



**WISHING YOU A
HAPPY NEW YEAR**

**Join us
for an online session on
Emotional Wellbeing & Relaxation**

Date: January 05, 2022
Time: 2.00 pm to 3.30pm

For Registration
Click on- <https://forms.gle/C2gigWJBkf9eFwii9>

Organized by CINI-TEENLINE,
in Collaboration with
IQAC, MURALIDHAR GIRLS COLLEGE.

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Teenline App is now available on Google Play store.

BRIEF REPORT OF WEBINAR

TOPIC- Webinar on Emotional Wellbeing and Relaxation for students of Muralidhar Girls' College

Date- 05 th January 2022

Time- 2.00 pm to 3.30 pm

Total number of Participants- 76 (registered); 29 (attended)

A Webinar on the topic of “Emotional Wellbeing and Relaxation for Students” was organized by CINI-Teenline in collaboration with Education Department of Muralidhar Girls' College was held on 05th January 2022 at 2.00 pm. About 29 participants joined this session.

In the beginning of the webinar Ms. Saptamita Sengupta, counsellor of Teenline, had given a brief description of Child in Need Institute along with TEENLINE. She also informed students about the services of Teenline. After giving an introduction of that day's speaker the webinar had started.

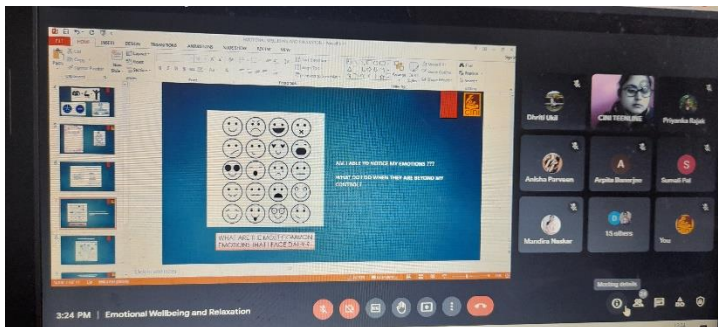
The speaker of this webinar, Ms. **Deyashini Paul**, had started the programme by asking the students about their physical and mental health issues in this pandemic situation. Students answered spontaneously about their challenges and shared their own feelings. It was also asked them what kind of steps they are taking to take care for themselves.



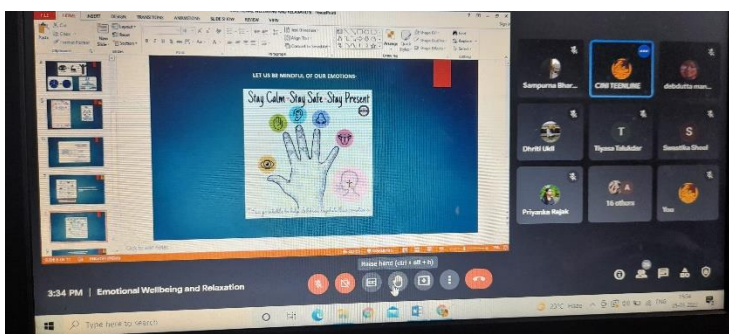
After the introduction, the programme had started by showing some presentations includes definition of emotional wellbeing. Few activities were provided to them. The first activity was '**Gratitude Journal**'. This is a paper- pencil task, where participants were instructed to follow the steps which was given by the host. After giving the instructions, 10 minutes were given to them. After that, a brief discussion on the first activity was also done.



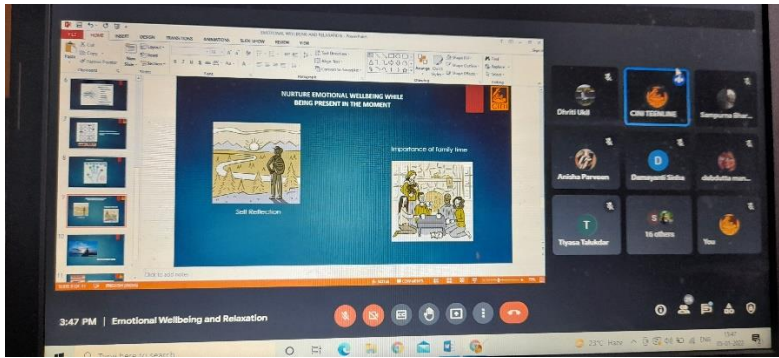
Next, the second activity, **“What are the most common emotions that I face daily?”** was introduced to them. As per the instructions they put only 4 emoticons which usually defines their daily emotions. After completion of second task they were sharing their daily emotions and what kind of challenges they felt usually.



The third activity was 5 senses activity namely. **‘Mindfulness Activity’**. In which they are asked to feel 5 senses separately which helps them to bring back to the present life.



The next activity was **“Nurture Emotional Wellbeing while being present in the moment”**. By using two pictures, **‘Self-Reflection’** and **‘Importance of family time’**, they were requested if they felt comfortable then they can share their inner most feelings or whatever they visualize after seeing these two pictures .



After completion of all these activities **Relaxation** activity was done with them, through a Guided Meditation. Students responded that they felt very relaxed, calm and free after the relaxation and they wanted to practice it further to overcome hurdles of their life. There were some good reflections from their end and we are glad that they could experience the same.

The Webinar was ended by Vote of Thanks given by Ms. Deyashini Paul. A feedback form was also circulated to them after completion of the webinar.