



Expert Session on 'Developing Healthy Relationships'

Title: Expert Session on 'Developing Healthy Relationships'

Date: 31 October 2023

Venue: Room C-416, K.R. Mangalam University

Event Type: Expert Session

Mode of Activity: Offline

Target Group: Students of SOMC

Resource Person: Ms. Lakshmi Kanan (Management Professional / Academician)

Coordinators: Dr. Manju Rani, Ms. Vartika Singh (Assistant Professor, SOHS), Dr. Monika (Assistant Professor, SOMC)

Name of Collaborating Agency: SOMS, Chetna Society, SWA, KRMU

Organized by: Counseling and Mental Wellness Centre

Number of Participants: 55

Introduction

The Counseling and Mental Wellness Centre, in collaboration with the School of Management and Commerce (SOMC), Chetna Society, and Student Welfare, organized an enriching expert session on 'Developing Healthy Relationships' for the inquisitive students of the Management Department. This session focused on the paramount importance of nurturing healthy relationships in one's life and offered insights into fostering them while steering clear of detrimental ones.

Objectives

1. To raise awareness about mental health challenges.
2. To educate the participants about mental toughness.
3. To promote the overall well-being of students.

Session Highlights

The session was expertly led by Ms. Lakshmi Kanan, a dynamic professional with over 25 years of experience in Program Management, Project and Process Management, Process Re-engineering, Training, and Mentoring across various industries, including IT, Telecom, Financial Services, Manufacturing, and Consulting.

Ms. Lakshmi's deep expertise and passion for this seemingly generic but incredibly crucial topic brought a fresh perspective to the discussion. She engaged with the audience throughout the session, delving into essential aspects of positive relationships, their benefits, strategies for fostering meaningful connections, methods to disengage from negative relationships, and addressing associated challenges.

Her insightful perspectives kept the session interactive, with students actively asking questions and engaging whenever their curiosity was piqued. This created a highly participatory and engaging environment, making the learning experience even more impactful.

Conclusion

The session concluded with a felicitation ceremony where the Dean of Student Welfare expressed gratitude to Ms. Lakshmi Kanan for her valuable insights. The event provided students with a comprehensive understanding of how to build and maintain healthy relationships, contributing significantly to their personal and professional growth.



Picture 1: Banner of the Event



Picture 2: Expert is addressing the audience