

Webinar: Control or Let Go – How to Maintain a Balanced Emotional Health (Report)

The counselling cell of Vivekananda College, University of Delhi organized a webinar on 'Control or let go- how to maintain a balanced emotional health' on 20th April, 2021 at 2:30 p.m. on google meet. The speaker for this webinar was Dr. Komalpreet Kaur, Chairperson and Mind Designer, Institute of Psychometric Assessment and Counselling. Dr. Salma Seth- Associate Professor and TIC, Department of Applied Psychology, Vivekananda College- began the webinar by welcoming the speaker. Dr. Komalpreet Kaur began by explaining the meaning of emotion which she described as 'energy in motion'. She then went on to explain that there are some emotions which are desirable and some which are undesirable. These negative or undesirable emotions she said arise when people engage in the battle of who is right and who is wrong. While she was explaining these concepts she was also conducting some activities simultaneously to engage the audience and make the interaction and exchange of information two way rather than just one way. Since the webinar was on maintaining emotional health Dr. Kaur also explained the relationship between thoughts and emotions and that how are emotions influenced by people's evaluations (either positive or negative) of the events and changing these evaluations and trying to make them positive can have a beneficial impact on emotional health. She also talked about the law of attraction and said that positive emotions will attract further positive emotions. Dr. Kaur was an articulate speaker and told the audience that during the pandemic when everyone is experiencing negative emotions how important it is to try to control one's emotions and try to be mindful and accepting as there is no use worrying about the uncertain future. She also said that one should not breathe the air of the past. The webinar was enlightening and helped the audience to view their emotions in new light. After explaining the concepts Dr. Kaur addressed the questions of the audience and then Dr. Kamini Taneja- Assistant Professor, Department of Sanskrit, Vivekananda College- gave the thank you note. The whole webinar was educating and provided the audience with knowledge and few techniques to cope with their negative emotions and maintain their emotional health.

