



SRI GURU NANAK DEV KHALSA COLLEGE

Dev Nagar, Delhi - 110085

Post-Event Report

Event	Talk
Topic	Emotional Trap and Letting Go
Organizer	BISMAN - The Centre for Human Values
Date	18 th April, 2024
Time	12:30 P.M.
Duration	2 Hours
Place/Platform	Seminar Hall, College Premises
Number of Participants	50+
Guest Speaker/Trainer	Priyamvada Srivastava
Introduction to the Speaker	We have Priyamvada Srivastava, the Founder of Let's Broach, a skilled counsellor and mental health professional with expertise in counselling psychology. She has received accolades, both national and international, the recent ones are Influential Personality 2024, OXFAA ICON 2024, and Women Face 2023. Beyond her psychology background, Priyamvada is well-versed in Cyber Law, holding a master's degree and a membership in the Bar Council of India.
Activities	<p>The subject of emotional traps and letting go was covered at a seminar. It was an insightful investigation into the complexities of human emotions and the freeing act of letting go. The BISMAN society hosted the conference, which drew a wide range of participants eager to learn practical strategies for good emotion management. A lively Q&A session followed the seminar, giving participants the chance to ask questions about particular emotional difficulties and get tailored advice from the presenters. These questions were inscribed on chips, and the askers' identities remained secret.</p>
Main Ideas	<p>To help participants recognize and break free from unhealthy emotional patterns, understand the impact of holding onto negative emotions, and learn strategies for letting go and moving forward more positively and productively.</p>
Vote of thanks	The event's success fostered a sense of unity and empathy. It was an opportunity for the attendees to explore their emotions.
Feedback (Share the link of the Google Form & attach the Excel File generated therein)	
https://docs.google.com/forms/d/e/1FAIpQLScTdYRlsjKNV_ZrQvUXf8EfYh70xfnmKcOtsmo	



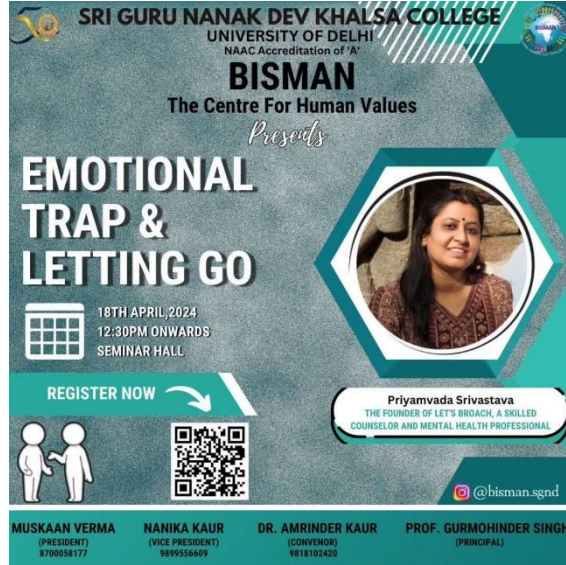
SRI GURU NANAK DEV KHALSA COLLEGE

Dev Nagar, Delhi - 110085

QH7t_M1u_Q/viewform?usp=sf_link

Attendance Sheet (Attach Photocopy)

Poster (Attach below)



Pictures



Attach Photocopy of two Certificates

Signature:



SRI GURU NANAK DEV KHALSA COLLEGE

Dev Nagar, Delhi - 110085

Name: Dr. Amrinder Kaur

(Convenor)