



2021-2022

Name of the Department/Society: National Service Scheme

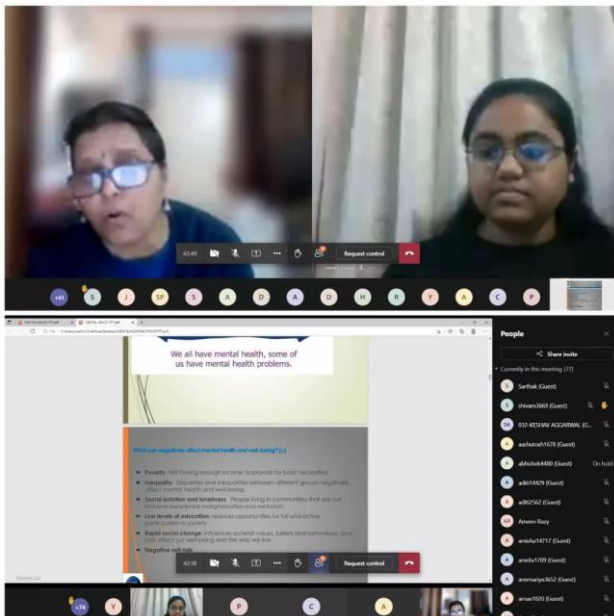
Name of the Event 36: WEBINAR - Self-love and Mental Health

Date of the Event: 10th February 2022

How you love yourself is how you teach others to love you. One's mental health affects how one thinks, feels, and acts. Taking cognizance of the same, we at NSS Hansraj organized a speaker session on 10th February 2022 under Unnat Bharat Abhiyan on the topic 'Self-love and Mental Health'. The esteemed speaker for the same was Dr. Rashmi Jain, an Assistant Professor at Jamia Milia Islamia in the Department of Social Work.

The session began with highlighting the importance of self-love, believing in oneself, making one's own choices, and then taking a firm stand for the decisions made. Moreover, Dr. Rashmi paved a way for all the participants on how to do a SWOC analysis where SWOC stands for Strengths, Weaknesses, Opportunities, and Challenges. She also suggested a few applications that are available online to get expert advice on mental health.

She also shed light on mental health issues one may face during the ongoing pandemic and also gave warnings about various symptoms through which one can judge if a person is having a difficult time mentally. The session attracted substantial participation and successfully ended by creating fruitful awareness about self-love being the foremost key to a happy and meaningful life.





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