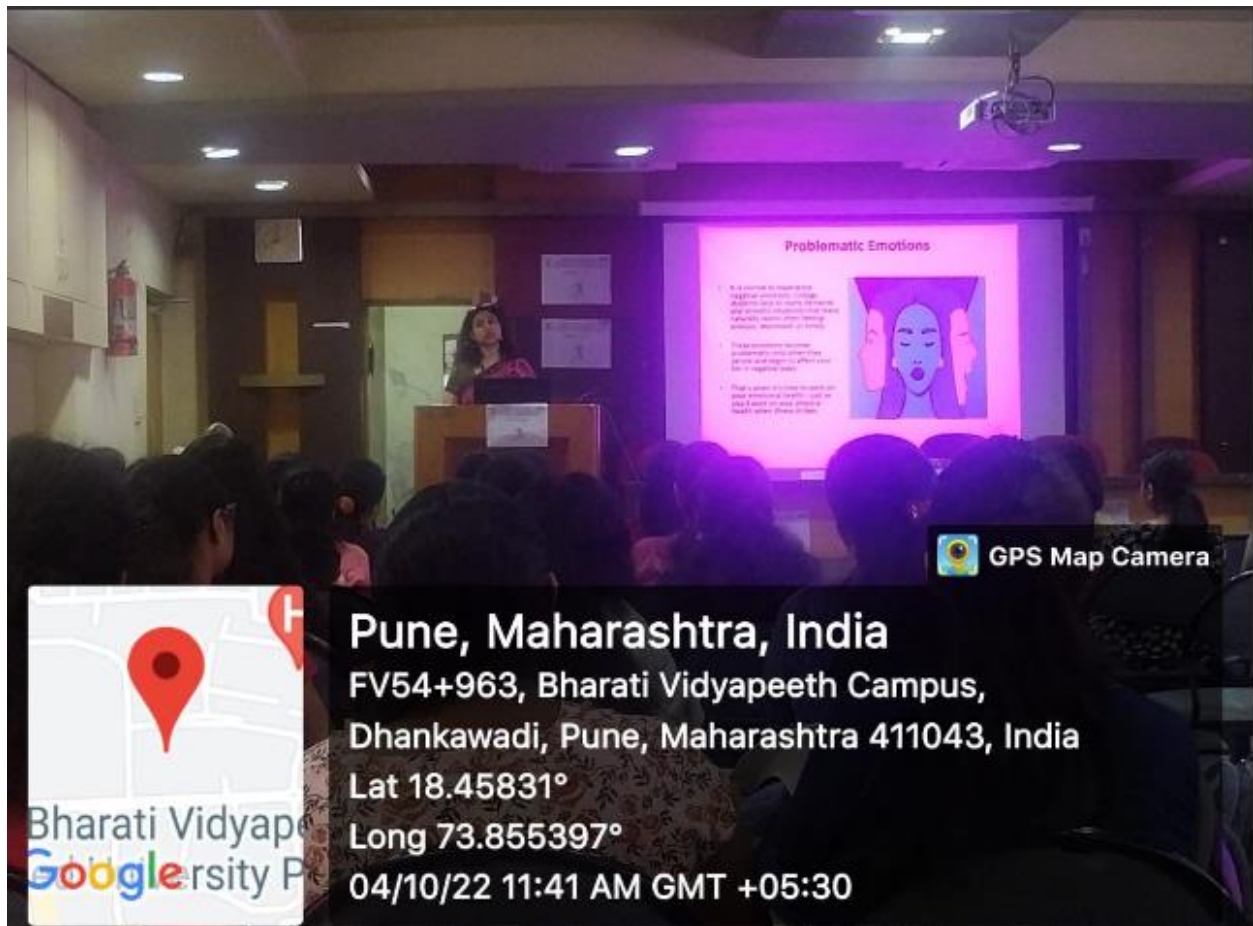
Women’s Cell of Bharati Vidyapeeth (Deemed to be) University College of Engineering, Pune organized an event on 4<sup>th</sup> October 2022. The expert, Dr.Uma Dalvi, Clinical psychologist, Bharati Vidyapeeth Medical College and hospital Pune delivered the talk on “Managing emotions-Strategies for success”

Principal, Dr. Vidula Sohoni, felicitated the guest and also expressed her views on emotional management and its importance in day to day life. She also congratulated Women cell for organizing such a wonderful program.

Expert, Dr Uma Dalvi started her talk by discussing the various phases in young age and its related emotions. She also focused on various types of physical and emotional changes during the teen age and how to deal with it. Expert expressed her view on emotional intelligence which contains all parameters like self-awareness, emotional control, self-motivation, empathy and relationship skills. During the session she also addressed the importance of self love and power of self acceptance to overcome the emotions issues such as anger, fear, shame, guilt humiliation etc. To understand emotional issues, she presented many real life examples. Dr Uma also suggested some easy mediation techniques to young girl students which they can use in their day to day routine to overcome stress and anxiety.

At last expert advised all girls to consistently follow healthy lifestyle which includes yoga, daily exercise, meditation and healthy diet to improve emotional management skills.





### Problematic Emotions

- It is normal to have a wide range of emotions, but when they become persistent and interfere with your ability to function, they become problematic emotions.
- These emotions can be caused by a variety of factors, including stress, anxiety, and depression.
- It is important to seek help if you are experiencing these emotions, as they can lead to serious health problems.




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