

Workshop on Mental Wellness, Jan 2022

DIRD organized a workshop on Mental Wellness on 14th January 2022 for the students of B.Ed. first semester. The resource person for the workshop was Ms. Swati Sinha, Founder & Director at Be the Phoenix. Ms. Swati explained to the students about the theme “Mental Health in an unequal world”. She also emphasized the importance of mental well being. Ms. Swati included a variety of activities in the workshop with the help of which students learned the true meaning of active mindfulness. It was a very enriching and learning experience for all.

