



**DCT'S
DHEMPE COLLEGE OF ARTS AND SCIENCE
MIRAMAR PANAJI GOA
2023-2024**



COUNSELLING CELL

'EMOTIONAL REGULATION: NAVIGATING THE STORM WITHIN': A WORKSHOP ON MANAGING EMOTIONS OPTIMALLY FOR HOLISTIC WELL-BEING

Emotional regulation is a vital skill in maintaining mental well-being and navigating life's challenges. The Workshop on 'Emotional Regulation: Navigating the Storm Within, managing emotions optimally for holistic well-being was organised for the students of SYBA SEC on 18th October 2023 in ANX 5, Dhempe College of Arts and Science. . The Resource Person for the same was Ms. Aafreen Khan, Counselor of DCT's Dhempe College of Arts and Science. The Workshop was coordinated by Dr. Akshata Bhat.

Objectives:

The primary objectives of the session were to provide participants with practical tools for emotional regulation, enhance their self-awareness regarding emotional responses, and equip them with strategies to cope with stress, anxiety, and other emotional challenges in their academic journey.

Participants:

The workshop was attended by 10 students from SYBA SEC English.

Proceedings:

The session was conducted as an interactive workshop, which included discussions on the importance of emotional regulation, identifying common emotional triggers, and practising relaxation and mindfulness exercises. The Counselor acquainted the students with concepts such as 'labelling primary and secondary emotions' and addressing them accordingly, the Chinese finger trap and pitfall of pent up negative emotions, tuning into physical symptoms and practising mindfulness. The participants were encouraged to share their personal experiences and challenges in managing emotions, fostering a supportive and inclusive atmosphere.

Outcomes:

The participants reported an increased awareness of their emotional responses and a greater ability to manage their feelings constructively. The emotional regulation strategies and mindfulness exercises provided during the session equipped students with practical tools for coping with academic pressures, resulting in reduced stress and improved well-being. The participants expressed a desire for similar future sessions, underscoring the importance of emotional regulation in the context of their academic endeavours.



Ms. Aafreen Khan
Counsellor